

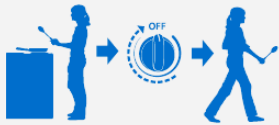


Cooking Fire Safety

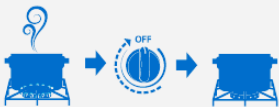
Unattended cooking is one of the leading causes of home fires in Vermont. Never leave the kitchen when frying, broiling or grilling food.

If you must leave the stove, turn it off or set a timer to remind you to check the food.

You can prevent cooking fires. Take these steps to keep your family safe!



- ✓ **Stand by your pan:**
If you leave the kitchen, turn the burner off.



- ✓ **Watch what you are cooking:**
Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.




- ✓ **Turn pot handles toward the back of the stove:**
Then no one can bump them or pull them over.




- ✓ **Keep a pan lid or baking sheet nearby:**
Use it to cover the pan if it catches on fire. This will put out the fire.



If there is a fire in a pan:

 **Cover it with a lid—use an oven mitt to protect your hand.**

 **Turn off the stove and leave the pan covered until it is completely cool.**

 **If the fire is large or has spread to other items, get outside quickly and call 911 from a safe place.**

Never pour water on a cooking pan grease fire.

Keep all things that can catch fire away from the stovetop loose clothing, oven mitts, towels, papers, food packaging, wood or plastic cooking utensils and even curtains.

Cook only when you are alert, not sleepy or drowsy from medicine or alcohol.

If you are simmering, baking, or roasting food, check it regularly and stay in the home.

Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or an electric burner.

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Help prevent outdoor cooking fires! Grilling fire safety tips:

Only use grills outdoors, away from siding and deck railings.

Clean grills often and remove grease or fat build-up.

Make sure your gas grill lid is open before lighting.

Have a 3-foot safe-zone around grills and campfires. Keep kids and pets away from the area.

Dispose of coals after they have cooled in a metal can.

Never leave grills, fire pits and patio torches unattended.

Never add charcoal starter fluid to coals or kindling that has already been ignited.

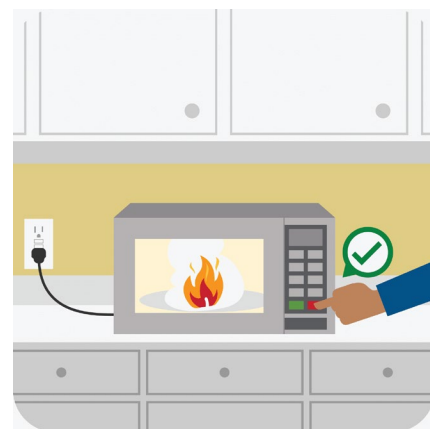
Electrical Cooking Equipment Safety

Always use cooking equipment—slow cookers, electric skillets, hot plates, griddles, etc.—that is listed by a qualified testing laboratory.

Plug microwave ovens or other cooking appliances directly into a wall outlet. Never use an extension cord for a cooking appliance—it can overload the circuit and cause a fire.

Check electrical cords or any part of the appliance for cracks, breaks, damage, or overheating. Have a professional repair the appliance or cord as needed or replace the appliance.

If you have a fire in your microwave oven, turn it off immediately. This will stop the fan, so it won't feed oxygen to the flames. Never open the oven door until the fire is out. If in doubt, call the fire department.



In case of an oven fire, turn off the oven and keep the door closed until it is cool.

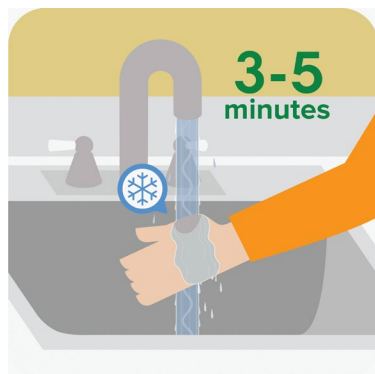
Have the oven checked by a qualified professional before using it again.

FEMA U.S. Fire Administration

Major appliances, like a refrigerator, stove, washer or dryer, should be plugged directly into a wall outlet.

Do not use an extension cord with major appliances.

FEMA U.S. Fire Administration



Preventing Scalds and Burns in the Kitchen

Treat a burn right away by putting it in cool water. Cool the burn for 3 to 5 minutes.

Cover with a clean, dry cloth. Do not apply creams, ointments, sprays, or other home remedies.

Remove all clothing, diapers, jewelry, and metal from the burned area. These can hide underlying burns and retain heat, thereby increasing skin damage.

Go to your local emergency room, call 9-1-1, or see your doctor