Food preparation is a skill requiring its own procedures, ingredients, and safety measures. Learn to prevent and know to safely extinguish kitchen fires with these safety tips.

Fire safety tips when in a kitchen:

- When cooking in a kitchen make sure that the kitchen hood system is on and functioning properly.
- Clean cooking surfaces regularly. A significant hazard during cooking is the built up grease, large amounts of grease can ignite easily.
- If a grease fire starts, smother it. **DO NOT USE WATER!**
- Clean up spills and practice good housekeeping by keeping your work surfaces neat and organized.
- Keep flammable objects clear of open flames. Pot holders, towels, and paper products can easily catch fire. If possible keep flammable items at least three (3) feet from a source of ignition. Never pour water on a cooking fire. If a pan of food catches fire, carefully slide a lid over the pan and turn off your stove burner. Keep the lid on until completely cooled. If a fire starts in your oven, close the oven door and turn off the heat source.
- When heating up oil make sure to heat it slowly. This will prevent hot oil from splattering into your eyes or onto skin. Pour the oil into the pan before the burner has been turned on if possible. Never pour oil into a hot pan.
- Keep pot handles near the center of a cooking surface and away from aisles. This will minimize the possibility of bumping into the pot and spilling food or hot liquids onto yourself.
- Know the location of fire extinguishers, fire alarm pull station and kitchen hood suppression release device in your area.
- Familiarize yourself with the proper operation of the fire extinguishers in your kitchen.
- Place a rubber or non-slip mat on the floor. If the floor gets wet from water, oil, or grease, a rubber mat will minimize the possibility of slipping.
Be Alert and Be Safe