



*For more information on
fire safety in the home,
please contact:
Fire Prevention Division.*



IS THERE ANYTHING ELSE I SHOULD KNOW?

- Use only one heat-producing appliance on the same circuit at a time.
- Have ground-fault circuit-interrupters (GFCIs) installed on all kitchen counter outlets to prevent shock hazards.
- Protect counter top circuits with the proper size fuses or breakers.
- Replace appliances that have cracked or frayed electrical cords.
- If an appliance feels too hot, smokes or gives off a funny odour, unplug it immediately and have it serviced or replaced.
- If your clothes catch fire, stop, drop and roll.
- Make sure you have working smoke alarms. You can purchase smoke alarms for the kitchen that have a “hush” feature allowing them to be silenced for 8 to 10 minutes if it is set off accidentally.
- Report all fires to your fire department—even if you think you’ve put them out.



KITCHEN FIRE SAFETY

Fire Prevention Division

Fire Prevention Division
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SJRFD

KITCHEN FIRE SAFETY

Cooking is a big part of our daily activities in the home. Did you know that:

- *Cooking fires are the number one cause of home fires and home injuries?*
- *The leading cause of fires in the kitchen is unattended cooking?*

Statistics provided by the National Fire Protection Association state that two-thirds of home cooking fires started with the ignition of food or other cooking materials. By following these safety tips you can help prevent home cooking fires.



HOW CAN I COOK SAFELY?

- Never leave the kitchen while food is cooking on the stovetop.
- Continuously check items baking in the oven.
- Be alert! If you are sleepy or have consumed alcohol do not use the stove or stovetop.
- Use a timer to remind you there is food being cooked.

IS MY KITCHEN "FIRE SAFE?"

- Keep anything that can catch fire—oven mitts, wooden utensils, food packaging, towels, curtains—away from your stovetop.
- Wipe up any spills and keep your oven clean as built up grease can catch fire.
- Turn pot handles in so you can't bump them.
- Loose sleeves can catch fire. Wear tight fitting sleeves or roll them up.
- Make sure kids and pets stay three feet away from the stove.

WHAT SHOULD I DO IF I HAVE A COOKING FIRE?

- Leave, close the door and call 911 or your local emergency number after you are out.
- If a pan of food catches fire, smother it by putting a lid over the fire, then turn off the stove. Leave the pan covered until it has completely cooled.



- Do not use a fire extinguisher or water on the fire! This can splatter the burning grease and spread the fire.
- Do not try to move the pan from the stove! The burning grease can spill from the pan and spread the fire or cause burns to you or anyone near you.
- If there is a fire in your oven, turn off the oven and keep the door closed.
- If you have a fire in the microwave, leave the door closed, turn the oven off and deenergize it. If the fire does not go out, get outside and call the fire department.



The St. John's Regional Fire Department wants to help you keep your family as safe as possible in the home.