How to Prevent Cooking Fires and Related Injuries
The cooking fire problem.

- Cooking is the leading cause of home fires and fire injuries.
- 1 in 8 households will have a cooking fire each year.
- The leading cause of kitchen fires is unattended cooking.
Steps to safe cooking.

- Watch what you heat.
- Stay alert.
- Keep things that can catch fire away from heat.
- Know what to do if you have a cooking fire.
- Keep kids away from cooking area.
- Prevent scalds and burns.
- Install and use cooking appliances safely.
- Have working smoke alarms.
Watch what you heat!
Watch what you heat!

- When you fry, grill, or broil:
  - Stay in the *kitchen*!
  - TURN OFF the stove if you leave the kitchen, even for a short time
Watch what you heat!

- When you simmer, bake, roast, or boil:
  - Stay in your *home* or *apartment*!
  - TURN OFF the stove if you leave your home, even for a short time.
  - Check on the cooking regularly.
  - Use a timer to help you remember that you’re cooking.
Stay alert!
Stay alert!

- If you are not alert, you may have trouble:
  - controlling your cooking.
  - keeping things that burn away from heat.
  - keeping children and pets away from cooking.
- Don’t cook if you are drowsy, have been drinking, or are using drugs.
Keep things that can catch fire away from heat.
Keep things that can catch fire away from heat.

- Keep things that can catch fire away from your stovetop!
- Things that can catch fire include:
  - potholders and oven mitts
  - bags and boxes
  - towels and curtains
- Don’t store things that can catch fire in or near an oven, microwave oven, or toaster oven!
Keep things that can catch fire away from heat.

- Keep stovetop, burners and oven clean.
- Wear tight-fitting, rolled-up or short sleeves when cooking.
If your clothes catch fire:

STOP, DROP, AND ROLL!

STOP immediately.

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

ROLL over and over or back and forth to put out the fire.

Cool the burn with cool water for 3-5 minutes. Seek medical treatment immediately.
Know what to do if you have a cooking fire.
Know what to do if you have a cooking fire.

- When in doubt, just get out!
  - When you leave, close the door behind you to help contain the fire.
  - Call 911 or the local emergency number after you leave.

- If you do try to fight the fire, be sure:
  - Others are already getting out.
  - You have a clear path to the exit.
Know what to do if you have a cooking fire.

- Small grease fire confined to a pan on the burner.
  - Keep an oven mitt and lid that fits the pan nearby when you cook.
  - Wearing your oven mitt, smother the fire by carefully sliding the lid over the pan.
  - Turn off the burner.
  - Do not move the pan.
  - Keep lid on until pan is completely cool.
What to do if you have a cooking fire.

- **Oven or microwave oven fires:**
  - Turn *off* the oven.
  - Keep oven door *closed*.
  - *Unplug* the microwave oven if you can safely reach the outlet.
  - Have the equipment *checked and serviced* before you use it again.
Keep kids away from the cooking area.
Keep kids away from the cooking area!

- Have a “kid-free zone” of 3 feet around:
  - the stove
  - areas where hot food or drink is prepared, placed or carried
- Never hold a child while cooking, drinking or carrying hot foods or liquids.
Prevent scalds and burns.
Prevent Scalds and Burns

- Place objects where they cannot be pulled over or knocked over:
  - Turn pot handles away from the stove’s edge.
  - Use the stove’s back burners to keep hot things further away from young children.
  - Keep hot foods and liquids away from table and counter edges.
  - Keep appliance cords coiled and away from counter edges.
Prevent scalds and burns.

- **Microwave oven usage:**
  - Never use aluminum foil or metal objects in a microwave oven.
  - Use only microwave-safe cookware (containers or dishes).
Prevent scalds and burns.

• Food heated by microwave oven:
  • Open microwaved food slowly, away from the face.
  • Hot steam escaping from a container of microwaved food or the food itself can cause burns.
Prevent scalds and burns.

- Teach children:
  - That hot things burn.
  - Safe cooking behaviors (when children are old enough)
If someone is burned:

COOL A BURN

Cool the burn with cool water for 3 to 5 minutes

If the burn is bigger than your fist, or if you have any questions, seek medical attention right away.
Install and use cooking appliances safely.
Install and use cooking appliances safely.

- Always use cooking equipment tested and approved by a recognized testing facility.
- Follow manufacturer’s instructions and code requirements when installing and operating cooking equipment.
Install and use cooking appliances safely.

- Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.
Have working smoke alarms.
Have working smoke alarms.

- **Install smoke alarms:**
  - In each sleeping room.
  - Outside each sleeping area.
  - On every level of your home.
Have working smoke alarms.

- Test each smoke alarm at least monthly.
- Install a new battery in all conventional alarms at least once a year.
- If the smoke alarm chirps, install a new battery in a conventional smoke alarm.
  - Replace the smoke alarm if it has a 10-year battery
Have working smoke alarms.

- Prevent nuisance alarms during cooking:
  - Move smoke alarms farther away from the kitchen.
  - Install a smoke alarm with a silence button.
Have working smoke alarms.

- If a smoke alarm sounds during normal cooking:
  - Press the silence button if the smoke alarm has one.
  - Open the door or window or fan the area with a towel to get the air moving.
- Do not disable the smoke alarm or take out the batteries.
Summary
Steps to safe cooking.

- Watch what you heat.
- Stay alert.
- Keep things that can catch fire away from heat.
- Know what to do if you have a cooking fire.
- Keep kids away from cooking area.
- Prevent scalds and burns.
- Install and use cooking appliances safely.
- Have working smoke alarms.
For more information:

Contact your local fire department, or log onto the U.S. Fire Administration’s website at www.usfa.dhs.gov.

THANK YOU.