



Burn Prevention: Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number-one cause of home fires and home injuries? By following a few safety tips, you can prevent these fires.

Fire Facts

- The leading cause of fires in the kitchen is unattended cooking.
- Most cooking fires in the home involve the stovetop.

Source: [nfpa.org/education](https://www.nfpa.org/education)

Cooking with caution

- Be on the alert! If you are sleepy or have consumed alcohol, don't use the stove or stovetop.
- Stay in the kitchen when you are frying, grilling, boiling or broiling food.
- 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 are cooking.
- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire:

- On the stovetop, smother the flames by sliding a lid to cover the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire:

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 911 or the local emergency number from outside the home.

Cooking and kids

- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot foods or drinks are prepared or carried.

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