

# How to prevent Cooking Fires

**Cooking Fires are the number one cause of home fires and home fire injuries in Canada according to the National Fire Prevention Association (NFPA). Most of these fires can be prevented by following the simple fire safety steps.**



## Never leave cooking unattended.

- ◆ Two out of five deaths in home cooking fires occur because the cooking was left unattended

## Keep the cooking area clean.

- ◆ Always wipe appliances and surfaces after cooking to prevent grease build up.

## Do not store combustible objects near the stove.

- ◆ Never have curtains located above or near the stove
- ◆ Don't store or hang oven mitts, dish towels and food packaging close to the stove where they can catch fire.

## Always turn pot handles inward.

- ◆ Turning the pot handles toward the centre of the stove can prevent pots from being knocked off the stove.
- ◆ It will also prevent them being pulled off the stove by young children.

## Wear short or close fitting sleeves when cooking.

- ◆ Fires can occur when clothing comes in contact with stove top burners.

## Do not overheat cooking oil.

- ◆ Cooking oil can easily start a fire so never leave hot oil or grease-laden foods unattended.
- ◆ If you must leave the kitchen for a short period of time, remember to turn the burner down to simmer, or off completely.

## Teach children about safe cooking.

- ◆ Children should cook only with permission and under the supervision of a grown up, or be kept at least one metre away from the stove while an older family member is cooking.

## What to do if a cooking fire starts?

### Put a lid on it!!

- ◆ If a pan catches fire, carefully slide a lid over the pan using a high cuff oven mitt and turn off the stove burner.
- ◆ Leave the lid on until completely cool.
- ◆ **DO NOT** carry the burning pan to a sink or outside. Movement may permit oxygen to the fire allowing it to ignite, or cause hot grease to spill causing burns and/or property damage.
- ◆ **NEVER** pour water on a grease fire, water causes grease fires to flare and spread.

### Keep the oven door shut and turn off the heat

- ◆ If flames don't go out immediately call the fire department. Opening the door to the stove or microwave allows oxygen to the fire and increases the potential for the fire to spread.

## Who to Call?

### Emergency phone numbers and response.

- ◆ Always know the phone number of your local fire department.
- ◆ Always call them before you attempt to fight a fire.
- ◆ Keep a fire extinguisher at the kitchen door and know how to use it, only use it if you have a clear escape route and the fire department has been called first.

### Steamatic of Halton

#### 24 Hour Emergency Response.

At Steamatic of Halton we offer a variety of services 24 hours a day 7 days a week such as:

- ◆ Fire, Water, Wind, Trauma Scene Cleanup.
- ◆ Mould remediation, Content Restoration.
- ◆ Dehumidification, Content storage, Complete Restoration, Document Restoration.

We also provide excellent services such as:

Duct Cleaning, Disinfectant, Deodorizers, Carpet Cleaning, Cimex (Encapsulation), Spot Cleaning, Hot Water Extraction (Steam Cleaning).

24 Hour Emergency Services for Fire, Water, Wind, Trauma Scene Cleanup, Mould Remediation, Restoration, Dehumidification, and Content Storage.

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