

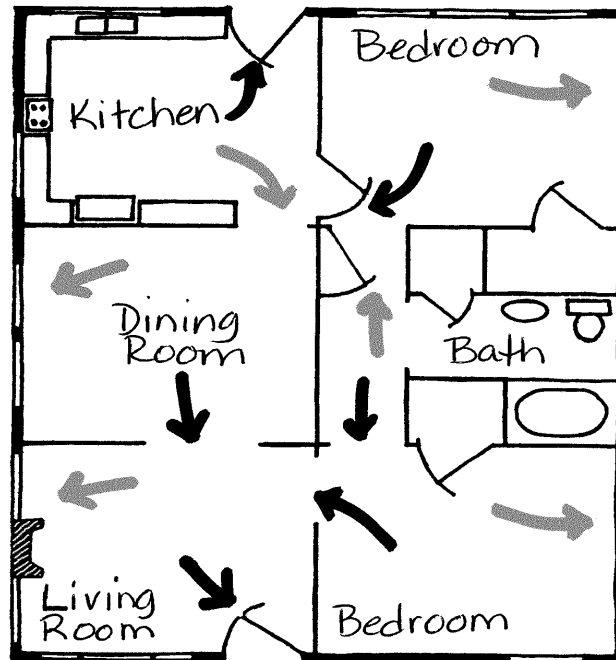
## ADULTS:

During 1999, 3,273 residential fires in Texas were caused by people who did not practice fire safety in the kitchen. Many of those fires involved children. This brochure gives kids helpful tips on preventing fires while they are cooking.



Of course, the kids can't learn fire safety in the kitchen on their own. They need the help of adults - parents and teachers - to learn how to use kitchen appliances safely and how to reduce the risk of burns from cooking. Read this brochure with kids you know, and help all children stay safe from careless cooking fires.

Plan what you will do in case there is a fire or someone is seriously burned.



Get everyone out of the house. CALL 9-1-1 from a neighbor's house.

For more information:  
State Fire Marshal's Office  
P.O. Box 149221 (Mail Code 112-FM)  
Austin, Texas 78714-9221  
512-305-7900  
FAX: 512-305-7910  
E-mail: [fire.marshall@tdi.state.tx.us](mailto:fire.marshall@tdi.state.tx.us)  
Web site: <http://www.tdi.state.tx.us>

## Kids In The Kitchen

Fire safety is a family business



Published by  
State Fire Marshal's Office  
Texas Department of Insurance  
December 2001

## KIDS:

Before you start cooking, have an adult, such as your Mom or Dad, teach you how to cook safely. Ask that adult to help you read and understand this important information.

Always watch what's cooking. PLAN AHEAD so that you don't leave the kitchen. Don't leave the kitchen to watch TV or talk on the phone or play in another room or go to the bathroom or ANYTHING!

If a pan catches fire, put a large lid or a cookie sheet on top. This will cut off the air supply and put out the fire. Then, call the fire department. Firefighters will come to make sure the fire is completely out. NEVER take a chance.

If the fire has spread outside the pan, don't try to put it out. Call the fire department!

### **Keep the kitchen neat and clean.**

If the kitchen is messy, you are asking for a fire or other accident to happen.

DON'T have:

dishcloths or paper towels on the stove.

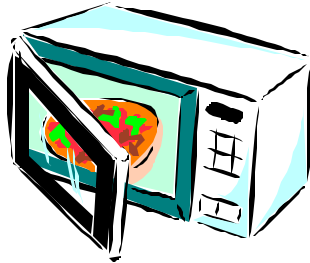
spilled grease or other food on the stove or work area.

pot handles hanging over the edge of the stove.

spilled foods in the bottom of the oven. If you can, clean these messes up. Even better, don't let them happen. If you can't clean them up yourself (like spilled foods in the oven), get an adult to help.

### **Microwave alert!**

Carefully check any foods cooked in the microwave oven BEFORE you taste them. They may be VERY hot - hot enough to



burn - especially liquids like coffee and soup, or fatty foods like sweet rolls, nachos, and pizza.

Be careful with any food that has cheese or icing. Check it with a fork. If it is steaming hot, let it cool until you don't see any steam.

### **Don't get zapped by electrical appliances.**

How to safely use the mixer, toaster, food processor and other appliances.

Know how to use the appliance BEFORE you try using it by yourself. Have an adult show you.

Plug in the appliance only when you are ready to use it.

Don't use any electrical appliance near the sink. If you touch water while using the appliance, you could be seriously hurt.

Unplug, clean, and put away the appliance when you are finished using it.

Keep very young children (babies and toddlers) out of the kitchen while you are cooking. Pre-schoolers and kindergarten kids can help set the table, carry cold dishes and do other simple jobs they have been taught to do safely.

Plan what you will do if there is a fire or someone is seriously burned.

If you get a burn, hold the burned area under cool running water. (Turn on the faucet, and stick your hand or arm - that's what you are most likely to burn - under the water.) Cool the burn for 3 to 5 minutes. Then have an adult check your burn.

*(Don't use ice or butter. Some older adults might tell you to do that, but it only makes the burn worse.)*

If there is a fire, first get everyone out of the house. CALL 9-1-1 from a neighbor's house.

Be prepared to tell the 9-1-1 operator what is on fire and where the fire is. Don't hang the phone up until the operator tells you it's OK to hang up.

If someone is seriously burned, "cool" the burn with cool, running water. If no adults are home and the burn covers a large area, (like the entire arm) or is on the face,

CALL 9-1-1! Tell the 9-1-1 operator about the accident. Emergency medical service will come to help.

Enjoy your cooking! If you know and follow these fire safety ideas, you will be able to prevent most kinds of kitchen fires. That means when you're in the kitchen, cooking fun, not dangerous.

