

**PREVENT COOKING FIRES**

# Watch What You Heat



Cooking left unattended is the most common type of cooking fire. Watch what you heat. Always stay in the kitchen while you're cooking.

# The Facts About Cooking Safety

## STAND BY YOUR PAN.



Cooking is the #1 cause of home fires. Don't leave your cooking unattended. Keep an eye on your fries!

Click on [www.ofm.gov.on.ca](http://www.ofm.gov.on.ca) for more fire safety information.



# Key Messages:

- ✓ Stay in the kitchen when cooking – especially if using oil or high temperatures.
- ✓ Keep a proper-fitting pot lid near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Do not move the pan.
- ✓ Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, *stop, drop* to the ground and *roll* over and over to put out the fire.
- ✓ Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.
- ✓ Keep children away from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.
- ✓ Cool a burn by running cool water over the wound for 3 to 5 minutes. If the burn is severe, seek medical attention.

**STAND BY  
YOUR  
PAN.**



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**Fact**

**Cooking is the number one cause of residential fires in Ontario.**

