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## Cooking Safety Tips: (continued)

pets away from the stove while cooking to prevent burns and scalds

- Keep combustible objects such as pot holders, towels, paper or plastic bags away from heating elements.
- For fires **inside an oven** or microwave, **keep the door closed**, turn off the appliance, and call the fire department.
- Don't place any metal inside a microwave. Utensils, aluminum foil or twist-tie wraps can arc and cause a fire.
- Microwaved foods and liquids can become very hot. Use caution to avoid scalds.
- **Unplug appliances**, such as toasters and coffee makers, when not in use.
- Don't use the oven to store items.

The *Fire Data and Public Education Unit* manages all public fire and safety education programs in the Office of the State Fire Marshal, including the Student Awareness of Fire Education or S.A.F.E. Program. Technical assistance is provided to local fire departments, health educators, medical and public health professionals, classroom teachers, elder service providers, community and service organizations and others interested in life safety education.

**Fire Data and Public Education Unit**  
(978) 567-3380 • Fax (978) 567-3199

**Department of Fire Services**  
P.O. Box 1025 - State Road  
Stow, Massachusetts 01775  
(978) 567-3100 • Fax (978) 567-3121  
[www.mass.gov/dfs](http://www.mass.gov/dfs)



## Cooking Fire and Burn Safety Tips



**Edward A. Flynn**  
*Secretary of Public Safety*

**Stephen D. Coan**  
*State Fire Marshal*

*P.O. Box 1025 - State Road  
Stow, Massachusetts 01775  
978-567-3300  
[www.mass.gov/dfs](http://www.mass.gov/dfs)*

Cooking fires are the #1 cause of home fires and home fire injuries according to MFIRS statistics.

In 2002, there were 4,524 fires in Massachusetts involving cooking. These incidents resulted in 4 deaths, 88 civilian injuries, 29 firefighter injuries and resulted in losses of \$8.5 million.

**Put A Lid On It!** Covering a pan fire with a lid is the safest way to put out the fire.

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## Facts:

- Cooking related fires were responsible for 31% of all fires reported in 1 & 2 family dwellings and over 65% of fires in apartment buildings, dormitories and rooming houses.
- Unattended cooking is the most frequent cause of this type of fire.
- The majority of victims injured in fires are hurt while attempting to fight the fire. Leave the firefighting to trained professionals.
- In the event of a fire, leave the building immediately and call 9-1-1. All fires and burns, regardless of size, should be reported to your local fire department.
- A working smoke detector can double a family's chances of surviving a fire. Test your detectors monthly. Change the batteries when you change your clocks. Don't disable detectors to avoid false alarms while cooking. Relocate the detector or replace it with a photoelectric type to minimize nuisance alarms from cooking.

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## Cooking Safety Tips:

- **Put a lid on a grease fire** to smother it, then turn off the heat. Baking soda will also work.
- Never move a burning pan. You can be badly burned or spread the fire.
- Never throw water or use a fire extinguisher on a grease fire. Water will only spread the fire and the force of the extinguisher can splash flaming grease out of the pan.
- **Stand by your pan.** Don't leave food, grease or oils cooking on the stovetop unattended.
- **Wear short or tight fitting sleeves** when cooking. Loose fitting clothing can easily catch fire.
- If your clothing catches fire, **STOP, DROP & ROLL** to put out the flames. Cool burns with water. Call 9-1-1 for help.
- Keep **pot handles turned inward** to prevent accidental spills of hot contents.
- Create a three-foot "**child-free zone**" around the stove. Keep children and