OSHA Burns Poster



Easy Dos & Don'ts To Prevent Burns

Do:



- Wear long sleeves and long pants when cooking.
- Use potholders, gloves, and mitts, never use wet material as a potholder.
- Adjust burner flames to cover only the bottom of the pan.
- Check hot food on stoves carefully.
- Avoid steam, it can burn. Open lids away from you.
- Use caution when removing items from the microwave.
- Wear sturdy footwear that can offer protection to your feet.

Don't:

- Leave hot oil unattended.
- Lean over pots of boiling liquids.
- Spill water into hot oil.
- Allow pot handles or cooking utensils to stick out from counters or stove front and keep pot handles away from burners.
- Use metal containers, foil, or utensils in microwave ovens.



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