

Stove Safety Steps

10/04

Note to staff: Before student uses appliance, check "Student Appliance Use" list to find out if he or she is okayed to use it. Check also for any specialized set-up, equipment, or techniques.

A. Check safety of your body.

Pull up long sleeves.

Tie back long hair.

Remove loose jewelry.

Restrain loose clothing with apron.

B. Prepare stove area.

Put oven mitts in dry spot next to stove.

Locate timer (or watch).

Place equipment for stirring and testing

doneness next to stove.

Locate heat-resistant surface to place pan on when cooking is done.

Place pan's lid and baking soda near stove.

C. Do stove safety checks.

Be sure stove dials are off.

Be sure there is no heat coming from the burners.

Check stove and nearby counters to be sure there's nothing that can burn.

D. Prepare to cook.

Select correct burner size for pan.

Center pan on burner.

Place pan handle on the side of non-dominant hand and turned away from front of stove.

E. Cook.

Place what you plan to cook into pan.

Turn on burner and adjust it to desired heat.

While stirring, hold handle.

Re-center pan if necessary, turning off burner and using a long-handled spoon with heat-resistant handle.

Adjust heat as needed.

Stay in kitchen while stove is on.

When food is done, turn off burner.

Put on mitts and remove pan to heat-resistant surface.

F. After cooking.

Cover hot burner with kettle containing water and warn people nearby that the burner is hot.

Clean stovetop after it has cooled.

Note: You also will need to demonstrate the ability to respond safely to stovetop and mitt fires.