

Fire Safety In The Kitchen



How to prevent cooking fires and related injuries

***Watch What You
Heat!***

Cooking Safety

What's the *most dangerous* room in the home when it comes to fires?

According to the Canada Safety Council it's the **KITCHEN!!!**



Cooking Fire Risk in the Home

- ✓ Cooking related fires are the leading cause of home fires in Ontario. On average, 163 people in Ontario suffer burn injuries as a result of cooking fires annually.
- ✓ Cooking equipment is responsible for 43% of fire injuries in residential fires in Ontario.
- ✓ 18% of Ontario's fire fatalities in the home are caused by cooking fires annually.
- ✓ On average, 5 people in Ontario die due to cooking-related fires each year.
- ✓ Many more cooking fires and related injuries go unreported.

Statistical Source: Ontario Fire Marshal's Office Residential Fires 2002-2006



Cooking-related fires

- ✓ 1 in 4 preventable home fires
- ✓ Leading cause of fire injuries
- ✓ Second leading cause of fatal fires
- ✓ Cost Ontarians an estimated \$54 million/year in injuries, deaths and property loss



Cooking-related fires in **Amherstburg**

- ✓ 32 cooking related fires between 2015-2017
- ✓ Resulted in \$752,100 in losses
- ✓ Leading cause of cooking - related fires in Amherstburg - **unattended cooking**
- ✓ 1 in 10 reported



Cooking-related fires



- ✓ unattended cooking → 69% of fires
- ✓ “distraction/forgot” → leading behaviour when fire started
- ✓ oil and grease → objects first ignited in half of the fires
- ✓ higher incidence of injuries when the occupant attempted to extinguish the fire



Do you know what to do....?

- ✓ Clothing catching fire
- ✓ Pot on the stove fire
- ✓ Fire in the oven
- ✓ Fire in the microwave
- ✓ Safe cooking practices



*If in doubt...**JUST GET OUT!***



Chemistry of Fire

Heat + Fuel + Oxygen = FIRE

Break the chemical chain = ***FIRE OUT!***



Remember to...

STOP, DROP & ROLL
if your clothing catches fire

OR

smother the fire with a towel or
blanket...

Cool a ***burn*** with ***cool water***



Pot on the Stove Fire

- ✓ Never leave oil or grease unattended
- ✓ Never put water on a grease or oil fire

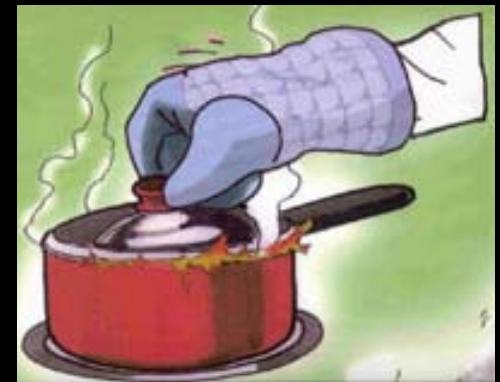
*** PUT A LID ON IT ***

TURN OFF THE HEAT

DO NOT MOVE THE PAN OR REMOVE THE LID UNTIL COMPLETELY COOLED

- ✓ Never move a burning pot to the sink or outside

*** Wear oven mitts ***

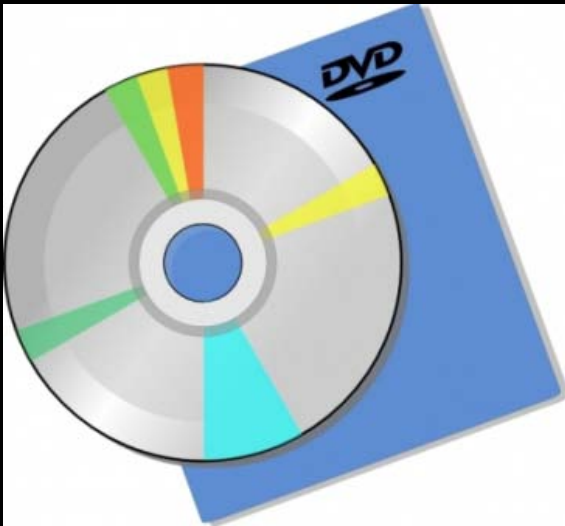


If in doubt...JUST GET OUT!



Watch What You Heat!

Never put water on a grease fire



Fire in the Oven

- ✓ Keep the oven door closed
- ✓ Turn off the heat
- ✓ Don't open the door until the fire is completely out
- ✓ Call 911, if necessary
- ✓ Have the oven checked and/or serviced before being used again



*If in doubt...**JUST GET OUT!***



Fire in the Oven



Fire in the Microwave

- ✓ Keep the microwave oven door closed
- ✓ Turn off the microwave immediately
- ✓ Unplug it, if safe to do so
- ✓ Never open the door until the fire is completely out
- ✓ Call 911, if necessary
- ✓ Have the oven checked and/or serviced before being used again



*If in doubt...**JUST GET OUT!***



Watch What You Heat!

If you are **frying**, **grilling** or **broiling** food (fast cooking – high heat):

- ✓ Stay in the **kitchen**
- ✓ If you have to leave the kitchen, even for a short period of time – turn off the stove



Watch What You Heat!

If you are **simmering, baking, roasting** or **boiling** food (slow cooking – low heat):

- ✓ Stay in the **home**
- ✓ Use a timer to remind you that you're cooking



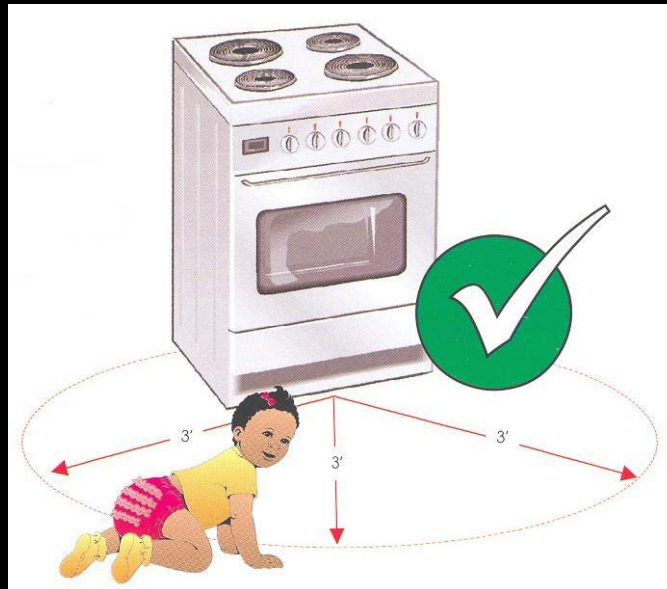
Safe Cooking Practices

- ✓ Stay alert – don't cook when drowsy or impaired
- ✓ Keep stovetop, burners and oven clean
- ✓ Wear short, close-fitting or tightly rolled sleeves when cooking
- ✓ Keep anything that can catch fire away from the stovetop – 1 metre safety zone



Safe Cooking Practices

- ✓ Keep pets off cooking surfaces and nearby countertops
- ✓ Keep young children away from the cooking area – enforce a 1 metre “**kid free zone**”
- ✓ Eliminate tripping hazards
- ✓ Use the stove’s back burners whenever possible



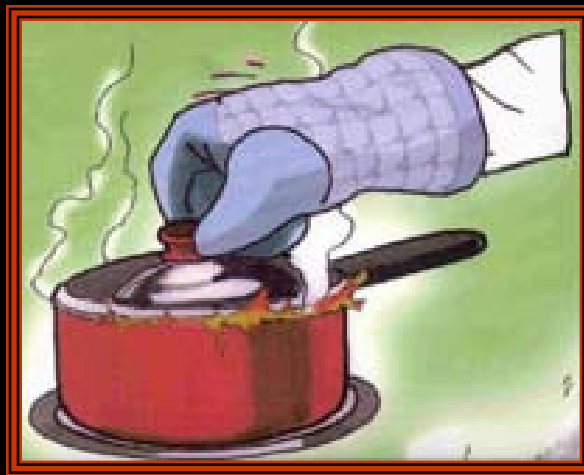
Safe Cooking Practices

- ✓ Turn pot handles inward – ensure pot handles do not stick out from the front of the stove
- ✓ Never use dishcloths or tea towels in place of proper fitting oven mitts
- ✓ Never use wet oven mitts or potholders as they can cause scalding burns
- ✓ Never use the oven or range to heat your home



Safe Cooking Practices

- ✓ Don't store children's treats, candies or cookies above the stove
- ✓ Have an appropriate sized pot lid and oven mitts readily on hand
- ✓ Keep all appliance cords coiled up and away from counter edges
- ✓ Unplug small appliances when not in use



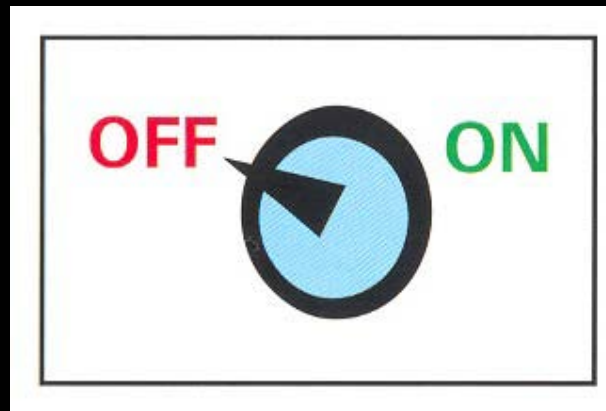
Safe Cooking Practices

- ✓ Check appliance cords for breaks, splits or cracked insulation and replace if necessary
- ✓ Don't overload electrical outlets or use extension cords – use a power bar if necessary
- ✓ Never hold a child while cooking or when drinking or carrying hot foods or liquids



Safe Cooking Practices

- ✓ **Never store items in the oven**
- ✓ **Always check to ensure oven is empty before turning on the heat**
- ✓ **Turn off all cooking appliances during electrical power outages**
- ✓ **Double-check the kitchen before going to bed or leaving home**



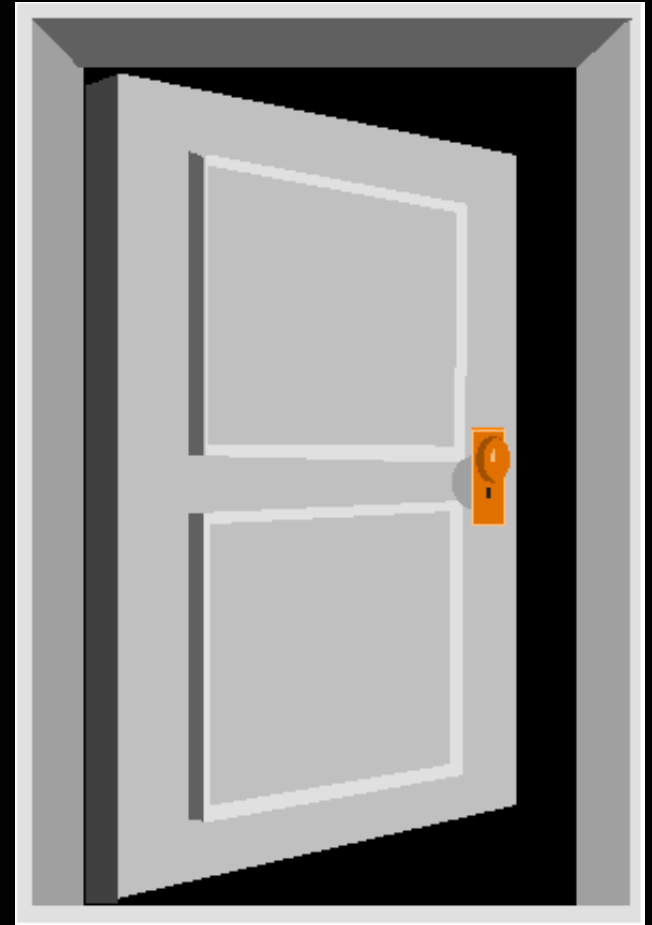
*If in doubt...**JUST GET OUT!***

When you leave:

- Close doors behind you to contain the fire
- Call 911 from a safe place after you leave



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*If You Do Try to Fight the **FIRE!***

- ✓ Ensure others are getting out
- ✓ Ensure you have a clear path to the exit
- ✓ Instruct someone to call 911
- ✓ Ensure you know how to use your fire extinguisher – ***before a fire occurs***



*If in doubt...**JUST GET OUT!***



Fire safety in the kitchen begins
with **you!**

Watch what you **heat.**

*For additional fire safety information,
visit our website at*

www.amherstburgfire.com

Thank You...

