

## **COOKING SAFETY - APRIL 12, 2022**

You may not be as inquisitive and nerdy about fire safety as we are. If you aren't, you may be surprised to learn that cooking fires account for 49 percent of home fires. Nearly three out of every five home cooking fires originate on the range or cook top. Sadly, these fires resulted in 20 percent of home fire deaths and 42 percent of home fire injuries.

And can you guess why most of these home fires occur? If you said by unattended cooking, BINGO!

I'm happy that we have the chance to discuss this issue before one of these tragedies comes to our community. Together, we can reduce the number of cooking fires.

Here are some cooking safety tips we'd like to share:

- *Stay in the kitchen when frying, grilling or broiling.*
- *If you are simmering, baking, roasting, or boiling, check it regularly, remain in the home, and use a timer.*
- *Keep anything that can catch fire - pot holders, towels, oven mitts, at least three feet away from a heat source.*
- *Wear short, close-fitting clothes while cooking.*
- *Keep kids at least three feet away from the area where hot food is being prepared.*
- *Turn pot handles away from stove edges and use back burners to keep hot things further away from becoming a tip/spill hazard.*
- *Have an oven mitt and properly sized lid nearby so you can smother a small grease fire. If you use water or spray a fire extinguisher onto a pan, it can spread burning grease and the fire around your kitchen.*
- *If there is a fire in the oven or microwave, keep the door closed.*
- *Keep the lid on or door closed, turn off the heat source, if possible, get out and call 911.*

We'd like everyone to have a safe Spring holiday season. Our members would love to be in your kitchen, but only if you've invited us for dinner!

Remember to test smoke detectors monthly and replace them at least every ten years from the date of manufacture. If you need any assistance with smoke detectors or fire safety information, please contact our department at [station62@northpennfire.com](mailto:station62@northpennfire.com).



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**North Penn Vol. Fire Company**  
**Protecting North Wales and**  
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# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## "COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

## If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

## If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



## Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

## FACTS

! The leading cause of fires in the kitchen is unattended cooking.

! Most cooking fires in the home involve the kitchen stove.



**NATIONAL FIRE PROTECTION ASSOCIATION**

The leading information and knowledge resource on fire, electrical and related hazards

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