



Don't get burned!

**STAY IN THE KITCHEN.
NEVER LEAVE YOUR
COOKING UNATTENDED.**



While you may or may not be a good cook, you can always cook smart. Follow this recipe for kitchen safety!

RECIPE FOR SUCCESS



- The leading cause of fires in the kitchen is unattended cooking.
- Always stay in the kitchen while cooking. If you must leave, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, stay in the kitchen while food is cooking, and use a timer to remind you that you're cooking.
- To prevent cooking fires, you must be alert. You will not be alert if you are sleepy, have consumed alcohol, or have taken medicine or drugs that make you drowsy.
- Keep anything that burns – cooking utensils, dish cloths, paper towels and pot holders – a safe distance from the stove.
- Loose-fitting clothes can come in contact with stove burners and catch fire. Wear tight sleeves or roll them up when cooking.
- Always keep a lid nearby when you are cooking. If a small grease fire starts – Put a Lid On It! Smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan.

Need some recipe tips? Contact our kitchen for more...

(insert fire department info)