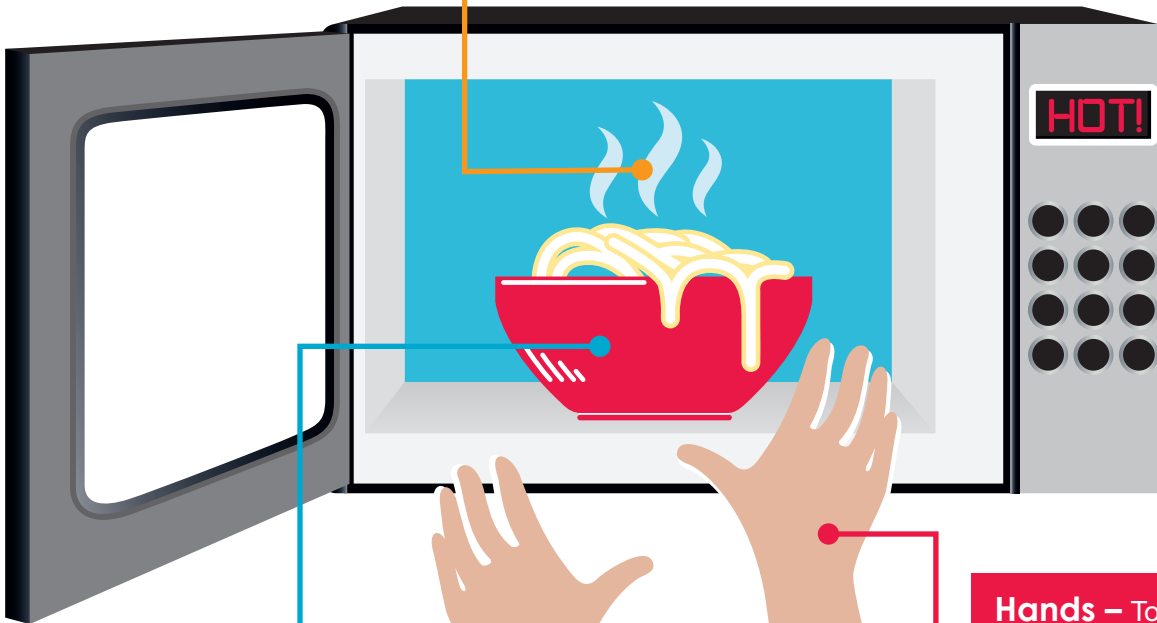


# The best recipe to avoid microwave burns

**Hot water/steam** – Steam can burn, and hot liquid in a bowl can spill when being removed from a microwave.

**Tip!** Do not fill your bowl to the top, or use a larger bowl. Place your bowl on a microwave-safe plate to make it easier to pick up.



**Bowl** – Bowls and other dishes can get very hot in the microwave and cause a burn.

**Tip!** Always use a microwave-safe bowl and use caution when touching.

**Hands** – Touching a hot bowl can cause a burn or a hot spill.

**Tip!** Use oven mitts or the “two-finger touch test” – touch the side of the bowl **before** lifting it to check if you are able to safely remove it from a microwave.

## Remember:

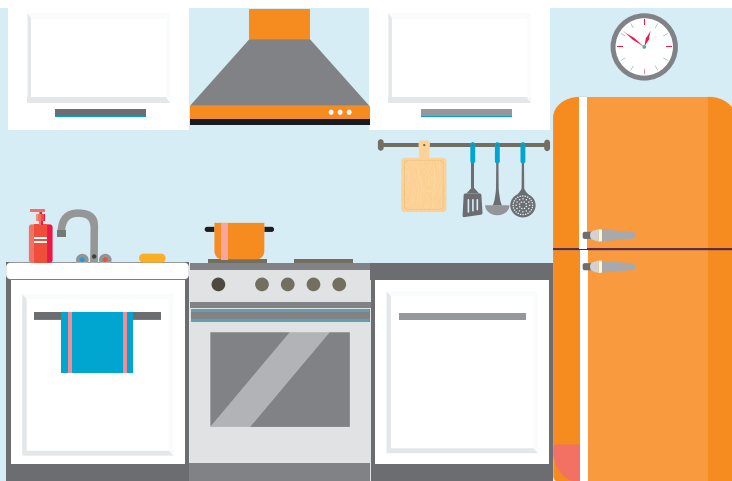
- Liquid in a microwave can get hot very quickly.
- It can be difficult to see steam in a microwave; your liquid could be hot!
- Allow children to use a microwave only after they are able to read, understand and follow directions.
- It is dangerous for children to remove hot dishes from a microwave above their shoulders. A spill could cause burns to the arms, face and chest.
- Make sure no one is underfoot when removing a hot dish from a microwave.

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# Kids and kitchen safety



The kitchen is where most burns and serious injuries happen. Being safe in the kitchen and supervising children while cooking can help prevent a serious burn.

Make sure your kitchen is clear of obstacles where people walk.

## Cooking with kids

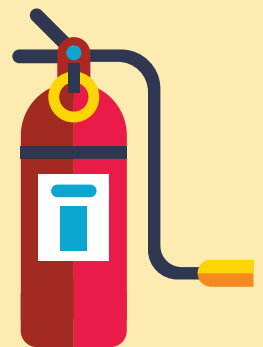
Children ages 10 to 13 may be able to make food by themselves but should have an adult with them in the kitchen. Children under 10 should have **close** supervision in the kitchen. They should not make anything that requires heat and could cause a burn. Measuring, stirring and gathering ingredients from the pantry or fridge are great activities for this age group!



- Be sure hot pots or pans are out of reach of children.
- Cover pots and pans with lids to prevent splattering.
- Do not ever leave the kitchen while using a hot cooking surface.
- Remove pots and pans from the hot surface when done cooking.

## In the event of a pan fire

- Cover with a lid and turn off the heat.
- If the fire is out of control, get out and call **911**.
- You can put out a grease fire by covering it completely with baking soda — **do not use water or baking powder!** Keep an approved fire extinguisher nearby and know how to use it (**PASS**: Pull pin, Aim low, Squeeze lever, Sweep from side to side).



## Treating a burn

- Soak a burn with cool water for 15 to 20 minutes.
- If a burn is bigger than your child's palm or has blistered, get medical care immediately. In case of an emergency, call **911** or go to a Norton Children's emergency department. Find locations at [NortonChildrens.com](http://NortonChildrens.com).



- Use only antibiotic ointment (Neosporin, Bacitracin) on the burn. **Do not put ice or any other food or household ingredients on the burn.**
- Keep the burn clean and covered.



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