



# Cooking Safety

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Downey Fire Department Monthly Safety Message



Be Safe in the Kitchen!

- While safety is always paramount when cooking, it is especially important with the holiday season upon us.
- More of us will find ourselves in the kitchen to prepare large meals for families and friends as the year nears its end.
- With Thanksgiving only days away, and the remainder of the holidays following behind, we would like to share some safety tips that will help keep you and others safe this year.
- Additional info can be found at [NFPA.org](http://NFPA.org).

# Facts

- Cooking was the leading cause of reported home fires and home fire injuries in 2015-2019 and the second leading cause of home fire deaths.
- Cooking caused 49 percent of reported home fires, 20 percent of reported home fire deaths, and 42 percent of home fire injuries.
- In 2019, Thanksgiving was the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.





Cook With Caution!

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.



## Cooking Fires



- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.



# When in Doubt

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 from outside the home.



# Cooking with Oil

- Always stay in the kitchen when frying on the stovetop.
- Keep an eye on what you fry. If you see wisps of smoke or the oil smells, immediately turn off the burner and/or carefully remove the pan from the burner. Smoke is a danger sign that the oil is too hot.
- Heat the oil slowly to the temperature you need for frying or sautéing.
- Add food gently to the pot or pan so the oil does not splatter.
- Always cook with a lid beside your pan. If you have a fire, slide the lid over the pan and turn off the burner. Do not remove the cover because the fire could start again. Let the pan cool for a long time. Never throw water on the fire.

# Reference

- <https://www.nfpa.org/~media/files/public-education/resources/safety-tip-sheets/cookingsafety.pdf>
- <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Top-fire-causes/Cooking>