



LET'S TALK FIRE SAFETY

Valdosta Fire Department

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Kitchen Fires Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one of causes of home fires and home injuries?

Cook with Caution

Be on alert! If you are sleepy or have consumed Alcohol don't use the stove or stovetop.

Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

Keep anything that can catch fire— oven mitts,

wooden utensils, food packaging, towels or curtains— away from your stovetop. With busy lives, families rely on microwaves oven as a

quick way to heat up a meal. We sometimes take microwave ovens for grants, safety should not be.

Microwave Safety

Use only microwave-safe containers or dishes. Never use aluminum foil or metal in a microwave oven.

Always plug the microwave oven directly into the wall outlet-never use an extension cord. Never heat a baby bottle in the microwave .

Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm-not hot or boiling water, or by running it under the tap.

Food heats unevenly in microwave ovens. Stir and test before eating or giving to children.

www.nfpa.org/education



The Valdosta Fire Department is committed to keeping the business and residential communities safe.

Did you know that the oil, fat and grease (51 percent) were the leading types of material ignited in non-confined cooking fires in residential buildings. Confined fires account for 94 percent of residential building cooking fires.

If you have a fire in the microwave, leave the door closed, turn it off and unplug it from the wall. If the fire does not go out , leave the building and call 911.

Have a fire safety question you would like for the Fire Department to answer, please contact Sergeant Chris Staples at 229-333-1835 or you can send an email to valdostafire@valdostacity.org

Fire Safety Word Search

SLGMLDQDCADIELNOTV
COOKBFEASGEVAHJZPMR
SADVMDIALEMTWHENZEQ
ZMOPWQICYOUMFTOAARE
DVSLEEPMCIAXEYGPORQ
HAVEVJWEVBKTESQPEZQ
HVEGICOMSUMEDDWGTE
DVMZIEOTEALCOHOLVAQ
VMEIDFIDLVDSEJEIOIVKS

Fire Safety Quiz

A "kid -free zone" around a stove should be at least ____ feet?

- A- 2 feet
- B-3-feet
- C- 4-feet
- D-5-feet

Scald burns are the leading cause of injury from microwave ovens?

- True
- False

Answers: 1 "B", 2 "True"



Freddie D. Broome, Fire Chief