

Cooking and Kitchen Fires

According to the US Fire Administration...

- Cooking is the leading cause of fires and fire injuries in structures.
- 1 out of every 8 households will have a cooking fire each year.
- The leading type of material ignited in cooking fires is food, especially fats, oils, and grease.
- Cooking left unattended is the leading factor contributing to cooking fires.
- Other leading causes are placing combustible items too close to the heat source and various electrical defects.

There are a variety of reasons which contribute to unattended cooking fires. The most common is when the cook becomes distracted and leaves the kitchen. The most common distractions are attending to children, answering phone calls, watching television and answering doorbells.

In order to *drastically* reduce your risk of a kitchen fire, follow this recipe for safety:

- Stay in the kitchen, don't leave cooking food unattended. (stand by your pan!)
- Wear short or tight fitting sleeves. (Long loose sleeves are more likely to catch on fire or get caught on pot handles)
- Don't become distracted.
- Enforce a "kid-free zone" of 3 feet around your stove.
- Turn pot handles inward facing the wall to prevent burns caused overturning or spills.
- Keep the area around the stove clear of towels, papers, pot holders or anything that could burn.
- Cook at indicated temperatures settings rather than higher settings.
- Regularly clean your cooking equipment so that there are no cooking materials, food items or grease accumulation.
- Have a pot lid handy to smother a pan fire. *Do not attempt to pick up the pot or pan.* Shut off the heat and cover the fire with a lid.
- Do not use water. It will cause splashing and spread the fire.
- **In case of fire... Call 9-1-1**



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