

## CALTECH KITCHEN SAFETY

Shared kitchens in dormitories and office spaces are convenient gathering spots, but they also create fire, injury, and hygiene risks when appliances and food are not handled properly. Simple behaviors, like never leaving cooking unattended, keeping appliances and cords in good condition, and cleaning up spills and crumbs, greatly reduce the chance of fires, pests, and foodborne illness. By following a few common-sense safety tips, everyone can help keep the kitchen clean, functional, and safe for all users.

### MICROWAVE SAFETY

- NEVER USE ALUMINUM FOIL OR METAL IN A MICROWAVE OVEN.
  - ONLY USE MICROWAVE SAFE CONTAINERS.
- DO NOT LEAVE MICROWAVE UNATTENDED WHILE IN OPERATION.
- IF YOU HAVE A FIRE IN THE MICROWAVE, LEAVE THE DOOR CLOSED, TURN IT OFF, AND UNPLUG IT FROM THE WALL.
  - EVACUATE IF THE FIRE DOES NOT GO OUT.
- PLUG THE MICROWAVE DIRECTLY INTO AN OUTLET
  - DO NOT USE AN EXTENSION CORD.
- OPEN FOOD SLOWLY AND AWAY FROM FACE.
  - THE HOT STEAM CAN CAUSE SEVERE BURNS.

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### COOKING SAFETY TIPS

- STAY IN THE KITCHEN AND DO NOT LEAVE YOUR STOVE UNATTENDED WHEN FRYING, BOILING, GRILLING, OR BROILING FOOD.
- BE ON ALERT! NEVER COOK WHEN YOU ARE TIRED.
- KEEP ANYTHING THAT CAN CATCH ON FIRE AWAY FROM THE STOVE.
- IF YOU HAVE A FIRE ON THE STOVETOP, PLACE A LID ON THE PAN IF AVAILABLE AND TURN OFF THE STOVE - CALL x5000.
- FOR A FIRE IN THE GAS AND/OR ELECTRIC OVEN, TURN OFF HEAT AND LEAVE DOOR CLOSED - LEAVE AND CALL x5000.

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FOR ADDITIONAL GUIDANCE AND BEST PRACTICES, CONTACT [safety@caltech.edu](mailto:safety@caltech.edu)

See the EH&S  
Website for key  
safety Resources:



#### NEED HELP? CONTACT EH&S

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