

Did you know the kitchen is where more home fires occur than anywhere else in the house and that cooking is the number one cause of home fires? Here are some ways to prevent kitchen fires in your home.

- 1.** Never leave cooking food unattended – stay in the kitchen when frying, grilling or broiling food. If you have to leave the kitchen, even for a second, turn off the stove or take a cooking utensil to remind you that you have food cooking in the kitchen..
- 2.** Check your food regularly while cooking and remain in the home while cooking.
- 3.** Use a timer so you'll remember that the stove or oven is on.
- 4.** Don't wear loose clothing or dangling sleeves while cooking.
- 5.** Keep the kids away from the cooking area. Enforce a “kid-free zone” and make them stay at least three feet away from the stove.
- 6.** Keep anything that can catch fire - pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, and towels or curtains—away from your stove, oven or any other appliance in the kitchen that generates heat.
- 7.** Clean cooking surfaces on a regular basis to prevent grease buildup.
- 8.** Consider purchasing a fire extinguisher to keep in your kitchen.
- 9.** Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens, and small appliances are turned off.
- 10.** Install a smoke alarms throughout your home and on each level of your home, near sleeping areas, and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Remember to change your batteries in each smoke detector each time you change your clocks.