



## Hall County Government FIRE SERVICES

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### **Cook Safely. Watch What You Heat!** **Fire is Everyone's Fight™**

**Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!**

#### **1. Keep an Eye on What You Fry**

Most cooking fires start when someone is frying food. Hot oil and grease can burn people and start fires. Always do these things when you fry food:

- Stand by your pan. If you leave the kitchen, turn the burner off.
- Watch what you are cooking. Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.

#### **2. Be A Safe Cook**

- Make sure you are awake and alert. Alcohol and some drugs can make you sleepy.
- Wear short sleeves or roll them up so they don't catch on fire.
- Keep your hair and clothes away from the burner.

#### **3. Be Prepared When Cooking**

Make the cooking area safe.

- Make sure children and pets stay at least 3 feet away from a hot stove.
- Clean and clear the area around the stove before you turn on the heat.
- Turn pot handles toward the back of the stove so no one can bump them or pull them over.
- Keep a pan lid or a cookie sheet nearby. Use it to cover the pan if it catches on fire. This will put out the fire.
- Move things that can burn away from the stove. This includes dishtowels, bags, boxes, paper, and curtains.

#### **4. What to Do if Your Pan Is on Fire**

Act fast.

- Keep the pan where it is. Do not move it!
- Slide the pan lid or a cookie sheet on top of the pan. This takes away the air. The fire goes out.
- Turn off the heat.
- Keep the lid on the pan until it is cool.
- Never try to stop a grease or oil fire with water. Water will make the fire bigger.

When in doubt, just get out. Call the fire department from outside.

- Get everyone outside. Get out fast.
- Go to your outside meeting place and call 9-1-1.
- After you get out, stay out. Never go back inside a burning building.

#### **Oven Fires**

Turn off the oven. Keep the oven door closed. Call 9-1-1 so firefighters can make sure the fire did not get in the walls.

#### **Microwave Fires**

Keep the microwave door closed. Unplug the microwave if you can. Don't use the microwave after a fire until someone checks it.

#### **Preventing Burns in the Kitchen:**

- Use oven mitts to take food out of the oven and microwave.
- Open food from the microwave slowly. Keep your face away from the hot steam.
- Keep hot food and drinks away from the edge of tables and counters.

#### **If You Burn Your Skin**

Cool a Burn. Put the burn in cool water immediately. Keep it there for 3 to 5 minutes. This helps stop the burning. Cover it with a clean, dry cloth. If the burn is bigger than your ear, get medical help.

#### **If Your Clothes Are on Fire**

Stop, Drop and Roll. Stop where you are immediately. Drop to the ground and cover your face with your hands. Roll over and over, or roll back and forth. Keep doing this until the fire is out. Put the burn in cool water for 3 to 5 minutes and get medical help.