

# Cooking and Kitchen Safety Tips

The kitchen is the heart of the home, but it's also where many home fires start. Minimize your risk by following good safety practices.

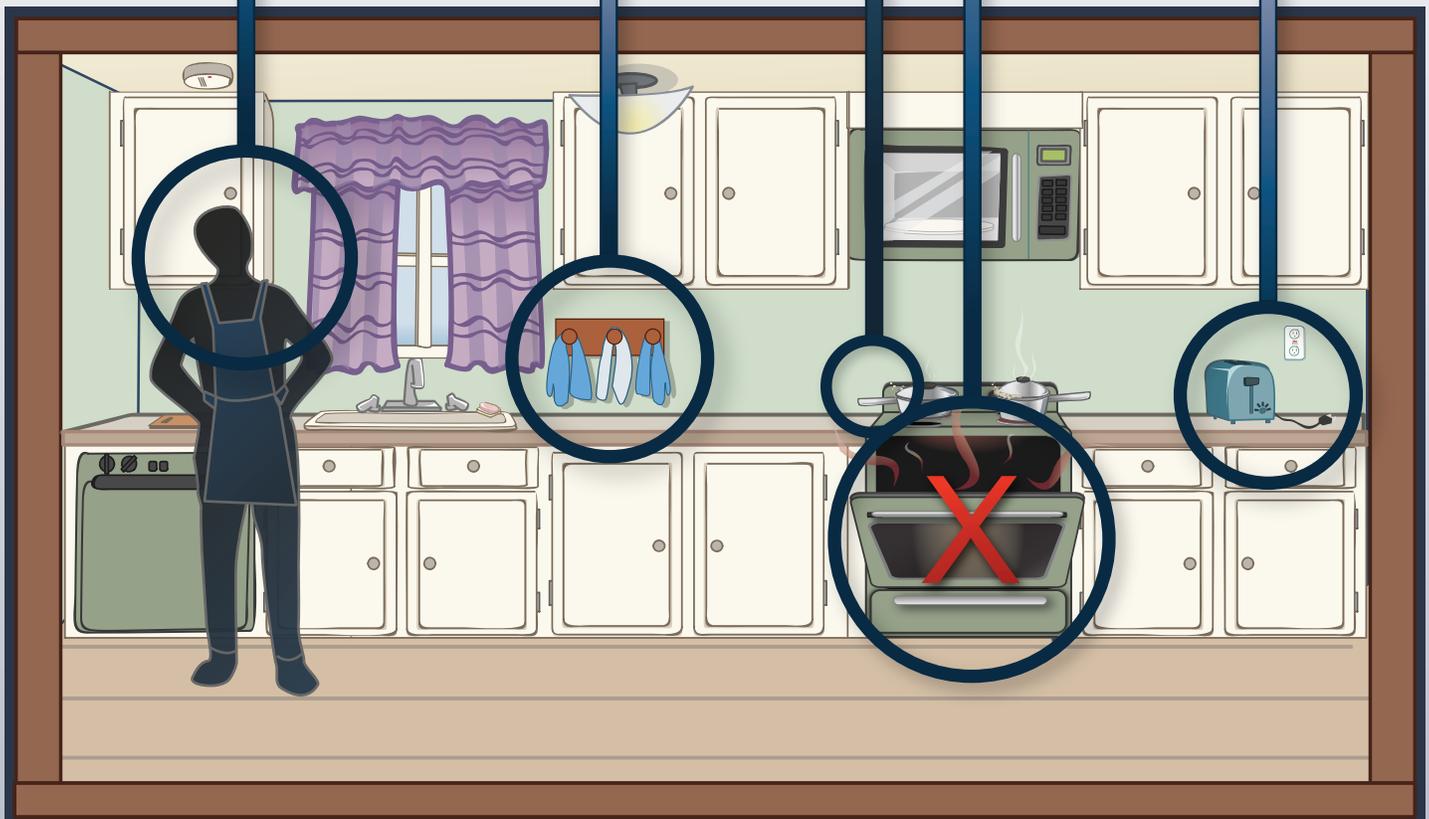
Turn pot handles to the side to avoid spills and burns.

Never use an oven or stove for heating your home.

Stay in the kitchen when you are cooking.

Keep flammable items, like towels and potholders, away from the stove and other hot surfaces.

Unplug the toaster and other countertop appliances when not in use.



# Cooking and Kitchen Safety Tips

Cooking is the leading cause of home fires and home fire injuries year after year. Older adults are at significantly higher risk of dying from a cooking-related fire. The tips below will help you cook safely and minimize fire hazards in your kitchen.

## Cooking Safety

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- Do not cook if you are sleepy, have been drinking alcohol, or have taken medications that make you drowsy.
- Stay in the kitchen when you are frying, grilling, or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- If you are simmering, baking, roasting, or boiling food, check it regularly. Use a timer to regularly remind you that you're cooking.
- Turn handles of pots and pans to the side so you don't accidentally bump and spill contents.
- Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can easily catch fire if it comes in contact with a gas flame or electric burner.
- Check the kitchen after you finish cooking to make sure the oven burners and other appliances are turned off.

## Kitchen Safety

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- Keep the stovetop and oven clean. Spilled or baked on food can easily ignite and start a fire.
- Clean exhaust hood and duct over the stove regularly.
- Keep towels, dish cloths, and other flammable items away from the stove and other hot surfaces.
- Plug counter top appliances into ground fault circuit interrupter (GFCI)-protected outlets.
- Unplug the toaster and other countertop appliances when not in use.
- Never use an oven or stove for heating your home.