

# Preventing Burns from Hot Stuff

## Stove Tops, Ovens, Broilers, Grills

### Make the Workplace Safer

- Provide grills and other hot surfaces that have built-in guard bars, so workers won't accidentally touch them.

### Follow Safe Work Practices

- Avoid overcrowding on the range tops.
- Set pot handles away from burners, and make sure they don't stick out over the edge of the range.
- Adjust burner flames to cover only the bottom of a pan.
- Don't fill pots too full, to avoid boiling over.
- Lift pot covers back safely to protect yourself from steam.
- Use tongs to lower food into boiling water.
- Get help when moving or carrying a heavy pot of simmering liquid.
- Never leave hot oil or grease unattended.

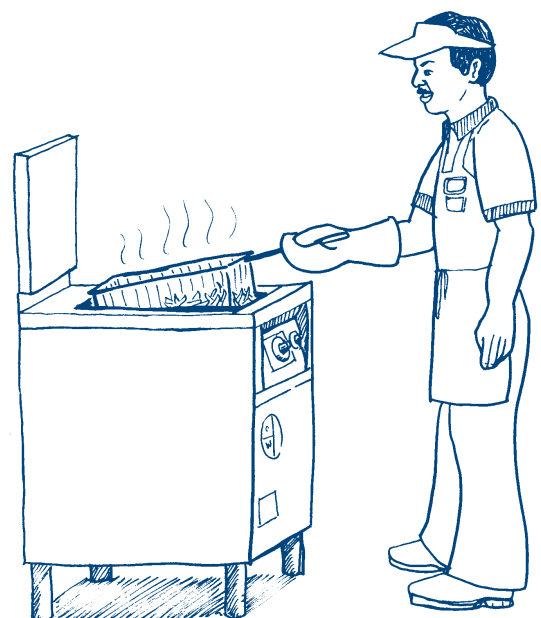
### Use Protective Clothing and Equipment

- Use potholders, gloves, or mitts when checking food on the stove, placing food in boiling water, or reaching into ovens and broilers.
- Never use wet material (like a damp towel) as a potholder.

## Deep Fryers

### Make the Workplace Safer

- Provide fryers that dump used grease automatically.
- Provide fryers that lower food automatically into the hot oil.
- Use splash guards on fryers.



### DID YOU KNOW?

Workers under 16 are not allowed to bake, and they can only do light cooking with electric or gas grills that do not involve cooking on an open flame.

### Follow Safe Work Practices

- Dry off wet food and brush off ice crystals before placing the food in the fryer basket. Wet foods splatter and cause steam.
- Fill fryer baskets no more than half full.
- Raise and lower fryer baskets gently.
- Do not stand too close to hot oil, or lean over it.
- Keep beverages and other liquids away from fryers.
- Don't strain hot oil or carry it. Wait until it is cool.
- Follow directions when adding new fat or oil.
- Cover fryer oil when it's not in use.

### Use Protective Clothing and Equipment

- Use potholders, gloves, or mitts.
- Never use wet material (like a damp towel) as a potholder.

## Microwave Ovens

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### Make the Workplace Safer

- Provide ovens that turn off when the door is opened.
- Check seals on microwave oven doors periodically.

### Follow Safe Work Practices

- Do not use metal containers, foil, or utensils in a microwave oven.
- Open containers carefully after removing them from the microwave, to allow steam to escape.

### Use Protective Clothing and Equipment

- Use hot pads, potholders, gloves, or mitts when removing items from the microwave.

### FOR MORE INFORMATION

Workers can also be burned when they slip or trip. They may fall against or touch a hot surface. Look at **Tip Sheet: Preventing Injuries from Slips and Falls**.