



COSUMNES FIRE DEPARTMENT SAFETY TIP



STAND BY YOUR PAN

According to the National Fire Protection Association ([NFPA](#)), cooking is the leading cause of home fires. A cooking fire can quickly turn deadly. Always remember to keep an oven mitt and lid nearby. Follow these tips to stay safe while cooking in the kitchen.

How to Stop a Grease Fire

- If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt).
- Turn off the burner. Do not move the pan.
- To keep the fire from restarting, do not remove the lid until it is completely cool.
- Never pour water on a grease fire.
- If the fire does not go out, get out of the home and call the fire department.

How to Stop an Oven or Microwave Fire

- If an oven fire starts, turn off the heat and keep the door closed. If the fire does not go out, get out of the home and call the fire department.
- If you have a fire in your microwave, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. If in doubt, get out of the home and call the fire department.

Other Safety Tips

- Keep children away from cooking areas by enforcing a "kid-free zone" of three feet around the stove.
- Keep cooking areas clean and clear of combustibles (e.g. potholders, towels, rags, drapes and food packaging).
- Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave the room even for a short period of time, turn off the stove.
- When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.

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