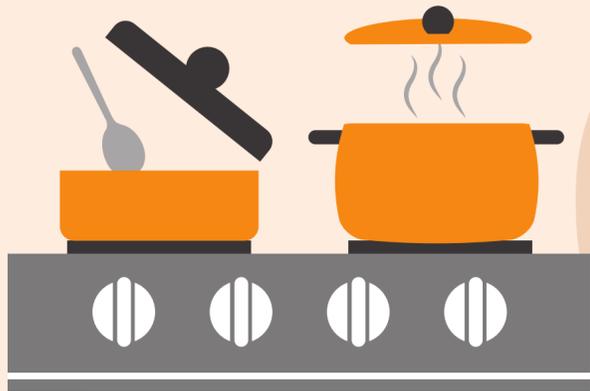


# Be Safe in the Kitchen

## Before You Start Cooking:

- Wash hands with soap and water
  - Tie back long hair
  - Wear fitted clothing
- Make the kitchen a child free zone



## While Cooking:

- Turn pot handles inward
- Never leave the stove unattended
- Use oven mitts for hot surfaces

## Keep Things Clean:

- Clean spills right away
- Sanitize surfaces after use
- Use separate tools for raw meat



## Be Prepared:

- Know where the fire extinguisher is
  - Check smoke alarms monthly
  - Learn basic first aid

