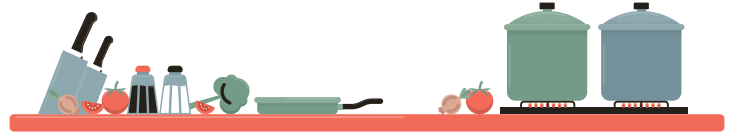




# Cooking Safety



Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## “Cook with Caution”

**Check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking, make sure the rangehood is switched on.**

• Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels, or curtains — away from your stovetop.

**If you have a small (grease) cooking fire and decide to fight the fire.**

• On the stovetop, smother the -flames by sliding a lid over the pan and turning off the burner.

• Leave the pan covered until it is completely cooled

• For an oven fire, turn off the heat and keep the door closed.

**If you have any doubt about fighting a small fire.**

• Just get out! When you leave, close the door behind you to help contain the fire.

• **Call 9-1-1 using landline or 8080911 using cellphone.**



**Cooking  
with  
Kids**

**Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.**



## FACTS!

- The leading cause of fires in the kitchen is unattended cooking.
- Most cooking fires in the home involve the kitchen stove.



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