

PREVENT COOKING FIRES WATCH WHAT YOU HEAT

More than 4,000 Americans die each year in fires and more than 20,000 are injured. Many of them might be alive today if they had only had the information they needed to avoid a disaster. The following life-saving tips could make a big difference.

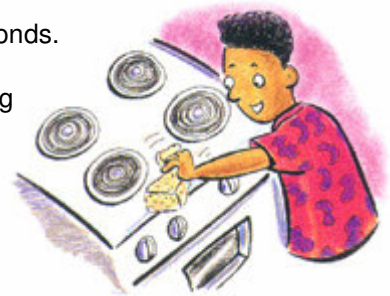
Did you know?

- Eighty-two percent of all fire deaths occur in the home. (National Fire Protection Association)
- Cooking is the leading cause of home fires in the U.S. It is also the leading cause of fire injuries. (National Fire Protection Association)
- Deaths due to fires caused by cooking are particularly preventable.
- Over 50 percent of fire deaths occur in houses without working smoke alarms. (National Fire Protection Association)
- Home Fires are the single most common disaster across the nation. In fact, 92 percent of the disasters American Red Cross responded to were fire-related. (American Red Cross)

Cooking Fires Life-Saving Tips

Following these simple fire safety tips can boost survival rates dramatically.

- Install a smoke alarm on every level of your home. Test smoke alarm batteries every month and change them at least once a year. Consider installing a 10-year lithium battery-powered smoke alarm, which is sealed so it cannot be tampered with or opened.
- Never leave cooking unattended. A serious fire can start in just seconds.
- Always wear short, tight-fitting sleeves when cooking.
- Keep towels, pot holders and curtains away from flames and heating elements.
- Clean cooking surfaces regularly to prevent grease buildup which can ignite.
- If a fire breaks out while cooking, put a lid on the pan to smother it or use baking soda or fire extinguisher. Never throw water on a grease fire.
- Heat oil gradually to avoid burns from spattering grease. Use extra caution when preparing deep-fried foods.
- Never use the range or oven to heat your home.
- Double-check the kitchen before you go to bed or leave the house. Make sure all small appliances are turned off.
- Don't cook if you're under the influence of alcohol, taking a medication that causes drowsiness, or fatigued.
- For an oven or broiler fire, turn off the heat and keep the oven door shut to smother the fire.
- To prevent a microwave oven fire, never put anything metallic in the microwave. If a fire occurs, keep the microwave oven's door closed and unplug it.
- Don't try to move or carry a pan in which there is a grease fire. Even though moving the pan is a common reaction when a grease fire is discovered, it often results in burns to the carrier and additional fire damage.



**American
Red Cross**

