

# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## "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.

## If you have a small (grease) cooking fire and decide to fight the fire...

- 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.

## If you have any doubt about fighting a small fire...

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



Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

## FACTS

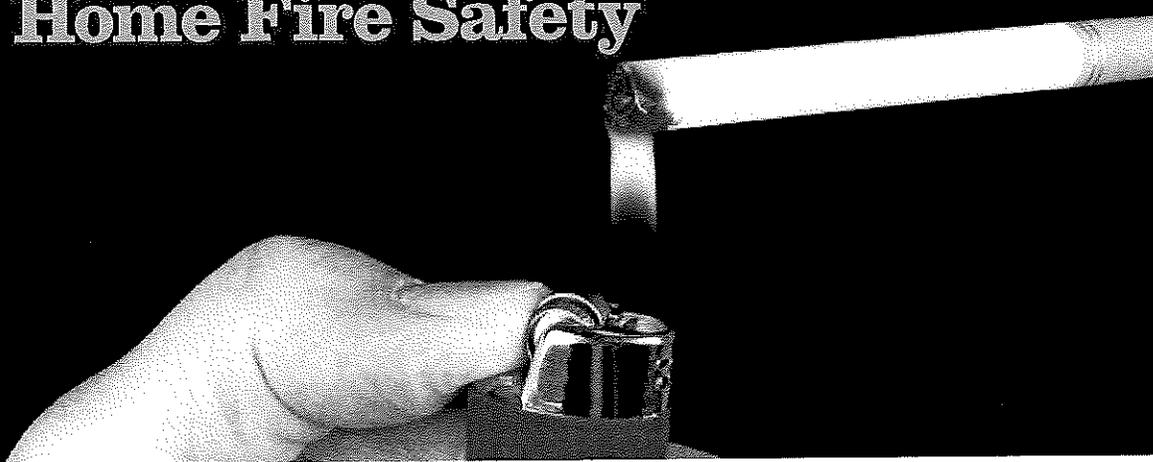
- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



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# Smoking & Home Fire Safety



The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Smoking material fires are preventable.

## Smoking Safety

- » If you smoke, use only fire-safe cigarettes.
- » If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and dens or in bedrooms.
- » Keep cigarettes, lighters, matches, and other smoking materials up high out of the reach of children, in a locked cabinet.

## Put It Out

- » Use a deep, sturdy ashtray. Place it away from anything that can burn.
- » Do not discard cigarettes in vegetation such as mulch, potted plants or landscaping, peat moss, dried grasses, leaves or other things that could ignite easily.
- » Before you throw away butts and ashes, make sure they are out, and dousing in water or sand is the best way to do that.

## Smoking and Medical Oxygen

Never smoke and never allow anyone to smoke where medical oxygen is used. Medical oxygen can cause materials to ignite more easily and make fires burn at a faster rate than normal. It can make an existing fire burn faster and hotter.

## ELECTRONIC CIGARETTES

Fires have occurred while e-cigarettes were being used, the battery was being charged, or the device was being transported. Battery failures have led to small explosions. Never leave charging e-cigarettes unattended. E-cigarettes should be used with caution.

## FACTS

- ❗ The risk of dying in a home structure fire caused by smoking materials rises with age.
- ❗ One out of four fatal victims of smoking-material fires is not the smoker whose cigarette started the fire.



Your Source for SAFETY Information

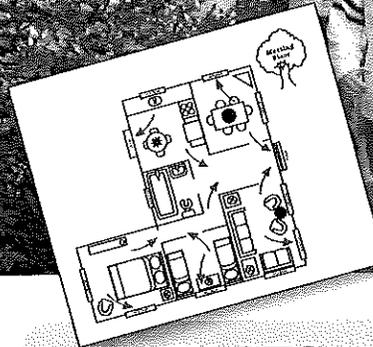
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Contact Information Goes Here

# Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



## SAFETY TIPS

- »» MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- »» KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- »» HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- »» PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- »» PRACTICE using different ways out.
- »» TEACH children how to escape on their own in case you can't help them.
- »» CLOSE doors behind you as you leave.

## IF THE ALARM SOUNDS...

- »» If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- »» If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- »» CALL the fire department from outside your home.

## FACTS

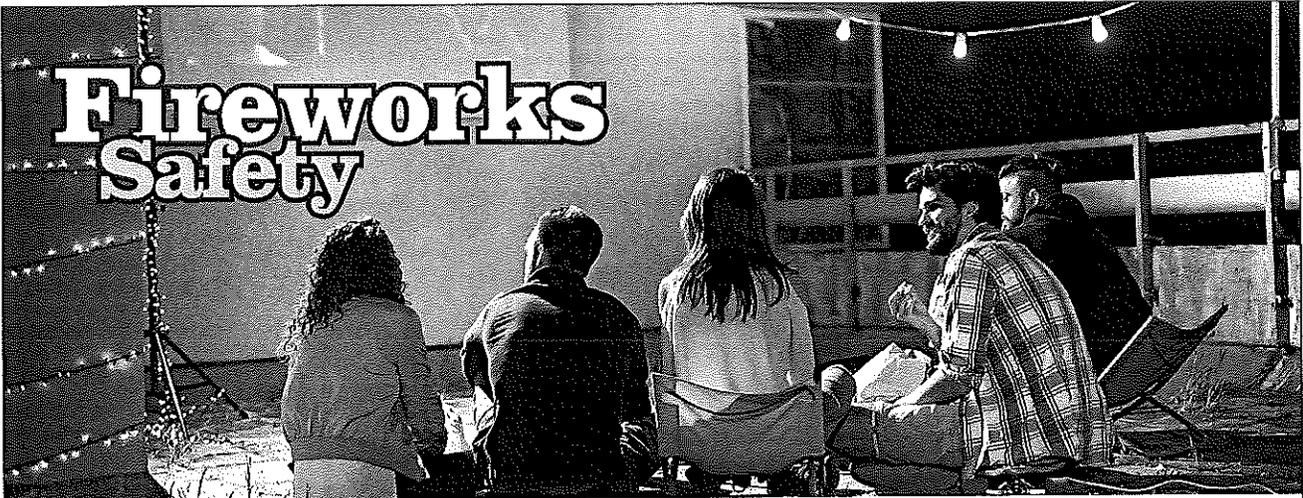
- ❗ A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ❗ According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ❗ While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ❗ **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



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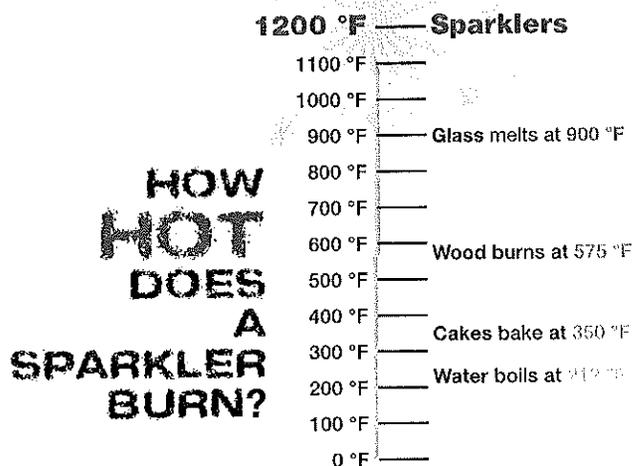
# Fireworks Safety



FIREWORKS are often used to mark special events and holidays. The only safe way to view fireworks is to attend a professional show. With many professional firework shows being canceled this year, it is important to know that **fireworks are not safe in the hands of consumers**. Fireworks cause thousands of injuries each year.

### A few ideas to get into the patriotic spirit, without fireworks:

1. Use glow sticks, they glow in the dark and are a safe alternative to a sparkler. Fun for all ages.
2. Loud and proud. Noise makers are sure to make a statement. They can be found at local party supply stores or make your own.
3. Outdoor movie night. Set up a screen and projector. Don't forget the bug spray!
4. Red, white and blue silly string...fun for all ages.
5. Make a patriotic craft with the family.
6. Throw a birthday party for the USA, and don't forget the cake.



## FACTS

- ❗ More than 19,500 reported fires are started by fireworks annually.
- ❗ Burns account for 44% of the 9,100 injuries treated in emergency rooms seen in the month around July 4.
- ❗ Half of the fireworks injuries seen at emergency rooms were extremities: hand, finger, or leg. One-third were to the eye or other parts of the head.
- ❗ Children ages 10–14 had the highest rate of fireworks injury, with more than one-third (36%) of the victims of fireworks injuries under age 15.
- ❗ Sparklers account for roughly one-quarter of emergency room fireworks injuries.

Source: U.S. Consumer Product Safety Commission (CPSC) 2018 Fireworks Annual Report



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# Fire Alarms in Apartment Buildings

Large apartment buildings are built to keep people safe from fire. Fire alarm systems detect smoke and fire. They will warn residents of danger.

- »» The fire alarm system has many parts that work together. Some of the parts are out of sight. In a fire, smoke detectors sense smoke and activate the fire alarm. Manual fire alarm boxes allow people to sound the alarm. When the fire alarm system activates it will warn residents of danger.
- »» Everyone in the building should know where to find the manual fire alarm boxes (alarm boxes on the wall with a pull bar). Most are found within five feet of an exit door.
- »» If there is a fire, pull the manual fire alarm box handle on your way out of the building.
- »» When the system senses smoke or fire, a loud horn or tone will sound. Everyone must know what this sound means and how to react.
- »» Leave the building right away if you hear the sound of a fire alarm. Stay outside at your meeting place until you are told the building is safe.
- »» Treat every fire alarm as an emergency. When the alarms sounds, get outside.
- »» Only use a manual fire alarm box if there is smoke or fire. Frequent false alarms are a problem. People might ignore the sound if they hear too many false alarms. False alarms also put firefighters at risk.

## Escape 101

Know the locations of all exit stairs from your floor. If the nearest one is blocked by fire or smoke, you may have to use another exit.



If the fire alarm sounds feel the door before opening. If it is hot, use another way out. If it is cool, use this exit to leave.

Close all doors behind you as you leave. Take the key to your apartment in case you are not able to get out of the building.

If fire or smoke is blocking all exits, return or stay in your apartment. Keep the door closed. Cover cracks around the door with towels or tape. Call **9-1-1** and let the fire department know you are trapped. Signal from the window by waving a flashlight or light-colored cloth.

Meet with your landlord or building manager to learn about the fire safety features and plans in your building.

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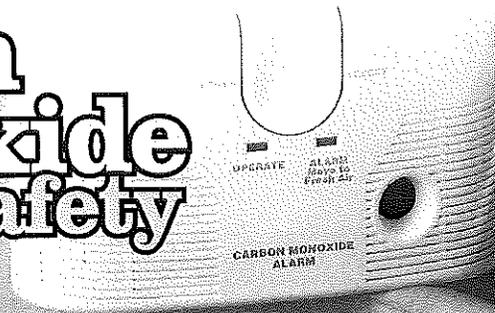
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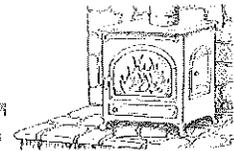
# Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

## HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

## FACTS

- ❗ A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ❗ In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.

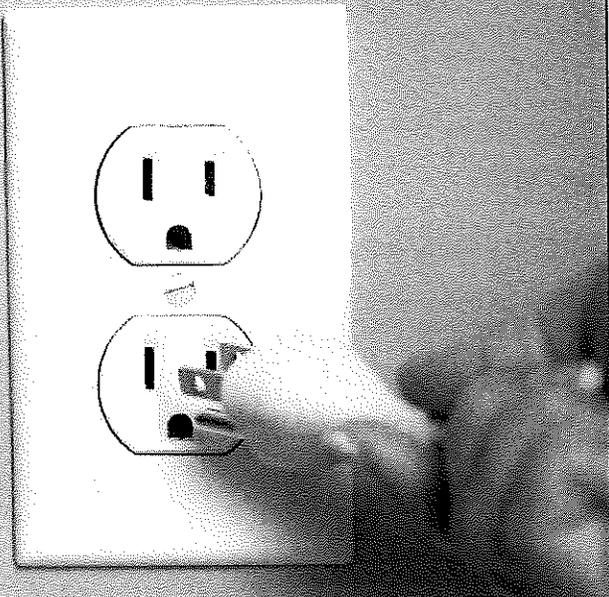


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# Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



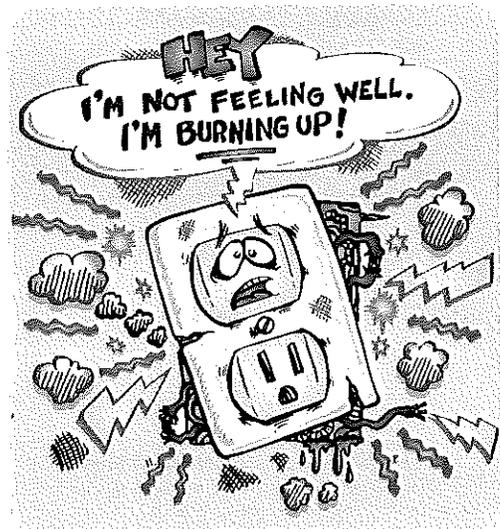
## SAFETY TIPS

- Have all electrical work done by a qualified electrician.
- When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.
- Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn. This can happen when a hot light bulb is near things that burn, such as cloth or paper, or a cord has been placed under a carpet.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

## IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet



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# Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

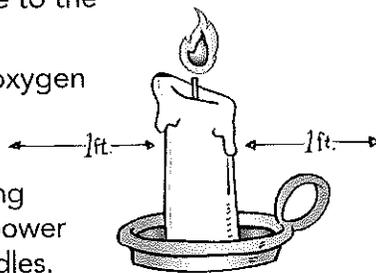
## “CANDLE WITH CARE”

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot (30 centimetres) away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

## IF YOU DO BURN CANDLES, make sure that you...

- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



## Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.



## FACTS

- ❗ **December** is the peak month for home candle fires.
- ❗ More than **one-third** of home candle fires started in the bedroom.
- ❗ **Three of every five** candle fires start when things that can burn are too close to the candle.



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# Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- »» Propane and charcoal BBQ grills should only be used outdoors.
- »» The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- »» Keep children and pets at least three feet away from the grill area.
- »» Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- »» Never leave your grill unattended.
- »» Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- »» There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- »» If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- »» Keep charcoal fluid out of the reach of children and away from heat sources.
- »» There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- »» When you are finished grilling, let the coals completely cool before disposing in a metal container.

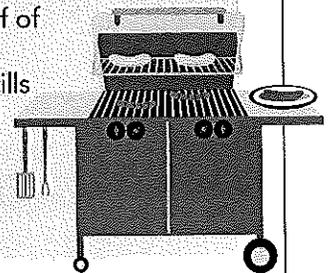
## PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

## FACTS

- ❗ July is the peak month for grill fires.
- ❗ Roughly half of the injuries involving grills are thermal burns.



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