

Fire Prevention Week • October 8-14, 2006

Prevent Cooking Fires: Watch What You Heat!

Dear Parent or Caregiver:

Cooking is often at the very center of family life—but leave cooking unattended in the kitchen and you could have a serious fire on your hands.

Cooking equipment is involved in more than 100,000 home fires every year, and most of those fires start because people aren't paying attention. And while a few minutes may not seem like much time to be away from what's cooking, that's all it takes to start a fire.

That's why the National Fire Protection Association (NFPA) has chosen the theme "Prevent Cooking Fires: Watch What You Heat" for Fire Prevention Week 2006. During that week, our class is going to be learning about how cooking fires can start, and what kids and families can do to keep these fires from starting in the first place.

As a teacher, I'm committed to helping my students live up to their full potential. Keeping them safe is an important first step. Home fires can be deadly, but by following these safety tips, you'll be helping to make your family safer.

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COOKING SAFETY CHECKLIST:

- Does a grown-up always pay attention to things that are cooking?
- Does a grown-up watch the stovetop when he or she is frying, grilling, broiling or boiling food?
- If a grown-up must leave the kitchen for even a short period of time, do they turn off the stove?
- Are things that can burn, dish towels, curtains, or paper at least 3 feet away from the stove?
- Is the top of the stove clean? No spilled food, grease, paper or bags?
- Are pot handles turned in towards the back of the stove when a grown-up is cooking?
- Do children and pets stay out of the "kid-free" zone (3 feet from the stove) when a grown-up is cooking?
- Are containers opened slowly after they are removed from the microwave? Hot steam escaping from the container can cause painful burns.
- Is the fire department's emergency number near the phone?
- Does your family have a home fire escape plan? Do you practice it 2 times a year?



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