

**COOKING FIRES START WHEN THE ATTENTION STOPS.** If you have to leave the kitchen, even for a short time, turn off the burner and move the pan to a cool burner.

- Rules for cooking:
  - Always stay in the kitchen when you are using your stovetop
  - Set a timer if you are baking something in the oven
- Rules for barbequing
  - Make sure your barbeque is at least three feet from anything that can burn.
  - Remain outside and close to the barbeque the entire time it is on.
- A fire needs three things – oxygen, fuel and heat. If you take away any one it will go out.



- If you have a fire on your stovetop:
  - slide a lid over the pot and when it is safe to do so, turn off the burner.
  - wait for the fire to go out and cool off, then move the pan.



- If you have a fire in your oven:
  - keep the door closed and turn off the oven.



- If you have a fire in a microwave:
  - keep the door shut and turn off the power.
  - find the stop/cancel button ahead of time so you're prepared

- If you have any concern, leave your house and call 9-1-1 from outside.

### HOW CAN I STAY SAFE?

- Keep your cooking area clear of potholders, towels, rags, drapes and food packaging.
- Don't cook if you are drowsy from alcohol or medication.
- Always wear short or close-fitting sleeves when cooking.
- Remove loose clothing before cooking – it's a hazard because it can dangle near a stove burner and catch fire.
- Turn your pot handles inward so you don't accidentally knock over the pot.
- Use oven mitts to handle hot pans.
- Use light-weight manageable pans.

