OUTDOOR GRILLING

Hand Safety Tips

1. USE GLOVES
When turning food or removing items from the grill, always use potholders or insulated gloves to protect your hands from the heat. The flame could flare up without notice. Gloves will also protect your hands from skewers.

2. LONG UTENSILS
Use long utensils that are meant for grilling when placing food on the grill, turning it or removing it. Do not let your hand get too close to the flame.

3. AVOID WINDS
Do not grill while there are high winds. The winds can cause the flame to jump which may burn your hands or start clothing on fire.

4. KEEP YOUR DISTANCE
When measuring the temperature of the grill with your hand, keep your hand at a safe distance from the grates. Start by feeling the heat from a far distance and slowly bring your hand closer to the grill.

5. NO MATCHES
When lighting a grill, always use a long-handled lighter rather than matches. This will protect your hands from the flame. With charcoal, don’t use too much lighter fluid.

Types of Burns
Visit a hand surgeon or the nearest emergency room if you think you have a second, third or fourth degree burn.

- **1st Degree** | Red skin without blisters
  - Treat with ice and pain relievers.

- **2nd Degree** | Red skin with blisters
  - Treatment can include trimming of blisters, a hand splint and antibiotics.

- **3rd Degree** | White, leathery skin
  - Treated with surgery and a hand splint.

- **4th Degree** | White, leathery skin with damage to joints, tendons or bone
  - Treated with surgery (or multiple surgeries) and rehabilitation.