

ELECTRICAL SAFETY IN THE KITCHEN

- Prevent dangerous overloads: Use only one heat-producing appliance on the same circuit at a time
- No shocking behaviour: Have ground-fault circuit-interrupters (GFCIs) installed on all kitchen-counter outlets to prevent shock hazards.



- Don't get overheated: If an appliance feels too hot or smells funny, unplug it immediately and have it serviced or replaced.
- Avoid discord: Examine cords and plugs on stoves, ovens, toasters, coffee makers and other cooking devices, for signs of cracking or fraying.

**REPORT ALL FIRES TO
YOUR FIRE DEPARTMENT –
EVEN IF YOU THINK
YOU'VE PUT THEM OUT!**

CALL 9-1-1



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KITCHEN FIRE SAFETY



**WHITBY FIRE AND
EMERGENCY SERVICES**

**PUTTING A LID
ON KITCHEN FIRES**

TOO HOT TO HANDLE

More fires start in the kitchen than any other room in the home. In fact, between 2003 and 2005, careless cooking accounted for **26.4%** (or approximately 1 in 4) of all preventable residential fires in the Town of Whitby. The majority of kitchen fires begin with cooking equipment such as stoves and microwave ovens.



NEAT AND CLEAN

- Wipe up spills, and keep your stove and oven clean. Built-up grease is easily ignited.
- Keep combustibles such as pot holders, paper towels, and food packaging away from the stove, oven and all other appliances.
- Unplug all appliances when not in use.

BE ALERT ABOUT COOKING HABITS

- Never leave food that is cooking unattended on the stove.
- Don't cook if you're sleepy, if you've been drinking alcohol excessively, or if you've taken medication that makes you drowsy.
- Keep pot handles turned toward the back of the stove.
- Avoid loose sleeves while cooking; loose clothing could catch fire.
- Avoid storing frequently used items above the stove where you may be burned reaching for them. If your clothing catches fire, stop where you are, drop to the ground and roll back and forth to put out the fire.
- Declare a 3' (1m) "no children/no pets" zone around your stove.

PREVENT BURNS

- Open microwaved food slowly. Let it cool before eating.
- Immediately apply cool running water to a burn for 5 to 10 minutes to reduce pain and to avoid further skin damage. Seek immediate medical attention if blisters appear or skin is charred.

EMERGENCY MEASURES

In case of a grease or pan fire:

- Protect your hand with an oven mitt. Smother the fire by sliding a lid over the pan. Turn off the burner.
- Never throw water or flour on a grease fire.
- Never attempt to carry a flaming pot. The contents may spill, spread or burn you.



Oven fires:

Turn off the heat and keep the oven door closed.

Microwave fires:

Keep the door closed and unplug the microwave. Have the oven serviced before you use it again.