

PREVENT COOKING FIRES

Watch What You Heat

Cooking left unattended is the most common type of cooking fire. Watch what you heat. Always stay in the kitchen while you're cooking.

The Facts About Cooking Safety

STAND BY YOUR PAN.

Cooking is the #1 cause of home fires. Don't leave your cooking unattended. Keep an eye on your fries!



Click on www.ofm.gov.on.ca for more fire safety information.

Key Messages:

- ✓ Stay in the kitchen when cooking – especially if using oil or high temperatures.
- ✓ Keep a proper-fitting pot lid near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Do not move the pan.
- ✓ Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, *stop, drop* to the ground and *roll* over and over to put out the fire.
- ✓ Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.
- ✓ Keep children away from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.
- ✓ Cool a burn by running cool water over the wound for 3 to 5 minutes. If the burn is severe, seek medical attention.

STAND BY YOUR PAN.



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Fact

Cooking is the number one cause of residential fires in Ontario.

