



# Cooking Safety



According to the Canada Safety Council the **most dangerous room in the home, when it comes to fires, is the kitchen** — and most kitchen fires can be prevented. Cooking is the third leading cause of fire deaths and the leading cause of injury among people ages 65 and older.

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, **REMEMBER:**



**Never leave cooking unattended.** A serious fire can start in just seconds. If you have to leave temporarily, shut off the stove and take a cooking utensil with you or drape a tea towel over your shoulder to remind you to return to the kitchen. Never leave oil or grease unattended on the stove



**Watch What You Heat.** If you are **frying, grilling or broiling** food (fast cooking – high heat) **STAY IN THE KITCHEN.** If you have to leave the kitchen, even for a short period of time – turn off the stove.



**Watch What You Heat.** If you are **simmering, baking, roasting or boiling** food (slow cooking – low heat) **STAY IN THE HOME.** Use a timer to remind you that you're cooking. If you have to leave the home – turn off the stove.



**Have an appropriate sized pot lid readily at hand to put on a pot on fire.** If a pot catches on fire – wearing oven mitts, slide the lid over the pot until tightly sealed and turn off the stove. **NEVER PUT WATER ON A BURNING POT** or try to move it to the sink or outdoors.



**Always wear short or tight-fitting sleeves when you cook.** If your clothes do catch on fire, remember – **STOP, DROP & ROLL.** Remove any metal jewellery that will retain the heat and continue the burning process. Cool the burn under cool running water for 3 - 5 minutes.



**Keep towels, potholders, curtains or any other combustibles at least one metre (3 feet) away from the stove.**



**Never use dishcloths or tea towels in place of proper fitting oven mitts.** Dishcloths or tea towels can come into contact with the burner or oven element – starting a fire.



**Don't store children's treats, candies or cookies above the stove.** This entices children to climb on the stovetop and they may be burned.



**Don't hold children or infants while cooking or drinking hot liquids.** Children under 5 years of age are at high risk of scalding burns from hot liquids. **(OVER)**



**Make sure pot handles DO NOT stick out from the front of the stove.** This will eliminate pots from being knocked off the stove or pulled down on top of small children. Use the back burners whenever possible.



**Keep children and pets at least one metre (3 feet) away from the stove** at all times when cooking.



**Keep scatter rugs away from the cooking area** to eliminate possible tripping hazard. If rugs are a must, secure them with double-sided tape. Remember; never run electrical cords of any kind under rugs. They can become damaged by walking on them, overheat and cause a fire.



**When microwaving food, remove lids or plastic wrap carefully,** lifting them away from you to prevent steam burns.



**If you have a fire in your microwave – keep the door shut – hit the “stop” or “cancel” button – unplug the microwave if possible to do so safely – call the fire department.**



**Ensure you have oven mitts on hand and use them instead of tea towels to remove hot items from the oven.**



**Never use the range or oven to heat your home.**



**Unplug any unused electrical kitchen appliances and store in cupboards.**



**Double-check the kitchen before you go to bed or leave the house.**



**During a power outage – check the stove and oven to ensure it's turned off.**



**Deep-frying leads to a lot of home fires. Oil or grease can heat up very fast and catch fire – NEVER LEAVE OIL OR GREASE UNATTENDED ON THE STOVE.** It's safest to fry food in a CSA certified electric deep fryer with a temperature control. If you must use a saucepan or frying pan, heat the oil slowly. Always turn off the heat as soon as the cooking is done.



**Built-up grease can easily catch fire; so clean your burner drip pans, stovetop and oven regularly.**

Should you require additional information, please contact

**Windsor Fire & Rescue Services**

at **519-253-6573** or

**[www.windsorfire.com](http://www.windsorfire.com)**