



### **Minimize Fire Hazards At Home:**

- check all electrical wires & cords on any appliance used in the kitchen. Dispose of any appliance not working properly.
- As soon as you take something off the oven turn the burner off.
- Avoid loose clothing which could get caught or catch fire.
- Keep matches or lighters in an area away from children’s reach; high cupboards or locked areas.

### **At Work:**

#### **At the end of the workday:**

- a. Unplug equipment or deactivate circuit breaker.
- b. Check pilot lights, cooking equipment, & deep-fat pan fryers.
- c. Check for and clean up accumulated grease.
- d. Remove combustibles away from hot surfaces.
- e. Don’t smoke in hazardous areas.

#### **Kitchen Vent Extinguishing System**

- a. Know the system operation commands
- b. Keep exhaust fan on while cooking
- c. Know manual activation location and usage
- d. Clean up spills and practice good housekeeping

#### **Portable Fire Extinguishers**

1. Know the location, type, and purpose
2. Frequently check your extinguishers for tampering or damage.
3. Know how to use your extinguishers



### **First Aid for Minor Burns**

Act fast to limit the severity of burns.

Run cool water over the burn for 10 to 15 minutes to limit it’s seriousness. Never use: grease, butter, mayonnaise, ice, or foreign substance on a burn.

If burned skin is blistered, see a doctor. For blackened skin, shallow breathing, or unconsciousness, call **9-1-1**.



# Kitchen

# Safety

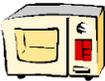
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San Bernardino County Fire  
Community Safety

## Cooking is the #1 cause of home fires!

### Equipment Safety:

- Appliances need to be kept clean and wiped down after any spills. Clean stove and oven surfaces regularly.
- Wood, coal, and all other solid-fueled heating equipment needs to be inspected annually and cleaned by a professional.
- Microwaves need to have enough room to breathe and vents clear of obstructions. 
- Avoid using extension cords; use junction boxes with built-in GFI's. (ground fault interrupters) In an emergency the GFI will shut the appliance down.
- If using a deep fat fryer: keep cords out of walk ways, keep liquids away, and generally keep away from combustibles and people.
- Keep cords away from hot surfaces, water, and sinks. Replace cracked or frayed appliance cords. Avoid overheating; if an appliance feels too hot or smells funny, unplug it immediately and have it serviced or replaced.
- When using your microwave oven; Know the dangers. No metal or plastic products; use only approved utensils and cookware. 



## Other kitchen safety tips:

- Wear appropriate clothes while around open flame appliance or hot surfaces; loose fitting long sleeve shorts or open jackets could come into contact with flames or hot surface.
- Keep long hair up and confined. Avoid use of flammable hair spray.
- Never leave cooking food unattended.
- Keep children and pets out of the area. Declare a three-foot "safe zone" around your stove or oven.
- Store cookie jars or sweets away from the stove so curious children are not tempted to climb around the area.
- Turn all pot handles in to avoid bumping a pot handle and spilling hot food.
- Keep combustibles away from hot surfaces.
- Turn off hot plates when not in use.
- Open microwave food slowly and allow it to cool before eating it.
- Steam is invisible but extremely dangerous. It can be highly pressurized and move very fast, scalding or burning the skin. Use caution when opening a pot lid.
- Never take a pan or cover off the stove and set it on a counter without a hot pad or other warning to others the item is hot.
- Be alert: Don't cook if :
  1. You're sleepy
  2. You've been drinking a lot of alcohol
  3. You're taking medication that makes you drowsy.



## Emergency Measures:

### **In case of grease fires:**

If a pan or pot catches fire smother the fire by sliding a lid over the pan if possible, turn off the burner, and don't move the pan or pot. Keep the lid on until it cools completely. (Baking soda may help to suffocate the fire but be very cautious). Don't try to carry a grease fire out doors, if you drop the pan or pot it can spread very quickly.



## **NEVER PUT WATER ON A GREASE FIRE**



The water will cause the grease to splatter and spread the fire in all directions.

### **In case of oven fires:**

Keep the door closed or close the oven door and turn off the heat. Call **9-1-1**.

### **In case of microwave fires:**

Keep the door closed or close the door and unplug the microwave. Be sure to have the oven serviced before you use it again.

### **In case your clothes catch fire:**

Stop, drop, cover your face if possible, and roll. Smother the fire by keeping your body close to the ground.

If the fire is large and spreading quickly. GET OUT and call **9-1-1** from a neighbors house.

