

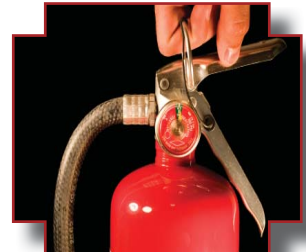


Cooking Safety

*The leading cause of fires in the kitchen is unattended cooking.
Most cooking fires in the home involve the stovetop.*

COOKING WITH CAUTION

- Stay in the kitchen while you are frying, grilling or broiling food. If you leave the kitchen for even a short 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 a lid or cookie sheet nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turning off the stovetop. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.



Have a “kid-free” zone of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

IF YOU HAVE A COOKING FIRE...

- If you catch the fire when it is small, smother it with the lid or a cookie sheet and turn off the heat. Leave the pan covered until it has cooled. If the fire has grown beyond the pan, and you have been trained, use an ABC rated fire extinguisher. Be sure to stand 6-8 feet back from the fire to avoid spreading flames.
- For any fires that do not go out quickly, evacuate the area and call 911 immediately. Report all fires to the fire department.

