

# COOK SAFELY

## WATCH WHAT YOU HEAT!



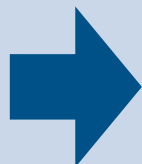
Cooking is the biggest cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!

## Keep an Eye on What You Fry



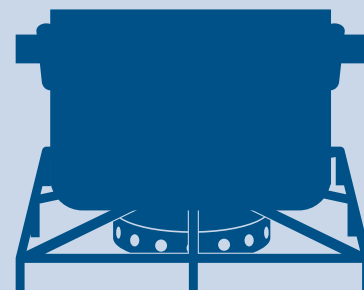
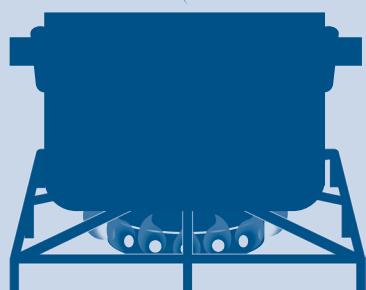
### Stand by your pan.

If you leave the kitchen, turn the burner off.



### Watch what you are cooking.

Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.



For more information, visit [www.usfa.fema.gov/FireisEveryonesFight](http://www.usfa.fema.gov/FireisEveryonesFight)

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## Be a Safe Cook



**Make sure you are awake and alert.**

Alcohol and some drugs can make you sleepy.



**Wear short sleeves or roll them up so they don't catch on fire.**



**Keep your hair and clothes away from the burner.**

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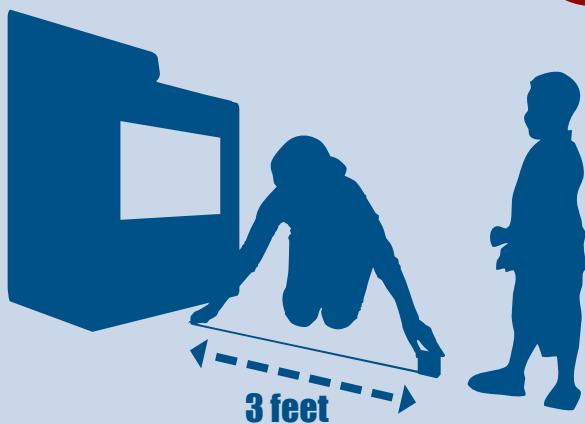
## Be Prepared When Cooking

Make the cooking area safe.



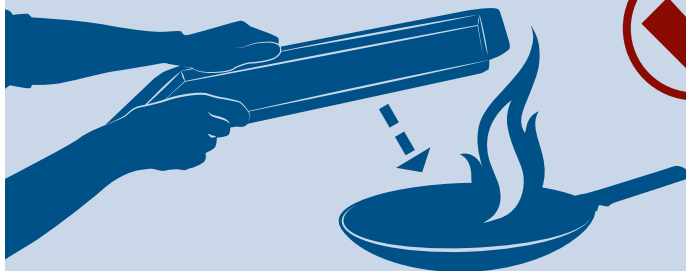
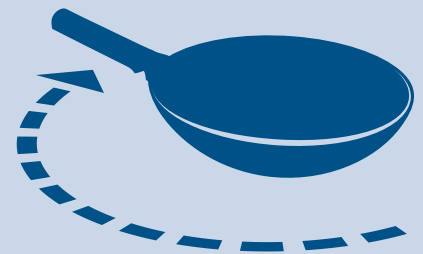
### Clean and clear the area around the stove.

- Move things that can burn away from the stove. This includes dish towels, bags, boxes, paper and curtains.
- Make sure children and pets stay at least 3 feet away from a hot stove.



### Turn pot handles toward the back of the stove.

- Then no one can bump them or pull them over.



### Keep a pan lid or a baking sheet nearby.

- Use it to cover the pan if it catches on fire. This will put out the fire.

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## What to Do if Your Pan Is on Fire



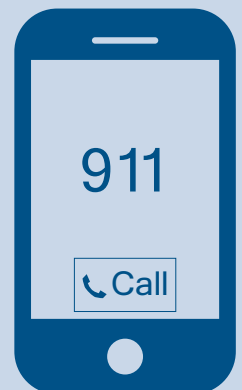
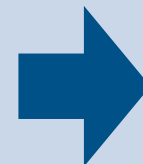
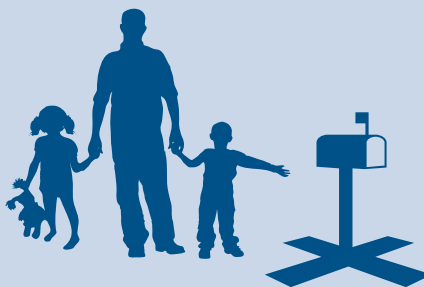
### Act fast.

- Keep the pan where it is. Do not move it!
- Slide the pan lid or a baking sheet on top of the pan.
- Turn the burner off. Keep the lid on the pan until it is cool.
- Never try to stop a grease or oil fire with water.



### When in doubt, just get out.

- Get everyone outside.
- Go to your outside meeting place.
- Call the fire department from outside.
- Never go back inside a burning building.



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