

Prevent Cooking Fires: Watch what you Heat!

According to State Fire Marshal Stephen Woltz, cooking fires are the leading cause of residential fires in Ohio. That is why this year's theme is "Watch what you heat". Most of these fires are preventable with a few simple tips:

STAND BY YOUR PAN

- Stay in the kitchen when you are frying, grilling, broiling or boiling food.
- Turn off the stove if you must leave the room, even for a minute.
- If simmering food, set a timer as a reminder.

KEEP A 3 FT "KID-FREE" ZONE AROUND THE STOVE

Children under the age of 5 account for 20% of the burn related injuries in Ohio. To help reduce burns in the kitchen by children try these simple precautions:

- Use the stove's back burners, when possible
- Turn pot handles toward back of stove to avoid little reaching hands.
- Never hold small children when cooking.
- Have a "safety zone" of about 3 feet for kids to stay away from the stove.

KITCHEN FIRES 101 – IN CASE OF FIRE

- If there is a fire in the microwave, turn it off and keep the door closed. If possible, unplug the unit.
- Always keep an oven mitt and lid nearby when cooking. A small grease fire can be smothered with the lid. The mitt is to protect your hand as you put the lid over the fire.
- When cooking, don't wear clothing with loose sleeves that could catch fire.
- Keep mitts, towels, plastic/paper bags away from the stovetop.
- In case of an oven fire, shut off the oven and keep the oven door closed.

ALWAYS HAVE A FIRE EXTINGUISHER AVAILABLE.

With these few tips and A SMOKE DETECTOR WITH A NEW BATTERY on each floor of your home, you are on your way to a safer winter season.