

# Cooking Safety



Community Fire Safety Operational Guide

Participant Guideline

## Helpful Hints to Prevent Injuries in the Kitchen

- Fires originating in the kitchen are the leading cause of accidental fires in the home. The leading cause of these types of fires is cooking with grease or oil.
- Proper housekeeping can reduce many fires in the kitchen. Ensure there is no excess grease or food scraps under burner covers or in the bottom of the stove.
- Always utilize the back burners of a stove, particularly if you have children in the home. Keep all pan handles facing the rear of the stove, and never leave them hanging over the stove front.
- If you or a family member receives a burn injury, immediately cool the area with cold tap water. If the burn forms a blister larger than a quarter, you should seek medical attention.
- If you leave the kitchen area of the home while you are cooking, always carry a cooking spoon or pot holder; this will help remind you to return to the kitchen.
- Be cautious; do not leave pot holders, towels or paper and plastic items on the stove top.



### Five Quick Tips

- 1.** Always stay in the kitchen when you are frying, broiling or grilling food.
- 2.** Keep a pan top or a cookie sheet nearby whenever cooking. Cover a burning pan with either of these in the event of a fire.
- 3.** Never pick up and move a burning pan from the top of the stove.
- 4.** Install a fire extinguisher near the exit door from your kitchen. If a stove top fire is small enough, use the fire extinguisher to put out the fire.
- 5.** Keep the cords to all electrical appliances wrapped so they do not hang over the counter, tempting a child to pull on them.

### Charcoal and LP Gas Grilling Safety

- When cooking on your LP Gas or charcoal grill, it should be placed in the yard or the outer portion of your deck. Never put it against the home or any combustible surface.
- When grilling has been completed, make sure your LP Gas is closed at the bottle and charcoal briquettes have been completely extinguished with water.
- Only use commercial lighter fluid to start your charcoal. Never use gasoline, kerosene or any other flammable liquid.
- Never operate any type of grill inside your home, camper, garage, vehicle or tent.
- Store your spare LP Gas cylinder in a cool, shaded area; never keep it next to the grill. The cylinder should always be stored and transported upright.
- Check with your local building official or fire marshal concerning the use of gas or charcoal grills on a balcony.

### Keeping Children Safe in the Kitchen

- Children should always be supervised whenever they are in the kitchen.
- Keep place mats and tablecloths off of the table when there are toddlers in the home, as they will reach up and use them for leverage to stand up.
- The temperatures reached on oven doors are hot enough to burn a child's hands; never operate the oven when toddlers are in the kitchen.
- Do not allow children to play with pots and pans, as they will see them hanging over the edge of the stove and grab them when they contain a hot liquid.

**Establish a "safe zone" for kids in the kitchen, and keep them at least three feet from the oven or stove.**

**"Smoke Detectors and Exit Drills in the Home...A Plan You Can Live With"**