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## Facts

- Cooking related fires were responsible for 45% of all fires reported in 1- & 2-family dwellings and over 86% of fires in apartments, dormitories, rooming houses and residential board and care facilities.
- 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 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 alarm can double a family's chances of surviving a fire.
- Test your alarms monthly. Change the batteries when you change your clocks.
- Don't disable alarms to avoid false alarms while cooking. Relocate the alarm or replace it with a photoelectric type to minimize nuisance alarms from cooking.

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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 (S.A.F.E.) Program and the Senior SAFE 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.



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# Cooking Fire & Burn Safety Tips



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

In 2018, there were 9,816 home fires in Massachusetts involving cooking. These incidents resulted in 1 civilian death, 46 civilian injuries, 29 firefighter injuries and an estimated \$5.4 million in property damage. Cooking was the leading cause of residential fire injuries in 2018.



## 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. Put burns in cool running 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 pets away from the stove while cooking to prevent burns and scalds.

## Cooking Safety Tips (cont.)

- 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.

Covering a pan fire with a lid is the safest way to put out the fire.