

# COOKING SAFETY STARTS WITH YOU!

You can help your family stay safe in the kitchen with these simple tips!

**Keep away from hot things!**  
Stoves, ovens and pots can get super hot, be careful around them!



**Always ask for help!**  
If you want to cook, ask an adult to help you!



**Watch what you cook!**  
Never leave a stove or oven alone while you are cooking!



**Don't play with electrical cords!**  
And, DON'T ever pull on them!



**Keep the kitchen clean!** Clean up messes and spills quickly to prevent fires!



**Don't leave toys on the floor!**  
Toys in the kitchen could cause a serious tripping accident!

**Use oven mitts!** If you need to touch something hot, wear oven mitts to protect your hands!



**Make sure there's a fire extinguisher handy in or near your kitchen!**



**Ask an adult about adding fire sprinklers to your home!**



**Stay low if you see smoke!**  
If you see smoke, get down low and crawl to safety!

