

COOKING SAFETY

May 2011

INJURY PREVENTION TRAINING

Injury Prevention Daily Quick Drills - Easy Access to Training Topics

“Cook With Caution”

References:

NFPA Public Safety Education Division

Note:

Refer to: www.nfpa.org/education for more tips.

Cooking brings family and friends together, and provides an outlet for creativity and can be relaxing as well. But, it is important to note that cooking fires are the number one cause of home fires and home injuries.

Did you know:

The leading cause of fires in the kitchen is from unattended cooking.

Most cooking fires in the home involve the stovetop.

“Cook with Caution”

- 1) Be on alert! If you are sleepy and have consumed alcohol, don't use the stove or stovetop.
- 2) Stay in the kitchen while you are frying, grilling, or broiling food. If you are leaving the kitchen for a short period of time, turn off the stove.
- 3) If you are simmering, baking, roasting, or boiling food, check it regularly, and remain in the home while the food is cooking. Use a timer to remind you that you are cooking.
- 4) Keep anything that can catch fire such as oven mitts, wooden utensils, food packaging, towels or curtains away from the stovetop.
- 5) Have a “kid-free zone” of at least three feet around the stove and areas where hot food or drink is prepared or carried.

