Prevent splatter burns!

When frying, use a pan lid to prevent splatter burns.
Never leave the stove unattended.

Stay in the kitchen while you are frying, grilling, or broiling food. If you leave, turn off the stove.
Stay alert!

The best time to cook is when you are wide awake, and not drowsy from medications or alcohol.
Dress appropriately when cooking.

Wear short or close-fitting sleeves when cooking to avoid burn injury.