

# STOVE STOPPER



## Safe Kitchen Guide

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**Safe Kitchen Guide**  
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## An Introduction:

Knowing how to keep your kitchen safe and your family healthy mostly comes from experience and common sense. But, as each year goes by, Americans spend less and less time in the kitchen.

So, this book is meant to help cover the basics of keeping a safe kitchen. There may be things you already know, though there is a good chance you will run into ideas you've never read before.



## Section 1: Tools and Appliances

The best way to effectively use your kitchen is to have the right tools and appliances for the meal. For example, a cutting board is very useful, as it makes cutting meat and vegetables easier and protects your counter-tops from unnecessary wear.

Plastic or fiberglass cutting boards are better than wood. Wood is a porous material. Food residue can seep into the pores of wood cutting boards and contaminate the next food item you put on the board, even if you was it between items.

A cookbook is always handy to have in the kitchen. Besides being a collection of recipes you may want to make, it also helps you stay prepared so you don't find yourself saying, "Oh, wait, I need that!" You could become distracted, and of course, dangerous things happen when you get distracted in the kitchen. There are also various types of cookbook holders to keep your cook book off the counter while you are cooking, but still easy to see and read.



A must have for all kitchens is a fire extinguisher. Let's face it, fires happen. The worst approach to have is: "It will never happen to me." The better attitude is: "If it happens, I am ready." Fire extinguishers come in many varieties and cost ranges. For most kitchens, a single-use kitchen extinguisher will be enough. They run around 16 U.S. Dollars.

Keep the extinguisher somewhere convenient. Should there be a fire, follow the directions on the side of the can. Usually, it requires a sweeping motion over the source of the flames. Fire extinguishers are messy. But if the fire has already started, messy is better than burned.

**NEVER** use water to put out a stove fire!



Many older homes lack a stove hood or exhaust fan. It is highly recommended that if you do not have one, you should get one installed. Without one, there is no place for the smoke to go, besides into the rest of the house, often leaving your home smelling like that pungent dinner you just ate for the next week. It also means your smoke detector will go off more frequently.

Also, over time grease will begin to collect in the hood over your stove. So it is a good idea to clean it and the filter in it regularly. If you don't, and a stove fire starts, it could serve as a propellant, making the fire burn even bigger and faster.





Smoke detectors are important. There should be one near the kitchen. More importantly, make sure it works. At any given time, 30 percent of detectors don't work. This is usually due to dead batteries. Change batteries annually and test your detector monthly to assure it is in proper working order.

Smoke detectors range from 8 to 30 U.S Dollars. There are hard wired models, battery operated models and models that also have carbon monoxide detectors as well. Interconnected smoke/carbon monoxide detectors are the best, since if there is smoke in the kitchen, all of the detectors in the house will alert, not just the one near the kitchen.



Using oven mitts may sound obvious, but you would be surprised to learn how frequently people, especially the young, forget to purchase a pair before cooking for the first time. Then they find themselves trying to improvise with a towel or an article of clothing. College teaches kids a lot of things, but using the oven is not one of them.

Always make sure to have the mitts out just in case, but also be sure not to keep them too close to the stove while cooking. Look to spend at least 10 dollars on a pair from your local big box store. If oven mitts or potholders are worn with holes or thread bare spots, toss them and get new ones.



A lot of people get a kick out of making new recipes in the kitchen. Don't let that kick turn into a shock by letting water get into anything electrical.

Water will damage electric sockets, and electrical kitchen appliances. This means you will have to hire an electrician to fix the damage or purchase a new appliance.

Of course, water + electricity + you = ouch or worse. Keep all electrical devices away from water.





## Section 2: While Cooking Food

When you are about to cook, take a moment and examine what you are wearing. Make sure your clothes aren't too loose.

You could contaminate the food, get stuck in an appliance or even start on fire!



The most important thing to know about cooking is to stay in the kitchen. Don't go out to the living room to watch television or go into the office and browse the internet. Doing so is asking for burnt food or worse, a stove fire.

Let's face it, accidents do happen, especially burns. Since they are all but inevitable, knowing how to deal with a burn is important. If it is a minor burn, like red skin, you should run cool water over it for 10 to 15 minutes. Then use aloe-vera gel to help heal the burn. If the burn is worse than a blister, go to the emergency room.



Grease fires are the enemy of all cooks and home owners. There is one hugely important thing to know about grease fires: don't add water! Adding water will cause uncontrollable flames that could ignite your cupboards and other flammable items. Also, don't use flour because it has a similar effect.

Instead, use a pan cover or an even bigger pot to cover the pot with the fire. Taking away oxygen will stifle the fire. A fire extinguisher is also extremely helpful. When using the pan cover or another pot to smother the flame, slide the cover over the flame/burning pot going in the direction of from you toward the back of the stove. This keeps you and your arm/hand the safest.



## Section 3: Keeping Children Safe

There are a lot of dangerous items in the kitchen. While it would be great if we could keep kids out of kitchen completely, that just isn't a realistic goal. There are things you can do to make your kitchen safer for children.

Unsafe items include: Strong cleaners, knives, forks, scissors, food processors, matches and gas stove dials. It is best to keep these items out of reach and behind child safety locked doors.





- Pot handles should be turned in toward the back of the stove, so they can't be grabbed.
- If you aren't using an appliance, it is a good idea to leave it unplugged.
- Baby bottles shouldn't be warmed in the microwave because they heat unevenly and can burn your baby's mouth.





Keep your knives secure, and out of the reach of children.  
There are many things that children need to "learn the hard way",  
but knives are not one of them.





It can be fun and easier to supervise your child, if they are in or near the kitchen while you are cooking. Give them something safe to do. One idea is to have one low cupboard not too near the stove or sink with plastic measuring cups, or other containers that are safe for a child to take out, put back and play with. Just be sure ALL the items in that cupboard are safe for the child to handle and ones that you are okay with landing on the floor and being handled by a toddler.



## Section 4: Keeping the Kitchen Clean

Part of kitchen safety is keeping it clean and free of bacteria, viruses, and mold. Also, keeping the floors clean and uncluttered prevent falls from occurring.

Disinfecting countertops, utensils, sinks and the refrigerator do a great deal in preventing illness. Wash with soap and hot water. Then use a sanitizing agent like a bleach solution. Use of sponges to clean in the kitchen is convenient and common.

However, if you are not regularly laundering sponges or anything else you use to clean, you could just be spreading germs around.

Microwave your damp sponge for 2 minutes regularly, or run it through the dishwasher to sanitize it.



The easiest and most important way to prevent a food borne illness is to wash your hands frequently. If you are cooking meat, wash your hands after handling the raw food. Not doing this means you could contaminate other foods you are preparing.

For the same reason, it is important to dedicate tools to different foods. If you are using a cutting board and knife for your pork chops, use a different one for your vegetables. Otherwise, the raw pork could contaminate the vegetables.



## Summary:

Kitchen safety is something you work on every day. Every time you make a meal, you need to make sure you are using the right tools, paying attention to the process to make sure nothing gets out of control and make sure the kitchen stays clean to prevent fires and to prevent illness.

Kitchen safety is not difficult. It just requires thought. We hope that this booklet serves as a reminder that kitchen safety is important and can be achieved by everyone.

For more information on kitchen safety:

[healthychildren.org](http://healthychildren.org)

[www.homesafetycouncil.org](http://www.homesafetycouncil.org)

<http://recipes.howstuffworks.com/tools-and-techniques/kitchen-safety-quiz.html>

[http://www.fsis.usda.gov/fact\\_sheets/safe\\_food\\_handling\\_fact\\_sheets/](http://www.fsis.usda.gov/fact_sheets/safe_food_handling_fact_sheets/)

## Stove Stopper can help you prevent Stove Fires

- The Stove Stopper promotes kitchen safety by using a motion sensor to monitor the kitchen and make sure that someone is attending the stove.
- When no one is nearby for 1 minute, the Stove Stopper shuts off and then beeps to let you know. The time setting can be customized.
- Timer mode is great for the oven, shutting the stove off after a preset time regardless of motion.
- If you are only using the oven, you can shut off Stove Stopper.
- The Stove Stopper is capable of being locked down by a password. This is great for making sure the settings aren't accidentally changed.

Visit us at [StoveStopper.com](http://StoveStopper.com) to learn more about the Stove Stopper and stove safety.