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## Prevent kitchen fires

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Many people like to cook during the holidays. Fires in the kitchen often start when people leave the kitchen while cooking. Lorraine Carli, vice-president of outreach and advocacy at the National Fire Protection Association (NFPA) says, “We know cooking fires can be prevented.”

### Here is how to stay safe in the kitchen:

- Stay in the kitchen while cooking.
- Avoid distractions like television and electronics.
- Use oven mitts when touching hot pans.
- Do not wear loose clothing.
- Keep a metal lid close by. If a grease fire starts, put the lid on the pan. Turn off the heat and let the pan cool.
- Keep baking soda close by. You can use it to put out a small fire.



Use oven mitts when touching hot surfaces.

### Did you know?

- Cooking is the number one cause of home fires and injuries.
- Cooking causes 44 per cent of all home fires.

Adapted from National Fire Protection Association • Photo: Joan Exley