

# STAY

focused on the food



Unattended cooking is the leading cause of fires in the kitchen.

- **Stay in the kitchen** when you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen—even for a short period of time.
- If you are simmering, baking, or roasting food, check it regularly and **stay in the home**.
- **Use a timer** to remind you that you are cooking, or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, don't cook. **Place a delivery order!**

# KEEP

cooking areas clear

Clear away clutter and give cooking appliances space to lessen the chance of a kitchen fire.

- **Keep anything that can catch fire**—oven mitts, wooden utensils, food wrappers, towels, curtains—**away from the stovetop**.
- Loose clothing can hang down onto stove burners and catch fire. **Wear short, close-fitting, or tightly rolled sleeves** when cooking.
- **Have a "kid-free zone"** of at least **3 feet** around the stove and areas where hot food or drink is prepared or carried.
- **Keep pets off** cooking surfaces and nearby countertops.
- **Clean up food and grease** from burners and the stovetop.



# PUT

a lid on it

You can take simple steps to keep a small kitchen fire from getting out of control.

- **Always keep a lid nearby** when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool.
- **Never discharge a portable fire extinguisher into a grease fire** because it will spread the fire.
- In case of an oven fire, **turn off the heat and keep the door closed until the oven is cool**. After the fire, have the oven serviced before using it again.
- If you have a microwave oven fire, **turn the appliance off immediately and keep the oven door closed**. Have the microwave oven serviced before using it again.

# PREVENT

scalds and burns



Hot liquids and steam from the stove or oven can cause devastating injuries.

- **Turn pot handles away** from the stove's edge.
- **Keep hot foods and liquids away** from table and counter edges.
- **Keep your face away** from the oven door when checking or removing food so that the heat or steam does not cause burns.
- **Open microwaved food slowly**, away from your face. **Let food cool before eating**.
- **Keep appliance cords coiled** and away from counter edges.