

# Kitchen Safety

PREVENT BURNS

## Clean grill and stove surfaces

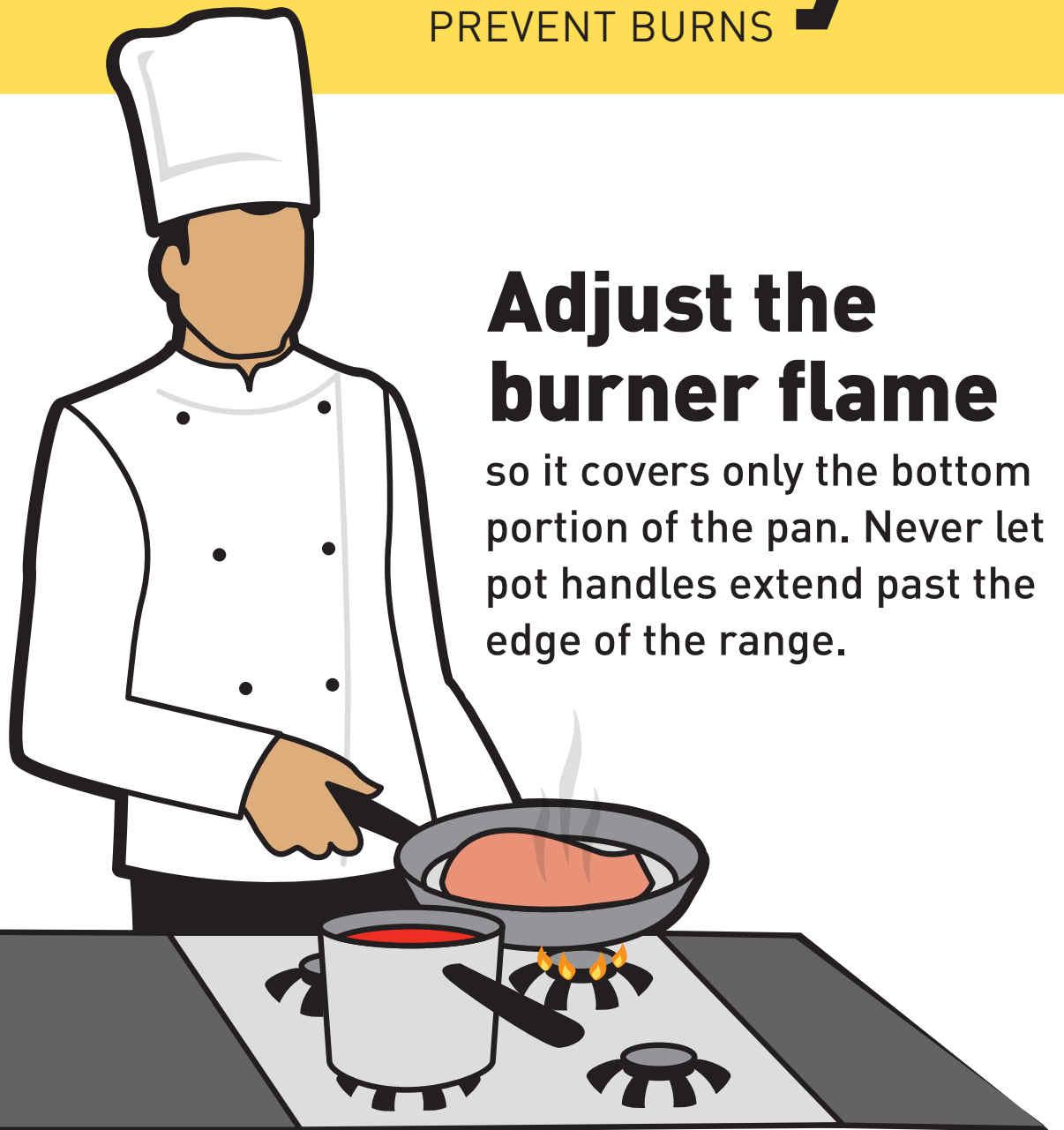
regularly to prevent grease flare-ups.

Don't stand too close, or lean over, hot oil.

## Wait for oil to cool

before straining or carrying it.

Never leave hot oil or grease unattended.

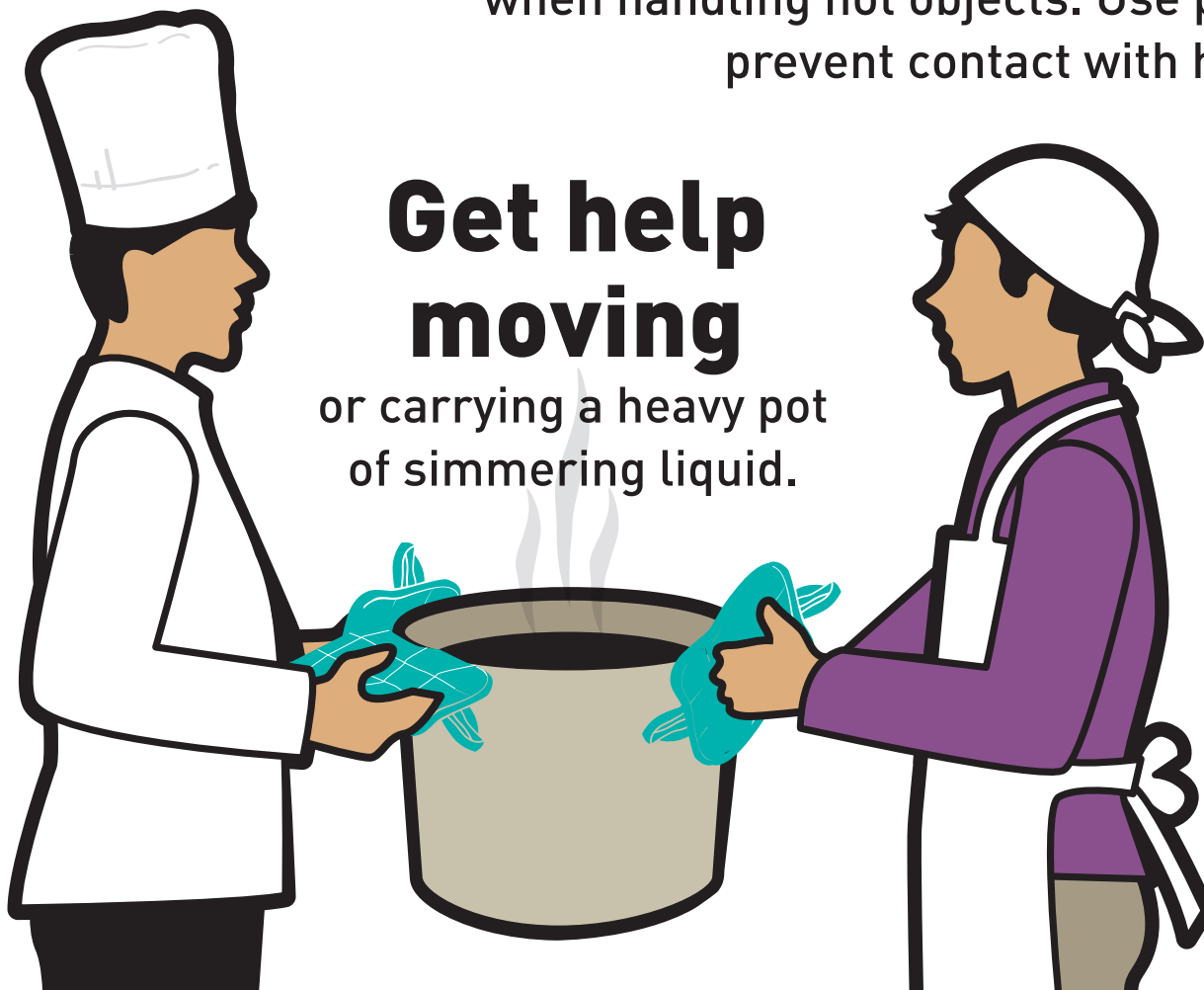


## Adjust the burner flame

so it covers only the bottom portion of the pan. Never let pot handles extend past the edge of the range.

## Use oven mitts, potholders, or gloves

when handling hot objects. Use proper cooking tools to prevent contact with hot surfaces and foods.



## Get help moving

or carrying a heavy pot of simmering liquid.

Keep hair, clothing, and flammable materials away from

## open flames.

Whether you're a seasoned chef, or working your first job in a commercial kitchen, follow these basic guidelines to avoid common injuries, such as burns.

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