



First Nations'
Emergency Services Society
OF BRITISH COLUMBIA

Cooking Fire Safety

Supporting BC First Nation Communities Since 1986

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Introduction



Welcome!

Agenda

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



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Learning from the Past



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Cooking Fires and Burn Injuries



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



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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.



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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

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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 potholders or oven mitts when touching 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

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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

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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.



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Quick Questionnaire



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Closing



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

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