

# My Kitchen Is It Fire Safe?



"A recipe for your family's protection"

## My Kitchen Is It Fire Safe?

### WHAT CAN I DO TO KEEP MY KITCHEN SAFE?

#### Keep Cooking Surfaces Clean and Clutter Free

- Keep appliances free of spills and grease that may catch fire.
- Keep curtains, dish towels, plastic containers and pot holders away from hot surfaces.

#### Operate Microwave Ovens Safely

- Always use pot holders or oven mitts to remove food from microwaves.
- Be careful when removing a wrapper or cover from microwaved food. Steam escaping from the container can cause a burn.

#### Take Care of Electrical Cords

- Avoid overloading electrical outlets with too many kitchen appliances.
- Check electrical cords and plugs and discard them if they are damaged.

#### Install Working Smoke Alarms

- Purchase and install working smoke alarms. Specialized alarms with a pause feature are available for the kitchen to prevent nuisance alarms.
- Test smoke alarms monthly. For battery operated smoke alarms, replace the batteries at least once a year.
- Follow manufacturer's instructions for other maintenance information.

## HOW CAN I COOK SAFELY?

### Stay in the Kitchen When Cooking

- Never leave cooking unattended. Oil or fat can easily ignite.
- Always turn elements off when you are finished cooking.
- Turn off or unplug electrical appliances when you are finished using them.
- Keep children a safe distance from the cooking area.
- Cooking requires you to be alert. Avoid cooking when under the influence of alcohol or medications.



Turn off and unplug appliances

### Wear Short or Tight-Fitting Sleeves

- Avoid loose sleeves that may dangle into flames or onto hot elements.
- Keep the area around your stove free from items that may burn.

### Turn Pot Handles In

- Prevent burns by turning pot handles toward the back of the stove when cooking. By doing this pots can not be pulled or knocked off the stove.
- Whenever possible use rear elements.



Turn pot handles in

### WHAT SHOULD I DO IF I HAVE A KITCHEN FIRE?

#### If you have a fire in your home:

- Get everyone out.
- Call your local emergency number from a neighbour's phone.

#### Consider using a portable fire extinguisher ONLY if the following conditions exist:

- Everyone has left the building.
- The fire department has been called.
- The fire is confined to a small area.
- A clear escape route exists between you and the fire.
- There is an appropriate, working fire extinguisher available.
- You have read the extinguisher instructions and have received training in its safe operation

If the fire does not go out, leave your home and call 9-1-1 or your local emergency number.

### WHAT KINDS OF FIRES MAY HAPPEN IN MY KITCHEN?

- Grease fires:** Use a pot holder or oven mitt and slide a lid or a cookie sheet over the flames. Then turn the heat off. Never put water on a grease fire.
- Oven fires:** Close the oven door and turn the heat off.
- Microwave fires:** Keep the door closed and turn the microwave off.

**NOTE:** For all fires, get everyone out of the home and call the fire department



Slide a lid over the flames

### IS THERE ANYTHING ELSE I NEED TO KNOW?

#### If Your Clothes Catch on Fire

- Stop, Drop to the floor, cover your face with your hands, and Roll. Keep rolling until the flames are out.

#### If You Get a Burn

- Immediately cool the burned area by placing it under cool water for 10-15 minutes. Cool water reduces skin damage and minimizes pain. NEVER use butter, lotions, ice or ointments to treat a burn. Don't break blisters as this could cause infection. Seek medical attention if any burns char the skin, blister, look white or become infected.

#### Children in The Kitchen

- The kitchen is not a play area for children.
- Establish a safe area where children can be placed away from risk but under continuous supervision.
- Never leave hot liquids or foods unattended or where a child may pull them down. Keep children at a safe distance when you pour or drink hot liquids.
- Do not store tempting food items such as snacks or cereals above or near the stove.
- Prevent burns by turning pot handles toward the back of the stove.

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