



**Put  
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on it!**

**fire  
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# ***Fire safety in the Kitchen***

**Cooking** is the number one cause of home fires and a leading cause of fire deaths and burn injuries. Preventing kitchen fires is just common sense. Follow these quick and easy tips for fire-safe cooking, *every time!*



**Put a lid on it!** Always keep a large lid near the stove when you are cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Never put water on a burning pot or try to move it to the sink.



**Keep an eye on your frying pan.** Never leave cooking unattended—particularly if you are using oil or high temperatures. A stovetop fire can start in a flash, so keep a close eye on your cooking at all times.



**Don't reach for danger.** Be sure to wear tight-fitting or rolled up sleeves when using the stove. A dangling sleeve on a housecoat or sweater can easily brush against a hot burner and catch fire.





**Clear the clutter.** Combustible items, such as wooden or plastic cooking utensils, dishcloths, paper towels and pot holders can easily ignite if they are too close to a burner. Keep all combustible items a safe distance from your stove.



**Fight or flight?** A fire extinguisher can be a useful safety item-if you know how to operate it. Use a multi-purpose, listed extinguishers that is right for your particular kitchen. Fire extinguishers must only be used on small, contained fires. Never allow the fire to get between you and your exit.



**Cool a burn.** If you experience a kitchen burn, immediately run cool water over the wound for several minutes. The water will prevent further burning and relieve the pain. If the burn is severe, seek medical attention.



**Prevent fire: use a fryer.** Deep fat frying is a major kitchen hazard. Oil heated in a pot on the stove can easily overheat and burst into flames. Fire departments recommend that you only use a thermostatically controlled deep fat fryer.

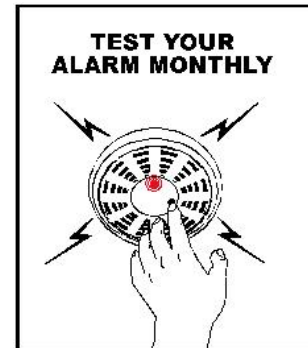


**Snooze – you lose.** Many night time fires are caused by people attempting to cook while under the influence of alcohol. Don't let this happen in your home. Keep a close eye on drinkers and install a smoke alarm on every level of your home.





**Test your smoke alarms.** It is the law in Ontario that all residences have working smoke alarms. Install a smoke alarm on every level of your home, and outside sleeping areas. Test your smoke alarms every month and change the batteries at least once a year



**For Further Information**  
**Please contact your local fire department**