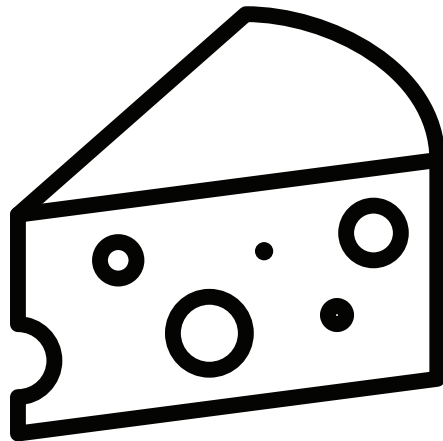# Safety Tips for Cooking

BEFORE COOKING

1. Wash hands with soap and water.

2. Tie back long hair.

3. Read the recipe through.

4. Put all ingredients out on the counter.

Safety Tips for Cooking

WHILE COOKING

1. Hold knives by their handles when cutting food or carrying knives.

2. Use oven mitts when handling hot pots and pans and make sure the oven mitts are dry so you don't get burnt.

3. Turn pot handles away from the front of the stove to prevent pots from being knocked over and things from spilling.

4. Turn off the stove and take pots and pans off the stove when you leave the kitchen.

5. Use a timer to remind you when to take food out of the oven, or how long to simmer something on the stove.

6. Keep tea towels, oven mitts and other flammable items away from the stove top.

Safety Tips for Cooking

AFTER COOKING

1. Wipe the counters.

2. Clean the dishes.

3. Put away ingredients.

4. Make sure that the oven and burners are turned off.