

Safety in the Kitchen

The kitchen is often seen as the heart of our home. We cook here, gather here and enjoy meals here. Because this is such an important room, it makes sense to keep these safety tips in mind:

- Cooking-related activities cause most home fires in Canada. Don't leave cooking food unattended. Even if you're leaving the stove for 'just a few minutes', play it safe. Turn off your stove before you walk away.
- Keep a fire extinguisher near the kitchen towards the exit. Contact your local fire department for information on types of fire extinguishers.
- Never pour water onto a cooking oil fire! This will cause the fire to flare and spread. Turn off the stove and put a lid on the pot or pan to smother the flame. Do not try to move a burning pot or pan to the sink.
- To deep-fry safely, use an electric deep fryer with a temperature control. It's safer than frying food in a saucepan or frying pan.
- Be careful when removing lids from hot pots or pans. Always open the lid away from yourself.
- Don't wear loose clothes while cooking. An electrical coil on the stove reaches a temperature of 800°F and a gas flame goes over 1,000°F. A dishtowel, potholder or a loose sleeve can catch fire at 400°F.
- Wipe up spills and clean your oven. Built-up grease can catch fire.
- Do not place aluminum foil under meat; the fat retained on the foil can catch fire. To reduce the risk of fire, add water to the broiler pan.
- Keep the hood, filter, fan and duct above the stove clean. Grease build-up is a fire hazard.
- Don't store items on the stovetop or toaster oven, as they could catch fire. Don't use the oven as a storage bin; forgotten items may ignite the next time you preheat the oven.
- Always turn pot handles toward the back of the stove to prevent them being jostled or grabbed by curious toddlers.
- Keep children and pets away from the stove, especially when opening the oven.
- Keep electrical cords of appliances at the back of the counter. Pets and young children won't be tempted to tug on them.
- Keep knives in a secure place out of the reach of small children. If you use a knife block, keep it at the back of the counter so it can't be knocked over.
- If you have a fire start in the oven, turn off the oven and keep the oven door closed until the fire is out.
- If you have a fire in the microwave oven, unplug the microwave and keep the door closed.