



# Cooking With Care

Most destructive fires start in the kitchen when cooking is left unattended. A significant number of these fires are the result of overheated cooking oil in deep fat fryers or pans heated directly on kitchen stoves.

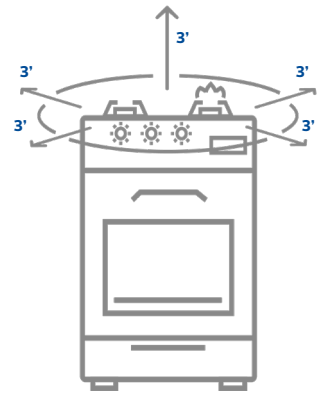
## Keep Fire Out Of Your Kitchen

### Never leave cooking food unattended.

- + Avoid cooking when sleepy or drowsy due to medication or alcohol.
- + Use a timer to remind you that you are cooking.
- + Stay in the kitchen while you are frying, boiling, grilling, broiling, simmering, roasting or baking food. If you leave the area, even for a short time, turn off the stove or oven.

### Keep the kitchen clean and clear of combustibles.

- + Keep the hood, filter, fan and duct above the stove clean. Grease buildup is a fire hazard.
- + This includes curtains, dishcloths/ dish towels, oven mitts, wooden utensils, paper towels, pot holders and food packaging.



## Protect Children and Pets

- + Establish a "kid-free" and/or "pet-free" zone of at least 3 feet (1 metre) around the stove and areas where hot food or hot beverages are prepared and/or carried.
- + Keep matches out of reach of children and turn pot handles inwards so they cannot be pulled down.

### Prevent burns and injuries.

- + Wear clothing with short or tight sleeves when cooking. Loose clothing can catch fire if it comes in contact with a gas flame or electric burner.
- + Prevent accidents by turning pot handles towards the back of the stove when cooking.
- + Do not store items (i.e., spices) at the back of the stove. Children and adults may be burned while reaching for things stored above or behind the stove.
- + When cooking food in a microwave, carefully remove lids or other coverings to prevent steam burns.
- + Always keep a lid nearby when you are cooking.

### Maintain appliances.

- + Keep your electrical appliances in good working order.
- + Don't overload outlets.
- + Replace frayed cords immediately as they are a fire hazard.

## PUTTING OUT GREASE FIRES

- + **Step 1:** While wearing an oven mitt, use the pot lid like a shield and slide it over the top of the pot. If you do not have the pot lid, a cookie sheet can be used instead.
- + **Step 2:** Turn off the heat.
- + **Step 3:** Do not pour water onto a grease fire. Do not move the pan and do not remove the lid or cover until the fire is completely out and the contents have had time to cool (at least 15 minutes).



**SMOKE ALARMS  
SAVE LIVES**

TEST YOUR ALARMS MONTHLY



**PLAN AND PRACTICE  
YOUR HOME FIRE ESCAPE PLAN.  
ALWAYS KNOW TWO WAYS OUT  
OF EACH ROOM.**