

St. John's Regional Fire Department

Kitchen Fire Safety





What the Public Needs to 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.



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 stove top.
- Continuously check items baking in the oven.
- Be alert! If you are sleepy or have consumed alcohol do not use the stove or stove top.
- 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 stove top.
- 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 de-energize it. If the fire does not go out, get outside and call the fire department.

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