

Cooking Safety



Prevent cooking fires

Cooking is the number one cause of home fires and home injuries. The leading cause is unattended cooking.

Cooking Safety Tips:

- ❖ Be alert! Stay in the kitchen while frying or broiling food. If you are simmering, baking or roasting food, stay in the home and use a trimmer to remind you that you are cooking.
- ❖ Keep things that can burn at least three feet from the range top.
- ❖ Keep your cooking area clean; avoid grease buildup on stove top or in the oven.
- ❖ Put a lid on a grease fire to smother it, baking soda can help, but NEVER use water to put the fire out and NEVER move the pan.
- ❖ Wear short sleeves or tight fitting sleeves to avoid catching clothing on fire.
- ❖ Keep pot handles turn inward and use back burners.
- ❖ Create a 3-foot “child-free zone” around the stove.
- ❖ Micro-waved foods can become very hot, use caution to avoid scald burns.