

# COOK SAFELY

## WATCH WHAT YOU HEAT!



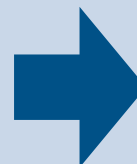
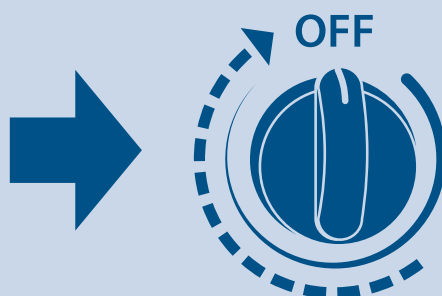
Cooking is the biggest cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!

## Keep an Eye on What You Fry



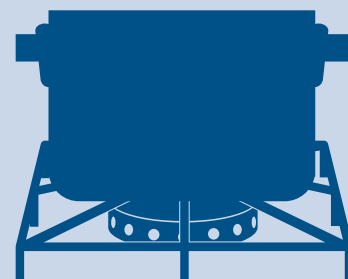
### **Stand by your pan.**

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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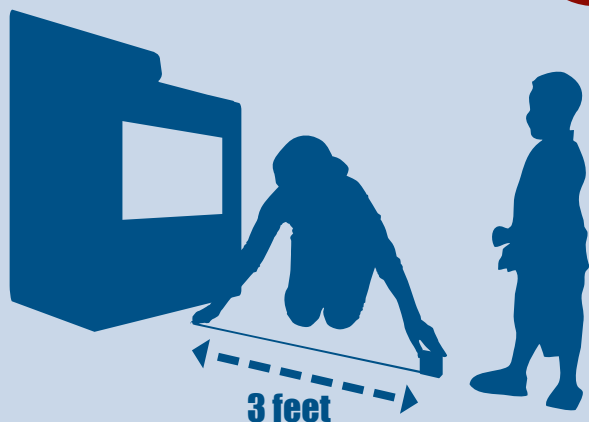
## Be Prepared When Cooking

Make the cooking area safe.



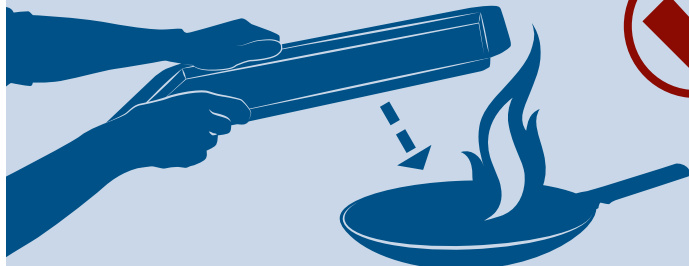
### Clean and clear the area around the stove.

- 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



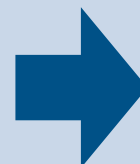
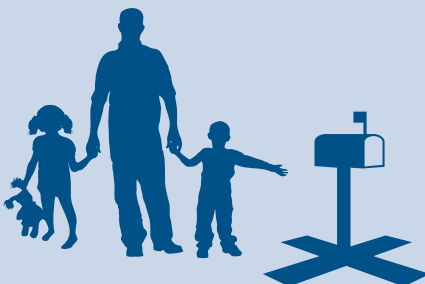
### Act fast.

- 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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