

Kitchen Fire Safety

General Tips

- Never leave cooking unattended. Oil or fat can ignite.
- Always turn oven and burners off when you are finished cooking.
- Always unplug electrical appliances when not in use.
- Keep children a safe distance from cooking areas.

Stay Alert

- Cooking requires you to be rested and alert.
- Avoid cooking when under the influence of alcohol or medications

Wear Short or Close Fitting Sleeves

- Avoid loose sleeves that may contact burners and catch fire.
- Avoid storing items on or above your stove.

Turn Pot Handles In!

- Prevent burns and stovetop fires by turning pot handles toward the back of the stove while cooking.
- Whenever possible use rear burners. Pot handles that stick out can easily be grabbed or bumped by a small child.

Clean Cooking Surfaces

- Keep appliance surfaces free of spills and grease that may catch fire.

Keep Combustible Items Clear of Stove

- Keep curtains, dishtowels, plastic containers, and potholders away from hot surfaces.
- Operate Microwaves Safely
- Always use potholders or oven mitts to remove foods from microwaves.
- Remove lids carefully to avoid steam burns.
- Do not use paper towels in the microwave

Don't Overload Electrical Outlets

- Avoid overloading electrical outlets with too many kitchen appliances.
- Carefully examine electrical cords and discard any that are frayed, cracked or damaged.

Working Smoke Alarms save Lives

- Purchase and install working smoke alarms. Specialized alarms are available for the kitchen.
- Test smoke alarms monthly, and for battery operated smoke alarms, replace batteries at least once a year.

If You Have A Kitchen Fire...

Put a Lid on It

- To extinguish a grease fire, use a potholder or oven mitt and slide a lid or cookie sheet over the flames, then turn the source of heat off.
- If the flames do not go out, immediately leave your home and call the Fire Department.

Oven / Microwave Fires

- If a fire starts in your oven, close the oven door and turn the source of heat off.
- For a microwave fire, keep the door closed and turn the microwave off.
- Remember: if the flames do not go out, immediately leave your home and call the Fire Department.

If your clothes catch on fire:

STOP where you are.

DROP to the ground; cover your face with your hands.

ROLL over and over to smother the flames

Cool a Burn

- Immediately cool a burn by placing it under cool water for 10-15 minutes. Cool water reduces skin damage and minimizes the pain.
- **NEVER** use butter, lotions, ice, or ointments. This only seals the heat in.
- Don't break blisters. This could cause infection.
- Apply a clean, dry dressing to a first-degree burn after cooling. Second and third-degree burns require immediate medical attention