



Cooking Safety



Cooking fires are the number one cause of home fires and home injuries. The leading cause of fires in the kitchen is unattended cooking. It's important to be alert to prevent cooking fires.

SAFETY TIPS

- **Stay** in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, 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 that you are cooking.
- **Keep** anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.
- **Keep** the stovetop, burners and oven clean.
- **Wear** short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.
- **Have** a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- **Always use** cooking equipment that has the label of a recognized testing laboratory.
- **Follow** manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- **Plug** microwave ovens or other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance as it can overload the circuit and cause a fire.
- **Check** electrical cords for cracks, breaks, or damage.

IF YOU HAVE A COOKING FIRE

- **Just get out!** When you leave, close the door behind you to help contain the fire.
- **Call 9-1-1** or the local emergency number after you leave.
- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.
- **Always** keep a lid nearby when you're cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.
- **In case of** an oven fire, turn off the heat and keep the door closed. After a fire, the oven should be checked and/or serviced before being used again.

— Your Source for SAFETY Information —