



# Cooking Safety

## Drastically reduce your risk of a cooking fire. Follow this recipe for cooking safety:

Don't become distracted.

Stay in the kitchen, don't leave cooking food unattended.  
Stand by your pan!

Enforce a "kid-free zone" of 3 feet around your stove.  
Turn pot handles inward facing the wall to prevent burns caused by overturning or spills.

Wear short or tight fitting sleeves. Long loose sleeves are more likely to catch on fire or get caught on pot handles.  
Keep the area around the stove clear of towels, papers, potholders or anything that could burn.

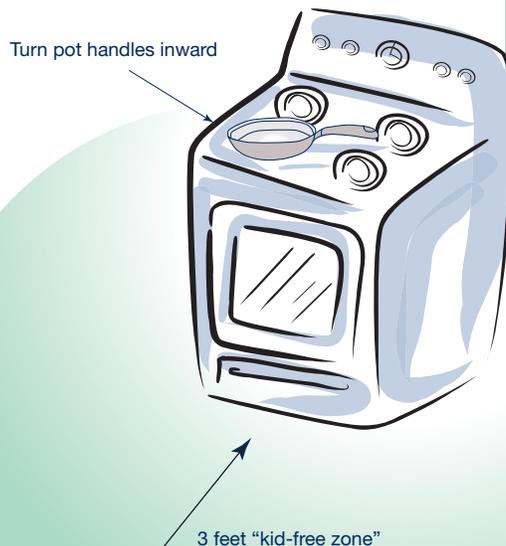
Regularly clean your cooking equipment so that there are no cooking materials, food or grease accumulation.

Cook at indicated temperatures settings rather than higher settings.

Have a pot lid handy to smother a pan fire.

Do not attempt to pick up a pot or pan on fire.  
Shut off the heat and cover the fire with a lid.

Do not use water to stop a fire.  
It will cause splashing and spread the fire.



## Smoke Alarms & Carbon Monoxide Detectors

- Install a smoke alarm on every level of your home.
- Test your home smoke alarm at least once per week.

*To test, press the test button on the unit. Your model may also let you test with a flashlight. Check your operations manual or consult the manufacturer for testing instructions.*

- If you don't have one, install a carbon monoxide detector.  
*Carbon monoxide is a tasteless, odorless, invisible gas, which is absorbed by the human body 200 times faster than oxygen. Carbon monoxide will cause people to fall into a deep sleep and cause death. Gas fireplaces, gas stoves, barbecues, gas furnaces, automobiles, propane appliances, and any other device that produces a flame will produce carbon monoxide.*
- Change batteries on smoke alarms and carbon monoxide detectors when the clocks change.

