



## Graham Fire & Rescue

### COOKING SAFETY

Three in every 10 reported home fires start in the kitchen – more than any other place in the home. Follow these tips to prevent fires in the kitchen:

- ✓ Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven.
- ✓ Keep cooking areas clean and clear of combustibles (i.e. potholders, towels, rags, drapes and food packaging).
- ✓ Keep children and pets away from cooking areas by creating a three-foot "kid-free zone" around the stove.
- ✓ Turn pot handles inward so they can't be bumped and children can't grab them.
- ✓ Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.
- ✓ Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated.
- ✓ Always keep a potholder, oven mitt and lid handy. If a small grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Don't remove the lid until it is completely cool. Never pour water on a grease fire and never discharge a fire extinguisher directly onto a pan fire, as it can spray or shoot burning grease around the kitchen, actually spreading the fire.
- ✓ If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.
- ✓ If there is a microwave fire, keep the door closed and unplug the microwave. Make sure the microwave is serviced before you use it again.
- ✓ Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved food carefully to prevent steam burns.

### FIRST AID FOR BURNS

Cool the burned area with cool water for 10 – 15 minutes. This will lower the victim's skin temperature, stop the burning process, numb the pain and reduce swelling. Do not apply ice and NEVER put butter or any other grease (including medicated ointments) on burned skin. Grease holds in heat, which can make the injury worse.