



# Kitchen Safety

**Balfour Beatty**  
Communities

## CHECKLIST

Use the following checklist as a guide to help keep your family safe from kitchen hazards.

- Do you store harmful products in their original containers and away from food?
- Are you careful not to transfer poisonous or caustic products to drinking glasses, pop bottles, or other food containers?
- Have you installed child safety locks on cabinets where potential poisons are stored?
- Have you locked up cleaning products and other chemicals, medications and medical supplies, and other poisonous, toxic or caustic products in a secure place?
- Do you store knives and other sharp objects out of the reach of children?
- Have you checked to make sure that all dangerous products, including medication, cleaning products and chemicals have child-resistant caps?
- Do you read and follow the use and storage directions before using cleaning products?
- Do you wear gloves and masks when using harsh products?
- Are you careful not to mix products together to avoid dangerous reactions?
- Do you promptly put away products after use and wipe up spills immediately?
- Do you keep your kitchen walkways clear of clutter?
- Is your trashcan covered with a lid?
- Do your kitchen electrical outlets have ground fault circuit interrupter (GFCI) protection?
- Do you test the GFCI monthly by pushing the red test button?
- Are you careful not to leave the kitchen while cooking?
- Do you keep things that can burn, such as dishtowels, paper or plastic bags, and curtains at least three feet away from the range top?
- Are you careful not to wear loose-fitting clothing when cooking?
- Does every family member know to "Stop, Drop and Roll" if clothes catch fire?
- Does every family member know how to cool a burn with cool running water if they receive a burn or scald injury?
- Are pot handles always turned inward while cooking?
- Do children stay at least 3 feet away from the range at all times?
- Do you keep hot items, such as beverages and cooking trays, away from the edge of counters and out of children's reach?
- Do you carefully remove lids or other coverings from microwaved food to prevent steam burns?
- Are children and pets kept away from the kitchen area when someone is cooking?
- Is your hot water heater set at 120 degrees Fahrenheit or below to reduce the risk of burns and scalds from hot tap water?
- Do you know how to extinguish a pan fire?
- Are all matches and lighters stored out of children's reach?

## IMPORTANT PHONE NUMBERS

Poison Control Hotline 1-800-222-1222