

# KITCHEN FIRES

## RECIPE FOR SAFETY

The first step to preventing kitchen fires is to understand the risk and then turn that knowledge into action by taking simple steps to reduce the risk of fire and ensure the safety of everyone in the house. The risk is real. Fire departments in the U.S. responded to an estimated 170,000 home cooking fires annually. Kitchen fires cause about 135 deaths, 3,000 injuries, and \$494+ million in property loss each year.

## KITCHEN FIRE PREVENTION 101

**Stay alert:** Avoid using kitchen appliances if you are sleepy or consumed alcohol.

**Wear short or close-fitting sleeves:** Loose clothing can more easily catch fire.

**Turn pan handles inward:** Make sure they can't be bumped into, and children can't grab them.

**Stay in the kitchen:** Never leave cooking unattended.

## KEYS TO KITCHEN FIRE PREVENTION

Keep cooking areas free of combustible materials like food packaging, oven mitts, and towels. Keep children at least three feet from the stove and other areas where hot food is prepared. Watch children closely and when they are old enough, teach them to cook safely. Clean cooking surfaces as crumbs in a toaster and built-up grease on the stovetop are fire hazards.





**UNATTENDED  
EQUIPMENT  
(37%) IS THE  
#1 CAUSE  
OF COOKING  
FIRES.**

## **PUTTING OUT A KITCHEN FIRE**

- If it is a grease or oil fire, slide a pan lid over flames to smother it. Then turn off the heat and leave the lid in place until the pan cools.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- Keep a fire extinguisher in the kitchen. Make sure you have the right type and training.
- Keep a working smoke detector in your home and test it monthly.

## **WHAT TO KNOW WHEN FRYING**

Deep frying oil can reach temperatures of over 400 °F. When cooking at this temperature, extreme safety measures should be taken to prevent burning oneself or starting a fire. Cooking oil is a highly flammable liquid. Avoid letting oil contact direct flames and have a kitchen fire extinguisher available when deep-frying.

**COOKING IS THE LEADING  
CAUSE OF ALL RESIDENTIAL  
BUILDING FIRES.**