



A safe home is in your hands.



"Get a Taste" for Safety When Cooking

The enticing scents of freshly cooked goods make kitchens one of the warmest rooms in the home. But, according to the Home Safety Council's *State of Home Safety in America*™ report, 18,000 home injuries related to kitchen fires took place in the latest year studied.

"While cooking is a fun activity for children and parents, it's also a leading cause of house fires," says Meri-K Appy, president of the Home Safety Council. "It's important to take special precautions to make your kitchen as safe as possible."

To keep unintentional injuries out of your kitchen, the Home Safety Council suggests taking simple steps to prevent kitchen fires and burns.

- Always stay in the kitchen while cooking.
- Keep things that can burn, such as dishtowels, paper or plastic bags, and curtains at least three feet away from the range top.
- Keep the range top and oven clean.
- Before cooking, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire. If clothes do catch fire, "Stop, Drop and Roll" by dropping immediately to the ground and rolling over and over or back and forth to put out the flames. Cool the burned area with cool water and seek medical attention for serious burns.
- Always turn pot handles inward to prevent small children from reaching and pulling down a hot pan.
- Keep hot items, such as hot beverages and trays that have just come out of the oven away from the edge of counters, so that children are not able to reach them.
- Hot liquid and food burns often occur when children pull hanging tablecloths or placemats. Use table cloths and decorations with care.
- Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved food carefully to prevent steam burns.
- For extra care with toddlers and infants, use travel mugs with a tight lid for coffee, tea or other hot beverages.
- Keep children and pets away from the range when anyone is cooking and keep a close eye on them at all times.
- Every kitchen should be protected by Ground-Fault Circuit Interrupters (GFCIs). If you don't have them, hire an electrician to install these devices to protect electrical receptacles in the kitchen.
- For safer water temperatures to prevent scalds from hot tap water, keep your hot water heater set at 120 degrees Fahrenheit or below.
- Store knives and other sharp objects out of the reach of children and make sure children are a safe distance away when you are using knives to avoid injuries.



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- Never leave barbecue grills unattended while in use.
- Keep grills at least three feet away from other objects, including the house and any shrubs or bushes.
- Douse cigarette and cigar butts with water before dumping them in the trash.
- Post emergency numbers in visible areas.

For additional information and resources to help you learn more and stay safe in and around your home, please visit www.homesafetycouncil.org.