

# Cooking Safety

## A Checklist for Parents



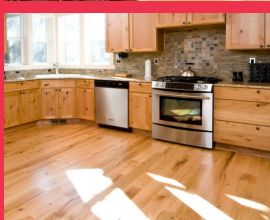
- Teach your children to stay a safe distance from hot stoves and appliances.



- Avoid carrying or holding a child while cooking on the stove.



- Kids love to reach so use the back burner of your stove. Turn pot handles away from the edge.



- Remind yourself to check on food frequently by using a timer, especially when baking or simmering.



- Check to make sure appliance cords are coiled and away from counter edges. Take an extra second to make sure hot foods are away from the edge of your counters as well.



- Stay close when you are using a grill or turkey fryer.

- Wear short, close-fitting or tightly-rolled sleeves when cooking.



- Take a minute to test your smoke alarms.

- Teach your kids how to cook safely.

For more information visit [safekids.org](http://safekids.org)

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