

RECIPE FOR SAFER COOKING

Follow these tips to protect you and your family when in the kitchen. Whether stirring up a quick dinner or creating a masterpiece four-course meal, here's a recipe for safer cooking you need to use daily.

TO PREVENT A COOKING FIRE IN YOUR KITCHEN



Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the #1 cause of cooking fires.



Wear short or close-fitting sleeves. Loose clothing can catch fire.



Watch children closely. When old enough, teach children to cook safely.



Clean cooking surfaces to prevent food and grease build-up.



Keep curtains, towels and pot holders away from hot surfaces, and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.



Turn pan handles inward to prevent food spills.



TO PUT OUT A COOKING FIRE IN YOUR KITCHEN



Call the fire department immediately. In many cases, dialing 911 will give you Emergency Services.



Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.



Extinguish other food fires with baking soda. Never use water or flour on cooking fires.



Keep the oven door shut and turn off the heat to smother an oven or broiler fire.



Keep a fire extinguisher in the kitchen. Make sure you have the right type and training.



Keep a working smoke detector in your home and test it monthly.

BON APPETIT!

OFFICE OF PUBLIC HEALTH
EMERGENCY PREPAREDNESS
Erie County Department of Health
95 Franklin Street – Rm. 931
Buffalo, NY 14202



National Association of State Fire Marshals



The following organizations encourage and support public education efforts to reduce household cooking fires:

- American Academy of Pediatrics
- American College of Emergency Physicians
- Institute of Shortening and Edible Oils
- US Consumer Product Safety Commission
- United States Fire Administration

Association of Home Appliance Manufacturers
1111 19th Street, NW, Suite 402
Washington, DC 20036

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