

Keep **LOOKING** when **COOKING**

*DISTRACTIONS can quickly LEAD to a **KITCHEN FIRE***



WATCH WHAT YOU HEAT

Cooking is the number one cause of home fires

PLAN A: PRIMARY PREVENTION

- ✗ The best time to cook is when you are wide-awake, and not drowsy from medications or alcohol.
- ✗ Always wipe clean the stove, oven, exhaust fan to prevent grease build up.
- ✗ Wear short or close-fitting sleeves when cooking.
- ✗ Keep a pan lid and dry potholders or oven mitts near you EVERY time you cook.
- ✗ Turn pot or pan handles toward the back of the stove.
- ✗ When heating food in the microwave, use microwave-safe cookware that allows steam to escape.
- ✗ Allow food to rest before moving from the microwave.
- ✗ When frying, use a pan lid or splash guard to prevent grease splatter.
- ✗ Stay in the kitchen while you are frying, grilling, or broiling food. If you leave, turn off the stove.
- ✗ If you are simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you to check on your cooking.
- ✗ After cooking, check the kitchen to make sure all burners and other appliances are turned off.

STATS

- 47% of all home fires are caused by cooking.
- Preventing a burn injury is always better than the pain and trauma of medical treatment afterward.

PLAN B: SECONDARY PREVENTION

If your food does catch on fire...

1. Cover the pan with its lid. A cookie sheet works too. Leave covered until the pan is cool. NEVER move the pot or carry it outside – the pot is too hot to handle and the contents may splash, causing a severe burn.
2. Turn the heat off. With the lid on and the heat off, the fire should quickly put itself out. NEVER use water to put out a kitchen fire. Water will cause the oil to splatter and spread the fire, or scald you as it vaporizes.
3. If the fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the over is cool.
4. If the fire gets out of control – GET OUT, STAY OUT AND CALL 9-1-1. Do not run inside for any reason.

What if I don't have a fire extinguisher?

- Grease or oil fires are common in the kitchen.
- If you do not have a CO₂ or chemical extinguisher, there are things you can use.
- If you have a lid that will cover a burning pan, it can cut off the supply of oxygen. (Let the pan cool before removing the lid or the fire will start again.)
- Baking soda can also be spread across a fire to smother it.



Source: American Burn Association