



# Cooking Safety Tips

### To prevent fires:

## 1. Always keep a close eye on what you're cooking.

For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.

## 2. Clear the cooking area: keep away anything that can burn.

Anything that can burn includes dish towels, oven mitts, food packaging, and paper towels. These items can help any fire spread from the stovetop to cabinets. Many times, items too close to the stove can melt or ignite, even without touching a burner. To play it safe, keep 18" clear on either side of the stovetop.

### 3. Keep a lid nearby when cooking to smother grease fires.

If a small grease fire starts, slide the lid over the pan and turn off the burner. *Don't throw water (or any other substance) on a grease fire.* Smother the fire with a lid instead. For a large grease fire, GET OUT and call 911; be sure to close the door behind you.

4. If there's an oven fire, keep the oven door closed.

If you have an oven fire, it will stay contained unless you open the oven door. Instead, turn off the heat, leave the oven door closed, and call 911.

## 5. Use and monitor qualified cooking appliances.

Always use equipment that has been tested and listed by a qualified testing laboratory. Follow the manufacturer's instructions. Remember to unplug appliances not in use and monitor those you are using.

### To prevent burns:

1. Create a “kid and pet free zone” of at least three feet (one meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

It's never a good idea to let pets or children get to close to heat sources, even if you are watching them. If it is not possible to keep an eye both on your cooking and the vulnerable members of your family, enlist help to do so.

## 2. Turn pot handles toward the back of the stove.

Handles get hot, and if they stick out, they are easier to bump into. Bumping into a pot handle is an easy way to get hot contents all over yourself and get burned.