



# Kitchen Safety

Cooking and meal preparation is an important part of everyday life. Even simple tasks can cause injury such as cuts, burns, electrical shock and slips/falls if we are careless. In the kitchen, be sure to:

- Watch out for jagged or sharp edges when opening cans.
- Practice safe use, storage and handling of knives. (Refer to “Knife Use, Storage and Handling” for more information on this topic.)
- Wear rubber gloves when washing dishes.
- Use oven mitts and potholders when handling hot items.
- Unplug small appliances (coffee pot, toaster) when not in use.
- Unplug appliances by holding the plug – not the cord.
- Stop using appliances if their cords become damaged or worn.
- When removing lids from hot items, lift lid away from face to avoid steam.
- Keep paper plates or other items that may catch fire away from the stove.
- Use microwave-safe dishes when using the microwave.
- Keep all small appliances away from sinks or other water supply.
- Clean up spills including dropped food right away.
- Use stable stepstools when reaching for higher items. Do not stand on chairs or counters.
- Do not pick up broken glass with bare hands. Wear gloves to pick up larger pieces, vacuum and then use damp paper towels to wipe down the area.

UnitedHeartland.com  
1-800-258-2667

 **UnitedHeartland**

United Heartland is the marketing name for United Wisconsin Insurance Company, a member of AF Group.

 **AF Group**

AF Group (Lansing, Mich.) and its subsidiaries are a premier provider of innovative insurance solutions. Insurance policies may be issued by any of the following companies within AF Group: Accident Fund Insurance Company of America, Accident Fund National Insurance Company, Accident Fund General Insurance Company, United Wisconsin Insurance Company, Third Coast Insurance Company or CompWest Insurance Company.