



# Safety in the Kitchen

## Cooking Safety

- Stay in the kitchen when you are frying, boiling, grilling, or broiling food.
- Have a “kid-free zone” of at least 3 feet (1 metre) around the stove.
- Keep anything that can catch fire, such as oven mitts or wooden utensils, away from your stovetop.
- Avoid loose clothing while cooking. Loose clothing can brush heating elements and easily catch fire.

## In Case of a Small Cooking Fire

- Always keep a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan.
- To keep the fire from restarting, leave the lid on until the pan has cooled.
- For an oven fire, turn off the heat and keep the door closed.
- If you have any doubt about fighting a small fire, get outside and call 9-1-1.

# Smoking and Home Fire Safety

## Smoking Safety

- If you smoke, smoke outside and be alert.
- Use deep, sturdy ashtrays. Place the ashtrays or metal cans away from anything that can burn.
- Keep cigarettes, lighters, matches, and other smokers' materials up high out of the reach of children, or in a locked cabinet.
- There is no safe way to smoke in the home when oxygen is in use.

## Disposal

- Before you throw out cigarette butts and ashes, make sure they are completely extinguished. Never empty smokers' materials directly into a trash can.
- Do not throw out cigarettes into vegetation or leaves, potted plants or landscaping – they can easily catch fire.
- Never throw lit cigarettes off balconies. Put them out in water or sand.

