How to prevent burns and fires...

- Use pot-holders when handling hot items
- Always stay in the kitchen while cooking!
- Make sure there is a smoke detector in the kitchen
- Turn pan handles away from the edge of the stove
- Make sure towels, napkins and curtains are away from the stove

How to prevent cuts...

- Always slice, chop, cut, or dice foods on a cutting board
- Wash sharp knives by hand, don’t let them sit in dish water
- Always cut food with the blade slanted away from you
- Don’t pick up broken glass with your bare hands!
- REMEMBER to keep your toddler away from sharp objects, such as: knives, scissors, and even opened tin cans

How to avoid falls...

- Wipe up spills immediately
- Be careful on floor mats and rugs—they slip easily!
- Pick up toys and other objects off of the floor
- Use a sturdy step stool or ladder to reach high places

How to keep clean...

- Wash your hands and counter tops often to get rid of bacteria that can make you sick
- Use a different dish towel for your hands and dishes
- Clean your stove and kitchen utensils regularly
- Keep cooked food away from uncooked food, especially uncooked meat to prevent bacteria from spreading
- Make sure to cook foods like eggs and meat thoroughly to kill bacteria that are natural in these foods
- Keep foods chilled if they are supposed to be cold, and be sure to store leftovers in the refrigerator so that bacteria doesn’t grow

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