

From the Security Committee

PLAY IT SAFE IN YOUR KITCHEN: Each year, thousands of people are treated in hospital emergency rooms as a result of injuries in the kitchen.

- Purchase a fire extinguisher and keep it in an accessible area.
- Use a blunt instrument when prying apart frozen foods. Knives can easily cut if they slip.
- Look for sharp objects when removing dishes from the sink or dishwasher.
- Set pots on the back of the stove and turn handles in so children can't reach them.
- Don't overload circuits by plugging in too many electrical appliances.
- Avoid mixing kitchen cleaners, as deadly fumes may result.
- Touch and stir food from the microwave before serving to ensure it isn't too hot.
- Read and follow instructions on all appliances and food products.
- Carry plastic garbage bags away from your body. If the bag brushes your body, any glass inside may cut you.