

# COOKING FIRE SAFETY



**Cooking is the leading cause of home fires, fire injuries, and fire deaths in Orange County. Follow the tips below to protect yourself and others from cooking fires.**



**U.S. fire departments respond to an average of 173,200 home structure fires a year caused by cooking. That's approximately 470 home cooking fires a day!**



**Orange County  
Fire Authority**

**(714) 573-6200  
ocfa.org**



## **Cooking Fire Safety Tips**

- Stay in the kitchen when frying, grilling, or broiling food. If you have to leave the kitchen, even for a second, turn off the stove.
- Check food often while cooking. Use a timer to remind you that the stove or oven is on.
- Keep anything that can catch fire, including, oven mitts, paper towels, paper or plastic bags, curtains, or loose clothing away from the stove, oven, or other kitchen appliances.
- Keep the stovetop, burners, and oven clean.
- Turn pot and pan handles towards the back of the stove.
- Have a "kid-free zone" of at least three feet from the stove.
- Always check the oven to make sure it's empty before turning it on.
- Use the oven for cooking only, never for storage.
- Keep a lid or a fire extinguisher nearby when cooking.
- Avoid cooking while tired/sleepy or under the influence of drugs or alcohol.

## **In Case of Fire**

- Never pour water on a grease fire! Cover the pan with a lid and turn off the stove.
- If there's a fire in the oven or microwave, keep the door closed and turn off the appliance.
- Leave your home immediately if a cooking fire is large or spreading quickly.
- Close the door behind you to slow the spread of fire and call 9-1-1 from outside the home.
- If you choose to use a fire extinguisher, make sure the fire is not spreading, smoke and fire have not filled the room, and that you have a clear escape path.