

COOKING OIL AND GREASE FIRES ARE A MAJOR CAUSE OF RESIDENTIAL FIRES IN CANADA

Kitchen fires due to cooking oil or grease igniting into flames cause the fastest-spreading and most destructive type of residential fire.

When cooking with grease or oil, it is extremely important that you plan ahead so that you will know how to react fast to fire.

Here are some tips:

Deep Frying

- The safest way to deep fry foods such as chicken or fries is to use a thermostatically-controlled electric skillet or a deep fat fryer.

Pan Frying

- Keep a pan lid or cookie sheet handy in case grease or oil catches fire. The lid or cookie sheet should be slid over the top of the pan to smother the fire.
- Never attempt to move a flaming pot or pan away from the stove. The movement can fan the flames and so spread the fire. The pan will also likely be very hot, causing you to drop it. In either case, you are placing yourself at great risk.
- Your immediate action should be to smother the fire by sliding a lid or flat cookie sheet over the pan. Afterwards, turn off the heat and exhaust the fan, allowing the pan time to cool.

Most importantly, react fast, because grease fires spread very quickly.

Oven Cooking

- Keep your oven clean. Grease and food splatters can ignite at high temperatures.
- Ensure that you wear oven mitts when removing cooking containers to avoid serious burns.
- Follow the cooking instructions for the recipe and the product you are using.
- Broiling is a popular method of cooking. When you use your broiler, place the rack 5 to 8 cm (two to three inches) from the broiler element.
- Always place a drip pan beneath the broiler rack to catch the fat drippings.
- Never use aluminum foil for this purpose because the fat accumulated on the foil could catch fire or spill over.

Microwave Cooking

Microwave ovens are a marvelous time saving tool, but there are three characteristics of microwave cooking you should be cognizant of:

- The heat is reflected by the metal interior.
- Heat can pass through glass, plastic and other materials.

- Heat is absorbed by the food.
- Foods, like those in high-fat or sugar, can heat very rapidly but feel cool to the touch.
- Pastry fillings can be very hot, but the crust cooler.
- Milk in baby bottles could be boiling, but the bottle itself not very hot to the touch. Use caution at all times.
- Do not use tin foil or any other metal objects in the microwave.
- If a fire occurs, keep the door closed and unplug the unit.
- Call a qualified maintenance technician to ensure the microwave is in proper working order before using it again.

BURNS – THE NEED FOR CAUTION

Every year in Canada, severe injuries and deaths occur as a result of burns and scalds.

Sadly, many of these injuries affected children and could have easily been prevented.

Usually, it's children's curiosity that gets them into trouble.

They come across a lighter or matches, or they manage to get too close to a baseboard heater or a hot stove element.

Burns from Hot Liquids

- When bathing children, always turn cold water on first before the hot. Test the water temperature before allowing your child to get into the bathtub or shower.
- Consider adjusting your hot water heater to a maximum temperature of 49°C or 120°F.
- Children should not play with a hot water tap. Teach them to turn the cold water on first.
- Avoid carrying or holding children while you are drinking a hot beverage.

Burns from Household Appliances

- Turn pot handles towards the centre of the stove.
- Keep cords for electrical appliances such as deep fryers, kettles, steam irons and toasters

out of the reach of children.

- Supervise children near lamps with accessible hot light bulbs.
- Store items that interest children, such as cookies, away from the immediate area around the kitchen stove.
- Keep children away from stationary and portable heaters.

Lighters and Matches

Every year hundreds of fires are started by children playing with lighters or matches.

Many of these fires are caused by children under the age of five.

Children as young as 18 months have caused fires by operating lighters.

Disposable lighters sold by retailers must be child-resistant, but remember, child-resistant does not mean childproof.

Store lighters out of sight and out of the reach of children and do not remove the child safety devices from the lighter.

Remember to:

- Teach children that lighters and matches are not toys.
- Instruct young children to tell an adult

if they find lighters or matches.

- Set a good example: always use lighters and matches responsibly.
- Install and maintain smoke alarms.
- Supervise your children's play.