

Fast Facts

Cooking Safety

Watch What You Heat

This concept serves as a reminder that leaving cooking unattended is a recipe for disaster. Distractions are inevitable; however it is up to you whether or not you allow yourself to become distracted when cooking. If your cell phone rings while you are cooking, let it go to voicemail until you turn off the stove or oven. It is very easy to become so involved in a conversation that you forget that you left something cooking until you are pleasantly reminded by your smoke detector. Be careful when cooking so that you can avoid unwanted fire alarms.



Stand By Your Pan

According to National Fire Protection Association (NFPA) cooking is the leading cause of home fires. Statistics show that 1/3 of every home fire starts in the kitchen and that more than 100,000 fires a year were cooking related.

When Fire Prevention is called to a cooking-related fire, residents often tell us that they only left the kitchen for a few minutes. Sadly enough, that is all it takes for a dangerous fire to occur. There really isn't a safe period of time for the cook to step away from a hot stove or oven.

Think Safety First

- Stay in the kitchen when you are cooking.
- If you must leave the room, turn off the stove or oven.
- When you are simmering, baking, or roasting food, check it regularly. Use a timer to remind you.
- Keep cooking areas clean and clear of combustibles (e.g. potholders, drapes and food packaging).
- Keep children away from cooking areas by enforcing a "kid-free zone" around the stove (3 feet).
- If you have a fire in your microwave, turn it off immediately and keep the door closed.
- Always keep an oven mitt and lid nearby.
- Smother grease fires in pans by carefully sliding the lid over the pan. (Wear the oven mitt).
- If an oven fire starts, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- If the fire does not go out, get out of the home and call 9-1-1.

