

## **Fire Safety in the Kitchen**

### **Put a lid on it!**

Always keep a large lid near the stove when you are cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. **Never put water on a burning pot or try to move it to the sink.**

### **Keep an eye on your frying**

Never leave cooking unattended - particularly if you are using oil or high temperatures. A stovetop fire can start in a flash, so keep a close eye on your cooking at all times.

### **Don't reach for danger**

Be sure to wear tight-fitting or rolled up sleeves when using the stove. A dangling sleeve on a housecoat or sweater can easily brush against a hot burner and catch fire.

### **Fight or flight?**

A fire extinguisher can be a useful safety item - if you know how to operate it. Use a multi-purpose, listed extinguisher that is right for your particular kitchen. Fire extinguishers must only be used on small, contained fires. Never allow the fire to get between you and your exit.

### **Clear the clutter**

Combustible items, such as wooden or plastic cooking utensils, dishcloths, paper towels and pot holders, can easily ignite if they are too close to a burner. Keep all combustible items a safe distance from your stove.

### **Cool a burn**

If you experience a kitchen burn, immediately run cool water over the wound for several minutes. The water will prevent further burning and relieve the pain. If the burn is severe, seek medical attention.

### **Prevent fire: use a fryer**

Deep fat frying is a major kitchen hazard. Oil heated in a pot on the stove can easily overheat and bust into flames. Fire departments recommend that you use only a thermostatically-controlled deep fat fryer.

### **Snooze - you lose**

Many night time fires are caused by people attempting to cook while under the influence of alcohol. Don't let this happen in your home. Keep a close eye on drinkers and install a smoke alarm on every level of your home.