

ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: COOKING SAFETY IN THE HOME

Every year fire departments respond to an average of 166,100 house fires that include a cooking component. Fires aren't the only danger in the kitchen an estimated 472% of hand injuries in emergency rooms are due to cuts and lacerations from working with food. Kitchens can be dangerous for you and your loved ones there are several precautions you can take to lessen those risks.



TAKE PRECAUTIONS

- Turn all pot handles so they don't extend past the edge of the stovetop.
- Don't leave your pans unattended.
- Don't line the bottom of your oven with foil; it will trap heat and block the air flow.
- Always clean up spills when they happen.
- Keep a fire extinguisher nearby at all times.

COOK WITH CAUTION

- Be on alert at all times. If you feel sleepy or are under the influence of alcohol or drugs don't use the stove, oven, grill or etc.
- Keep everything that could possibly catch fire away from cooking appliances. (i.e.- oven mitts, wooden utensils, food packaging towels or curtains)

FIGHTING FIRES

- If you have any doubt get out, close the door behind you to help contain the fire, and call 9-1-1 or the local emergency number.

One of the best safety measures is to practice either physically or mentally what you would do in case of an emergency. Constantly ask yourself when cooking what would you do if a fire started or if a member of my family was injured in a cooking fire or hazard.

Provided by the ASA – Houston Chapter Safety Committee