

Keep your kitchen safe

Each year, thousands of people are treated in hospital emergency rooms as a result of injuries in the kitchen. Most minor injuries are not reported, making kitchen safety an important issue.

Because we spend so much time in the kitchen, we often overlook potential dangers, and our fast-paced lifestyles can compound the problem. We recommend slowing down to help prevent injury. Here are some tips:

- Purchase a fire extinguisher and keep it in an accessible area.
- Use a blunt instrument when prying apart frozen foods. Knives can easily cut you 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 cannot reach them.
- Carry plastic garbage bags away from your body. If the bag brushes your body, any glass inside may cut you.
- Avoid mixing kitchen cleaners, as deadly fumes may result.
- Touch and stir food from the microwave before serving it to ensure it is not too hot.
- Read and follow the instructions on all appliances and food products.
- Don't overload circuits by plugging in too many electric appliances.
- Educate your children on basic kitchen safety.



Martin Insurance Agency, Inc.
1-812-752-2581 Office
www.Martin-Insurance.com

Email:

steve@martin-insurance.com
matt@martin-insurance.com
greg@martin-insurance.com

