

Cooking Safety

According to the National Fire Protection Association, cooking is one of the leading causes of structure fires and home fire injuries in the United States. In fact, the number one factor is “unattended” cooking.

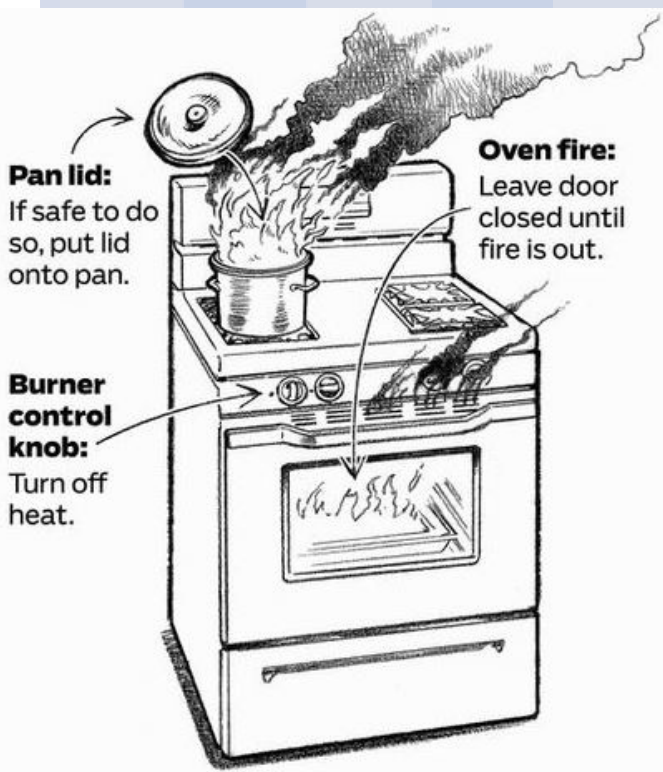
PREVENTION

- Stay alert while cooking. Never cook while sleepy or intoxicated.
- Never leave cooking unattended.
- Keep flammable items away from cooking sources.
- Avoid wearing loose clothing that can dangle over the stovetop.
- Don't use your oven or microwave as storage space.
- Use back burners when young children or pets are present.

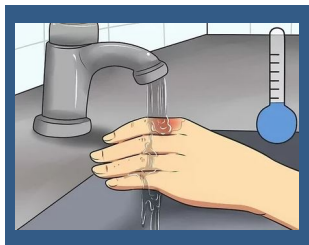


RESPONDING TO A SMALL KITCHEN FIRE

- In the event of a kitchen appliance fire, turn off/unplug the appliance.
- For a small pan fire with grease, smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not move the pan.
- If oven or microwave catch fire, turn it off and leave the door closed. After a fire, have the appliance checked by a licensed professional and serviced before being used again.



FIRST AID FOR BURNS



Burns require immediate attention. For a minor burn, run the injured area under cool water for three-five minutes. If the burn is bigger than your fist or more severe, seek medical attention.



NFPA Cooking Safety Checklist



**Dare to be aware.
Don't learn safety by accident.**

