

KITCHEN SAFETY

Information taken from the U.S. Fire Administration's website.



One in three house fires begin in the kitchen. Below are helpful reminders to keep your kitchen safe:

- Keep anything that can catch fire – oven mitts, wooden utensils, food packages, towels and curtains – away from your stovetop.
- Prepare your cooking area. Use back burners or turn pot handles toward the back of the stove.
- Keep a timer handy and use it when you're roasting or baking.
- Stay in the kitchen when you are frying, boiling, grilling, or broiling food to prevent a fire. Frying poses the greatest risk of fire. Keep an eye on what you fry. Start with a small amount of oil and heat it slowly. If you see smoke or if the grease starts to boil in your pan, turn the burner off. Even a small amount of oil on a hot burner can start a fire.
- Stay awake and alert when you're cooking. Have a fire extinguisher handy, or keep a container of baking soda or a large pan lid or baking sheet nearby to smother a pan fire.
- Prevent burns when you're cooking. Wear short sleeves, or roll them up. Don't lean over the burner. Use potholders and oven mitts to handle hot or steaming cookware.
- Children need constant adult supervision. If you have young children in the home, keep them three feet from anything that can get hot, including the stove. Put hot objects and liquids beyond a child's reach so they can't touch or pull them down. Never hold a child when you cook.
- If outside, keep children and pets away from your grill. Have a 3-foot "kid-free zone" around the grill to prevent fires and burns.
- Remember when entertaining, food warmers and slow cookers get hot. Place them toward the back of the serving table so they won't get knocked off. Provide hot pads to prevent burns. Light the chafing dish fuel can after it is placed under the warmer. Make sure nothing comes in contact with the flame. If young children are in your home, supervise them and keep matches and lighters locked away.