

MORE FOOD FOR THOUGHT ON HOW TO PREVENT KITCHEN FIRES...

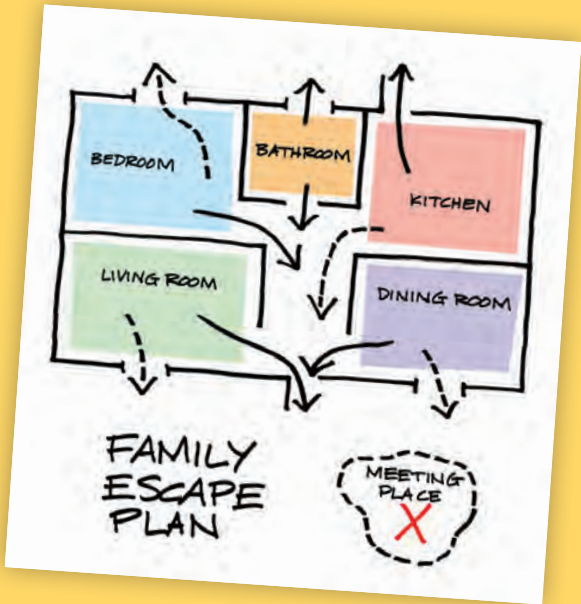


Especially for families with children...

- Keep kids and pets at least 1 metre (3 feet) away from the stove.
- Never hold a child or pet while cooking.

Equip your home for fire safety.

- Install and test smoke alarms.
- Make and practise a home fire escape plan.



FOR MORE SAFETY
INFORMATION,
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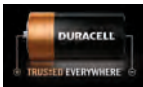
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GO TO FPW.ORG AND GET COOKIN' WITH FIRE SAFETY!

FIRE PREVENTION WEEK
2013

PREVENT KITCHEN FIRES

OCTOBER 6–12, 2013

Take aim at the #1 cause of home fires and fire injuries! Join the 2013 FPW Team and help people put a lid on dangers and prevent kitchen fires.



Order at www.firesafetycouncil.com or call 1-866-379-6668
Fire Marshal's Public Fire Safety Council Distribution Centre
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FOLLOW THE RECIPE FOR FIRE SAFETY AND STOP KITCHEN FIRES BEFORE THEY START!

More home fires start in the kitchen than anywhere else. In 2011, cooking was involved in an estimated 156,300 home fires that caused more than 470 deaths, 5,390 injuries, and \$1 billion in property damage in North America. These numbers could be greatly reduced if people paid more attention when they cooked and practised simple fire safety behaviours.

Unattended cooking is the leading cause of kitchen fires. Keep an eye on what you fry.

- Stay in the kitchen when frying, grilling, or broiling food.
- When simmering, baking, roasting, or boiling food, stay in the home, check food regularly, and use a timer to remind you the stove/oven is on.
- If you must leave—even for a short time—turn off the stove/oven.

Stay alert to avoid stirring up trouble in the kitchen.

- Don't use the oven or stovetop if you are sleepy, have consumed alcohol, or are using drugs.

Hot tips for preventing and treating scalds and burns

- Keep pot handles turned in.
- When you microwave food, open the container slowly to let steam escape and let food cool before eating.
- Cool a burn under cool water for 3 to 5 minutes and cover it with a clean dry cloth.
- If the burn is bigger than your fist, seek immediate medical assistance.

Make sure flammable objects aren't near the stove.

- Keep anything that can burn a safe distance away from the stove.
- Clean up food and grease from burners and the stovetop.
- Wear short, tight-fitting, or tightly-rolled sleeves. If clothes catch fire, stop, drop, and roll over and over or back and forth to put the fire out. Get medical help.

Be ready to react fast to a cooking fire.

- When in doubt, just get out!
- If you try to fight the fire with a fire extinguisher, be sure others are leaving the home, someone is calling the fire department, and you have a clear exit path.
- If a small grease fire starts, slide a lid over the pan, turn off the burner, and leave the pan covered until it is completely cool.
- For an oven or microwave fire, turn off the heat and keep the door closed.