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Cooking Safety Tips

Most destructive home fires start in the kitchen — these tips can help you to prevent them.

General cooking safety

- ◆ Use a temperature-controlled deep-fat-fryer for frying. If you are using a pot, keep a proper fitting lid nearby. If a grease fire starts, carefully cover the pan with the lid to smother the flames.
- ◆ Never leave frying food or cooking oil unattended on a hot stove.
- ◆ Keep paper, curtains, dish cloths, paper towels, pot holders, cardboard containers and plastics well away from heat sources.
- ◆ Wear short and tight fitting sleeves when cooking. Loose sleeves can catch fire over the hot stove.
- ◆ Avoid cooking when sleepy or drowsy from medication or alcohol.
- ◆ Turn pot handles in to prevent children from pulling them down.
- ◆ Do not use defective electric appliances; have them checked and serviced.
- ◆ Keep the hood, filter, fan and duct above the stove clean. Grease build up is a fire hazard.
- ◆ Keep a fire extinguisher within easy reach. Contact your fire department for advice on selection and operation of an extinguisher.

Putting out a cooking oil fire

- ◆ **Never throw water onto a cooking oil fire.** This will cause the fire to flare and spread.
- ◆ Always keep a lid nearby that fits the frying pan or pot. If overheated oil ignites turn off the heat and exhaust fan, then put the lid on the pot or pan to smother the flames.
- ◆ Never try to carry a pan of burning oil outside. The oil may splash over the edge and start new fires, or cause serious burns.
- ◆ Do not pour burning oil into the sink.
- ◆ If the fire cannot be put out with a lid, get everyone outside and call the fire department from a neighbour's phone.
- ◆ A BC rated extinguisher (suitable for flammable liquids and electrical equipment fires) may be used for small fires. If the fire gets worse, get out!

Putting out an oven fire

- ◆ Turn off the heat.
- ◆ Close the oven door and keep it closed.
- ◆ If necessary, use a fire extinguisher.