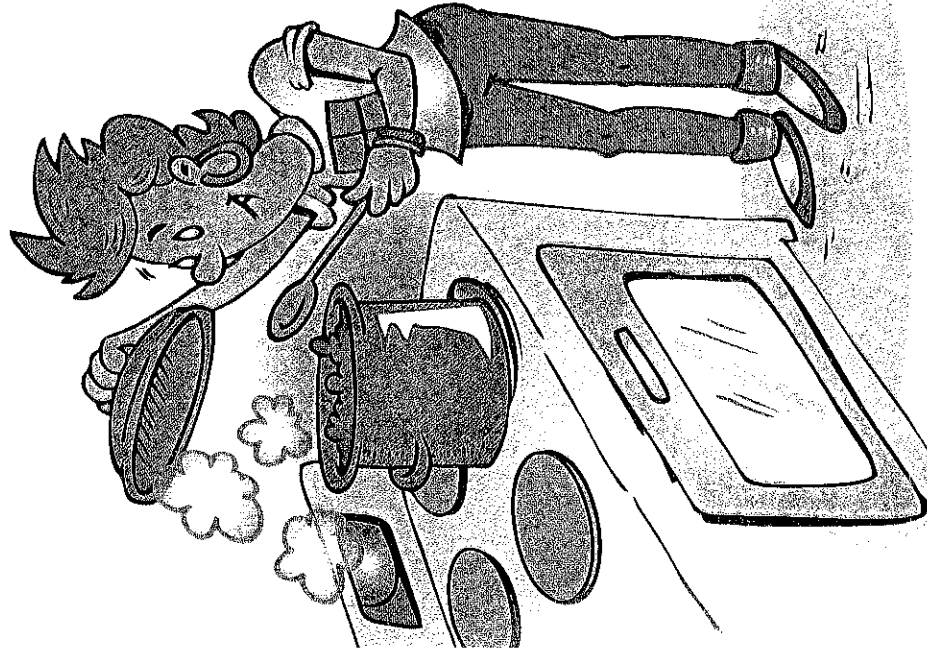


Kitchen Fire Safety



Be alert

- Cook only when you are alert. You won't be alert if you are sleepy, have taken medicine or drugs that make you drowsy, or have consumed alcohol.

Watch what you heat

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly. Stay in the home while the food is cooking and use a timer to remind you that you're cooking.

Keep things that can catch fire away from the stove

- Keep the stovetop, burners, and oven clean.
- Keep anything that can catch fire — potholders, oven mitts, paper or plastic bags, boxes, and curtains — away from your stovetop.
- Wear short sleeves or fitted or rolled-up long sleeves when cooking. Loose-fitting sleeves can catch fire.

NFPA FAST FACTS

Cooking fires are the #1 cause of home fires and home fire injuries. Even more people are burned by hot cooking equipment, such as ranges, ovens, pots, and pans, or by scalds from hot drinks, soups, or food from the microwave. Young children are at particularly high risk.



NFPA FAST FACTS

Falling asleep is a factor in one-quarter of cooking fire deaths.

More than half of reported home cooking fire injuries occur when victims try to fight the fire themselves.

Small grease fire

- Always keep an oven mitt and a lid handy. Slide the lid over the pan. Turn off the burner. Leave the pan covered until it is completely cool.

Oven fire

- Turn off the oven and keep the oven door closed. Have the oven serviced before you use it again.

Microwave oven fire

- Keep the door closed and unplug the microwave, if possible. Have the microwave oven serviced before you use it again.

Prevent scalds and burns

- Turn pot handles away from the stove's edge.
- Keep hot foods and liquids away from the edges of tables and counters.
- Open microwaved food slowly, away from your face. Let food cool for a minute or more before eating.

Electrical safety

- Replace cracked or damaged appliance cords.
- If an appliance feels too hot, smokes, or gives off a strange odor, unplug it immediately and have it serviced or replaced.
- Unplug small appliances when not in use.
- Ground-fault circuit interrupters (GFCIs) installed at kitchen counters reduce the risk of shock by shutting off electricity when it becomes a shock hazard. Test GFCIs monthly by pushing the test button.