



BE SAFE IN THE KITCHEN



More fires start in the kitchen than any other room in your home. Unattended cooking is the number one cause of residential structure fires. Young children and older adults are at the highest risk for burn injuries.



KITCHEN SAFETY TIPS

- If a pan or skillet catches fire, slide the lid (or a larger pan) over the pan and turn the stove off. Leave the lid on until the pan is cool.
- **NEVER** use water or cooking items such as flour, baking soda, or baking powder to put out a grease fire. Water can splash the grease and spread the fire.
- **NEVER** carry a burning pan to the kitchen sink or outdoors. The contents can spill, burning you and spreading the fire.
- Wear short sleeves or tight fitting sleeves when cooking.
- If your clothing should catch on fire, stop, drop, cover your face with both hands and roll, or use a towel or blanket to smother the flames.
- Keep an ABC fire extinguisher within reach, and know how to use it.
- Avoid cooking when you have taken medicine that makes you drowsy. Do not cook and drink alcohol at the same time.
- Unattended cooking is the number one cause of residential structure fires.
- If you leave the kitchen while cooking, turn off the stove. Use a kitchen timer to remind you when your food is finished.
- Turn pot and pan handles toward the center of the stove. Keep hot pans and dishes away from the edge of the stovetop burners. Create a safe zone around the stove to prevent children from getting near it while the stove is in use.
- Keep stovetop and toaster free from grease, leftover or spilled food.
- Keep napkins, towels, curtains and other flammable items away from heat sources.



MICROWAVE COOKING

- Use only containers designed for microwave use.
- If a fire starts in the microwave, close the door and unplug the cord.
- Stir food while cooking and allow food to cool for a few minutes when finished to prevent burns.
- When taking the lid off, lift it away from your face to prevent steam burns.

TO COOL A BURN, USE COOL WATER. SEEK MEDICAL ATTENTION IF THE BURN IS SERIOUS.