



First Nations'
Emergency Services Society
O F B R I T I S H C O L U M B I A

Cooking Fire Safety

Supporting BC First Nation Communities Since 1986

Introduction



Welcome!

Agenda

- A Story
- Cooking Fires & Burn Injuries
- Fire Safe Cooking Practices
(before, during, & after cooking)
- Putting Out a Cooking Fire
- Questionnaire
- Refreshments & Door Prizes



Learning from the Past



Cooking Fires & Burn Injuries



- Cooking fires are a leading cause of home fires, fire and burn injuries
- Most cooking fires are preventable
- Babies, young children, & Elders are at highest risk



Before You Cook



- Make sure kitchen counters and cooking surfaces are clean and clear of food/grease.
- Keep flammables away from hot surfaces.
- Maintain appliances in good working order.
- Know what to do if you have a cooking fire.



While You Cook



- Keep children and pets at least 3 feet from cooking areas.
- Stay in the kitchen and be alert. Cooking requires your full attention.
- Check cooking food regularly and if you must leave, turn off all cooking appliances.
- Remember to keep combustibles away from hot cooking surfaces.



DEMONSTRATION TIME

While You Cook



- Prevent burns by turning pot handles in and using rear elements.
- Keep hot foods and liquids away from the counter's edge.
- Use pot holders or oven mitts when touch anything that could be hot.
- Avoid wearing loose fitting clothing that can catch fire.
- Keep pot lids and/or a cooking sheet handy in case there is a fire.



DEMONSTRATION TIME

After You Cook



- Turn off the oven, stove burners, and small appliances.
- Wipe-up spills and splatters on the stove top, in the oven and microwave.
- Do a final check that everything is off before leaving the house or going to bed.



DEMONSTRATION TIME

If You Have a Cooking Fire



- Put safety first. If you have doubt about extinguishing the fire, get everyone out and call 9-1-1 or your local emergency number.
- To put out a small grease fire, slide the lid over the pan to smother the flames then turn off the element. NEVER put water on a grease fire!
- For small oven or microwave fires, shut the door and turn off the heat.



Quick Questionnaire





- Review Video
- Thank you!
- A few handouts to share with family
- Draw prizes and refreshments!