

### Student Handout

#### Scalds and Burns

There are many sources of scalds and burns when working in a kitchen. These injuries are extremely painful, can take a long time to heal, and can be lifelong sources of pain, disfigurement, and disability.

#### Examples of hazards

- hot surfaces (stoves, ovens)
- hot utensils (pots, pans)
- hot foods and liquids
- open fires – accidental or flame grill

#### Safety tips

- Keep a tidy work area.
- Use oven mitts or dry cloths when handling hot objects.
- Open lids away from you.
- Keep handles turned in to prevent them sticking out over the floor.
- Don't overheat oil, it can burst into flames.
- If oil catches fire:
  - Cover it with a safety blanket or damp cloth, or use a foam or powder fire extinguisher (if you're trained in their use).
  - Turn off the gas or power.
  - NEVER use water to put out an oil fire – it spatters the oil, spreading the fire.
  - NEVER try to carry the burning pan.



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- NEVER use water.
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Open lids away from you.

Use oven mitts or dry cloths when handling hot objects.

Don't overheat oil - it can burst into flames.

Don't let handles stick out over the floor.

