

# Fire Prevention Awareness

## Cooking Safety - Part 1

Most of the fires we have in on-campus housing are cooking fires. It's not just a campus issue; per the National Fire Protection Association (NFPA), cooking fires are one of the leading causes of house fires. Here are a few simple ways that you can avoid having a fire in your kitchen:

- ✓ **Keep the oven, stove, and surrounding area clean and clear of flammable items.**
  - Don't forget to clean grease and food debris from the stovetop burners and catch plates...leftover food in the catch plates can serve as an easy ignition source!
- ✓ **Start off with low-medium heat, instead of cranking the burner up to "High" right away.**
  - Starting off on a higher setting can superheat that food and grease on the burner and in the catch plates, causing it to ignite!
- ✓ **Don't leave the stove unattended while your food is cooking.**
  - Unattended cooking is easy to forget about...until it's on fire.
- ✓ **If you absolutely *cannot* stay at the stove while you're cooking, then set a timer to make sure you don't forget to check back frequently.**
  - Be attentive to any growing smoke conditions and lower the heat if need be...it will help to prevent a fire, and your food will turn out much better, too!

Following these steps will not only help to prevent fires, but will also help to reduce false smoke detector activations (especially in apartments!).



**Focus on the food! Unattended cooking is the leading cause of fires in the kitchen.**  
**Learn how to prevent cooking fires at [fpw.org](http://fpw.org).**