



A Safe Kitchen

Kitchens are one of the busiest rooms in the house. It may also be one of the most dangerous rooms in the house. Remember to use safe cooking practices when working in the kitchen.

Tips to keep you and your family safe in the kitchen:

- ▶ Keep stove tops clean. Grease and food on stove tops can catch on fire. If a grease fire starts, use a lid or baking soda to put out the fire. Do not use water on grease fires.
- ▶ Store knives in a safe place away from children's reach.
- ▶ Cut food on a clean cutting board and when cutting foods, cut away from you or straight down from you. Wear closed toed shoes to protect against a dropped knife.
- ▶ Keep the kitchen clean. Wipe up spilled beverages, grease or food immediately. This prevents falls and discourages insects and rodents that can carry disease.
- ▶ Wash hands before, during, and after cooking to prevent the spread of germs.
- ▶ Change dish cloths and dish towels daily.
- ▶ Dry your hands completely before operating an electrical appliance. Unplug the appliance when not in use.
- ▶ Use an oven mitt or hot pad when removing foods items from the oven or microwave oven. Most burns occur on hands.
- ▶ Store household cleaners, disinfectants and insecticides in original containers. Store them separate from food and away from children to prevent poisoning.
- ▶ Keep dish towels and curtains away from the stove to prevent them from catching on fire.
- ▶ Wear short sleeves or roll up long sleeves while cooking.
- ▶ Remove a lid from a pan, by lifting the lid away from you so the steam does not burn you.
- ▶ Turn pot handles away from the front of the stove, but not over another burner.
- ▶ Use a step stool or sturdy chair for reaching high shelves.

Know how. Know **now**.

Multipurpose Cleaner

2 tablespoons baking soda (sodium bicarbonate)

1/2 cup household ammonia

1/4 cup white vinegar

2 quarts (8 cups) warm water

Stir all ingredients together in a bowl. Fill a CLEAN spray bottle (not recycled one) with cleaner and store the rest tightly sealed in a large bottle. Use with a cloth or sponge to clean. Rinse with a clean cloth or sponge after cleaning.

Uses: Tile and linoleum floors, formica counter-tops, appliances, etc

Cost: About 20 cents for half a gallon (not including water)

Hazards: NEVER MIX BLEACH AND AMMONIA TOGETHER!!

This combination is deadly! Also, never mix products together that contain bleach with products that contain ammonia. This includes dishwasher detergent.



Source: <http://www.mommytips.com/article/Home/homemade-cleaners.htm>