

# Cooking

## Prevent Cooking Fires

- Cooking is the number-one cause of home fires. The biggest reason is that people start to cook something and forget about it. If you aren't in the kitchen when a pan fire gets too hot, you won't be able to turn it off before a fire starts.
- Always stay in the kitchen while cooking on the range, especially when frying food. If you must leave the kitchen, even for a minute, turn off the range first. **Picture 1**
- Keep things that can burn, such as dishtowels, paper or plastic bags, and curtains, at least 3 feet away from the range top, so they won't catch fire.



## Prevent Burns

- Keep children and pets away from the range at all times, especially when someone is cooking. Put a line of tape on the floor to mark 3 feet around the range. Teach children to stay away from the tape. **Picture 2**
- Before you cook, roll up your sleeves so they don't touch a hot burner and catch on fire. Use oven mitts to pick up hot pots, pans, and lids. **Picture 3**



## If You Have a Cooking Fire


- If a pan of food catches on fire, wear an oven mitt and slide a lid or a cookie sheet over the pan to cover the flames. Then turn off the burner. Covering the pan will make the flames go out. Keep the lid or cookie sheet on until the pan has completely cooled.
- Do not try to pick up a burning pan and move it, because you can get burned by the fire or spread the fire around the kitchen.
- If the fire has spread beyond the pan, everyone should get outside to safety. Call the fire department from your outside meeting place.



# Matches, Lighters, and Candles

- Young children can be badly burned or die playing with matches and lighters. Put away all matches and lighters where children cannot see or touch them.
- Use a lock or a safety latch to close the place where you keep the matches and lighters. **Picture 1**
- Teach children that matches and lighters are for grownups only. Be safe when you use them. Your children learn by watching what you do.
- If possible, use battery-powered candles that do not have a flame. They are safer. **Picture 2**
- If you light a candle, an adult must stay in the room with it at all times and stay awake. Blow out all candles before leaving the room or going to sleep.
- Place candles on flat, sturdy surfaces like tables. If possible, use a hurricane glass that surrounds the open flame. That can help prevent a fire if something comes too close to the candle.
- Put candles in places where they will not be bumped or knocked over by young children or pets. Keep candles at least 3 feet away from anything that can burn.



 **One more thing!** Young children are very curious. If they find matches or a lighter, they will probably try to use them. This curiosity is normal...but it is also extremely dangerous.


If you think your child has been playing with fire:

1. Do not get angry or punish your child.
2. Remind your child that fire is very dangerous and that matches and lighters are tools for grownups only. **Picture 3**
3. Make sure ALL matches and lighters in your home are locked up at all times.
4. Watch your child carefully. If he or she sets another fire, get help. Call your local fire department for information.



# Smoke Alarms

- Fire makes smoke. Hot smoke.
- Smoke is silent. Smoke is fast.
- Smoke can kill you.
- Have smoke alarms that work in your home.
- Working smoke alarms are loud. **Picture 1**
- They will wake you up.
- Adults should help children wake up. **Picture 2**
- Test your smoke alarms once a month by pushing the button.
- Put new batteries in your smoke alarms once a year. Put them in sooner if they make a “chirping” sound. This means the battery is low and you need a new one.
- Cooking can set off the alarm.
- Fan cooking smoke away. Do not take the battery out of your smoke alarm! **Picture 3**

 **One more thing!** If your smoke alarms are more than 10 years old, get new ones. Smoke alarms do not last forever. **Picture 4**



# Family Fire Drills


A home fire can become deadly in less than 3 minutes. Getting to safety quickly can save lives.

## Picture 1

- Plan and practice a fire drill at home with everyone who lives there. Start by drawing your escape map showing exits. Then pick a place outside where everyone will meet.
- Go over your plan together.
- Teach your children two things:
  1. The street name and number where you live.
  2. How to call 9-1-1 in an emergency from a safe place outside.
- Put the escape map where everyone can see it.
- Keep exits clear, so it's easy to get out quickly.

## Picture 2

- Push the smoke alarm button to start the fire drill.
- Get out fast. **Picture 3**
- Practice getting out when people are asleep, too.
- Go to your meeting place outside.
- If there is a real fire, call 9-1-1 from outside. Never go back inside a burning building.

 **One more thing!** Children sleep very deeply. They often will sleep through the loud sound of the smoke alarm. Your children will need you to wake them up and get them outside to safety. Plan for this. Do a family fire drill at least twice a year!





# Home Heating

- Always watch children and pets at all times when a portable space heater is in use. The outside of the heater gets hot and can burn them if they get too close.
- Turn off space heaters before you leave the room or go to sleep.
- Never use space heaters to dry clothing, blankets, or anything that might catch on fire. Use a safe place to dry these things.
- To prevent a fire, space heaters need to have plenty of space around them. Put heaters at least 3 feet away from anything that can burn. This includes furniture, curtains, people, and pets.

## Picture 1

- Make sure your space heater meets testing standards. Look on the bottom for a label that shows ETL Listed, UL or CSA testing marks.
- Have a service person clean and tune up your home's central heating system once a year. Fireplaces and woodstoves should also be inspected each year. **Picture 2**
- Using ovens, ranges or outdoor grills to heat your home is dangerous in two ways:
  1. It could start a fire.
  2. It could cause poisoning from carbon monoxide (CO).


Use cooking equipment for cooking only.

**One more thing!** Any heating equipment that burns fuel can make dangerous levels of CO. To protect your family, install at least one CO detector near every sleeping area. **Picture 3**



# Smoking and Home Fires

- Smoking is the number-one cause of home fire deaths. If you smoke, smoke outside. **Picture 1**
- Wherever you smoke, use large, deep ashtrays, so cigarettes don't fall out.
- Put ashtrays on a flat, sturdy surface like a table, so they won't tip over.
- Before you put cigarette and cigar butts into the trash, run water on them to make sure they are completely cool and can't start a fire. **Picture 2**
- Stay alert. Do not smoke if you feel sleepy, took medicine that makes you feel sleepy, or had alcohol to drink.
- If someone has smoked inside your home, check under and around furniture cushions for cigarettes that might have fallen out of sight. These can burn slowly for hours, and then burst into flames when you have left the room or gone to sleep.

 **One more thing!** If someone in your home is a smoker, there are probably matches and lighters in your home. These can be deadly in the hands of young children. Make sure to keep all matches and lighters in a safe, locked place where children cannot see or touch them. **Picture 3**



# Electricity

Problems with electricity are a leading cause of home fires.

## Safe Electrical Systems

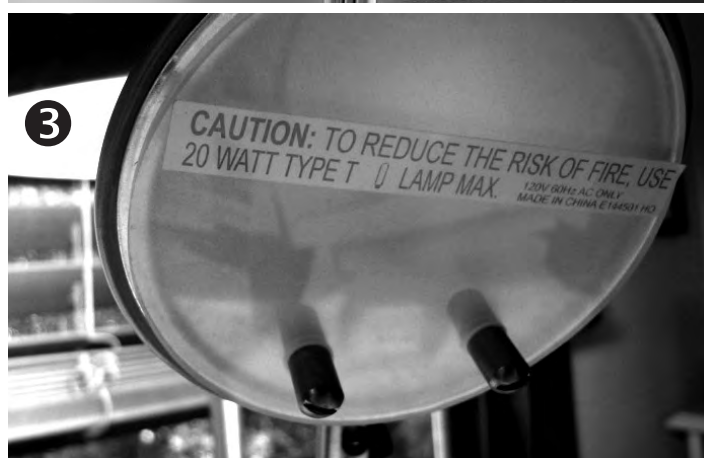
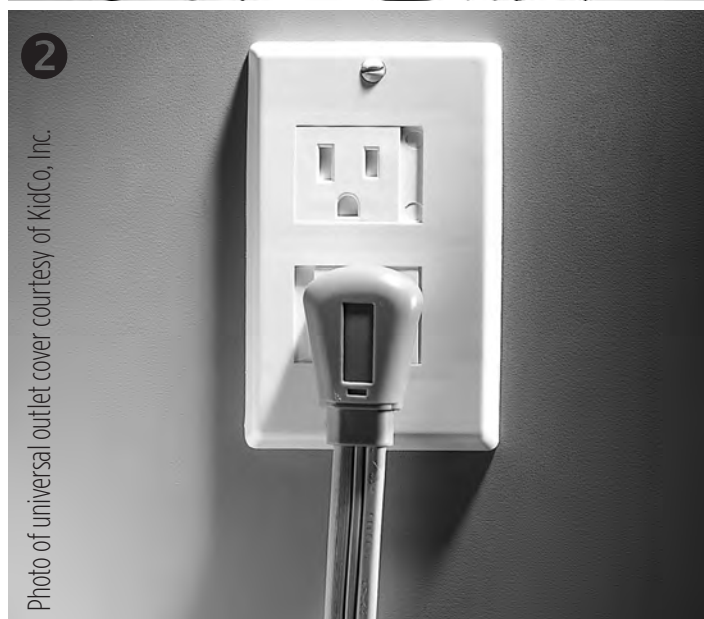
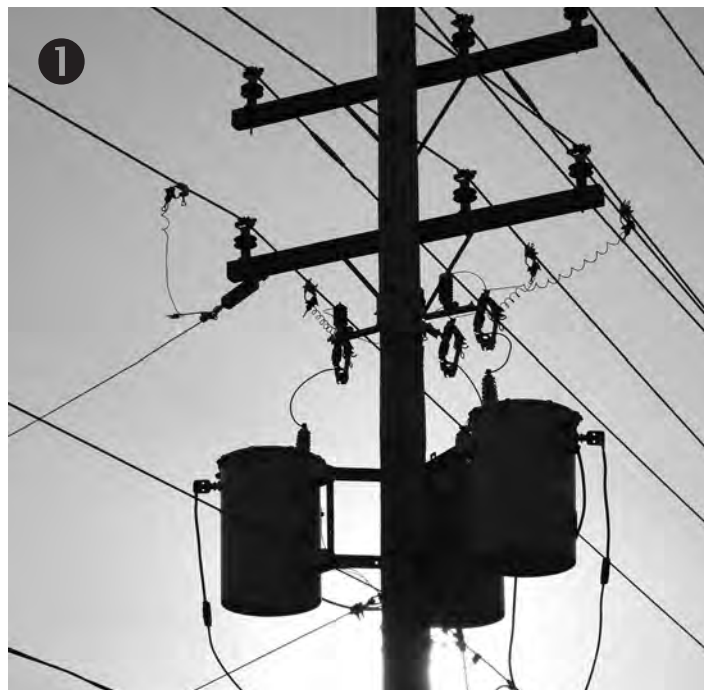
- There could be a problem with your home's wiring if you notice any of these things: **Picture 1**
  - \* Your power goes out a lot.
  - \* The lights in your home flicker.
  - \* You smell something or hear a noise when you use an electrical appliance.
  - \* You see a spark when you plug something into an outlet.
- If you have these problems, have an electrician come to inspect your wiring. The electrician can also install special electrical outlets in the bathroom and near the kitchen sink. These protect you from a dangerous shock if water and electricity come together.
- People can get a dangerous shock if they stick something into an electrical outlet. Buy special "faceplates" to cover all your electrical outlets if young children live in or visit your home often. These will prevent a child from sticking something into the outlet. Adults will be able to use them. **Picture 2**

## Safe Lighting

- Use the correct light bulbs in all lamps and light fixtures. Look inside where the bulb goes. You should see a label that tells you which light bulb size (wattage) is right for the fixture. **Picture 3**

## National Safety Standards

- Look for a mark on the label, such as ETL Listed or UL, when you buy electrical cords and appliances (such as toasters, microwaves or coffee makers). This mark will tell you that the product meets national safety standards.





# Burns

## How Water Burns Like Fire

- Young children have thin skin. They burn more quickly than adults.
- How hot is the water coming out of your tap? Use a thermometer to test it.
- Set your water heater at 120°F. **Picture 1** Test water temperature at the sink or tap again to be sure it is safe.

## In the Bathroom

- Start with cold, then add hot water when filling the tub and running the shower.
- Always test the water before you put your child in the bathtub or shower. Make sure the water is not too hot. Use a bath thermometer.
- When children are in or near the tub, watch them closely. Never turn your back, even for a few seconds.

### Picture 2

## In the Kitchen

- Keep children away from the range at all times, especially when someone is cooking. Put tape on the floor to help children learn to stay “3 giant steps away.”
- Turn pot handles toward the back of the range so children cannot pull them down. Use back burners when cooking in case something boils over.

### Picture 3

## Hot Drinks

- Keep hot drinks away from the edges of tables and counters where they could fall over and burn a child.
- Do not use tablecloths or placemats because young children can grab and pull them down, spilling hot food and drinks onto themselves.
- Never hold or carry a child while you have a hot drink in your hand.



**One more thing!** If you burn your skin:

1. Cool the burn with cool running water. Do this **IMMEDIATELY!** **Picture 4**
2. Keep the burn in cool water for 3 minutes or longer. Do not put ice, butter or lotion on the burn. This could make it worse.
3. Call your doctor or 9-1-1 if the burn looks bad, or if it is larger than the size of your fist.



# Carbon Monoxide (CO) Poisoning

## What Is Carbon Monoxide?

- Carbon monoxide (CO) is a poisonous gas. You cannot see it or smell it. Too much CO is dangerous. It can even kill people who breathe it.
- CO can build up in your home when equipment and appliances that burn fuel are not working properly.
- You should have a service person check your furnace, heating system, gas range, fireplace or woodstove once a year. They will know if it isn't working right and needs repairs. **Picture 1**
- Use equipment and appliances the right way. Use the oven for cooking only. Never use it to heat your home because it could produce too much CO.
- Never run a barbecue grill, generator, or any motor in your home or garage – even with the door open. These produce CO when you use them. Use them only outdoors and away from windows. **Picture 2**

## Carbon Monoxide Detectors

- If your home has any fuel-burning equipment or appliances, you need a carbon monoxide (CO) detector. If your garage is attached to your home, you also need a CO detector.
- A CO detector is different from a smoke detector. A CO detector will sound an alarm to warn you if too much CO is in your home. **Picture 3**
- Install a CO detector near the areas where your family sleeps. Know the sound the CO detector makes if too much CO is in the air.
- Go outside quickly if the CO detector sounds. Call 9-1-1. Your fire department will find out what made it go off. They will let you know when it is safe to go inside.



**One more thing!** Sickness from CO poisoning might seem like the flu at first. People who have CO poisoning do not have a fever. CO poisoning often affects more than one person in the home. **Picture 4**

# Keeping Children Safe at Home



There are many dangers in homes that could hurt or even kill a child. The good news is that you can find and fix these things.

## Be Safe from Fire

- Make sure a working smoke alarm is inside or near every bedroom. Test each smoke alarm every month to make sure it is working. Put new batteries in your smoke alarms once a year or if they “chirp” to let you know the battery is low.
- Plan and practice a family fire drill to make sure everyone knows what to do when the alarm goes off. Children often sleep through the sound of a smoke alarm. They will need you to wake them up and help them get outside to safety. Plan for this in your fire drill.
- Lock up all matches and lighters where children cannot see or touch them.

### Picture ❶



## Be Safe from Falls

- Have window guards or window stops on upper windows. **Picture ❷** These can keep a child from falling out. But make sure you can open the window fast from inside the room in case of a fire.
- Cover the ground under playground equipment with a thick layer (9 to 12 inches deep) of mulch, wood chips or other safety material.



## Be Safe from Choking

- Children can choke on small things. If something is small enough to fit in a toilet paper roll, it is not safe for very young children. Look in every room of your home and pick up small things like buttons, coins, jewelry, small toys and magnets. Put them away so children won't swallow them.
- Be very careful with small, round foods like peanuts, hot dogs and grapes. Cut these and other food into small bites, about the size of a dime. **Picture ❸** Always make sure that children sit down when they eat.



## Be Safe from Poisons

- Know the things in your home that are poison. The label will say “Caution,” “Warning,” “Danger,” or “Keep out of reach of children.” Lock these things away, using child safety locks or latches.
- If someone takes poison, call 1-800-222-1222 or 9-1-1. These numbers will connect you to emergency help in your area. Keep the numbers near every phone.
- Install a carbon monoxide (CO) detector near where your family sleeps. It will warn you if too much deadly CO gas is in your home.

## Be Safe from Drowning

- Drowning can happen very quickly. You will not hear it happening. Stay where you can see and touch your child when he or she is in or near any standing water.

### Picture ❹

- If you have a pool, put a high fence all the way around it, making sure no doors from your house open to the pool. Use a fence with a self-closing and self-latching gate. Always keep the gate locked when no adult is there to carefully supervise children.





# Be Ready for Disasters

Every family needs to know what to do if something bad happens. It might be a flood, a hurricane, or some other kind of disaster. It is very important to be ready before a disaster happens.

## Talk About Disasters with Your Family

- Children like to know the adults in their lives have a plan in case things go wrong. Talk about the kinds of disasters that can happen where you live.

## Make a Communications Plan


- Learn phone numbers to call if your family is not together.
- Make a copy of the phone numbers to call for each person in your family to keep with them. Write down the phone numbers for work, school, childcare and other places where you and your family members spend a lot of time.
- Pick someone out of town to call if you get separated.

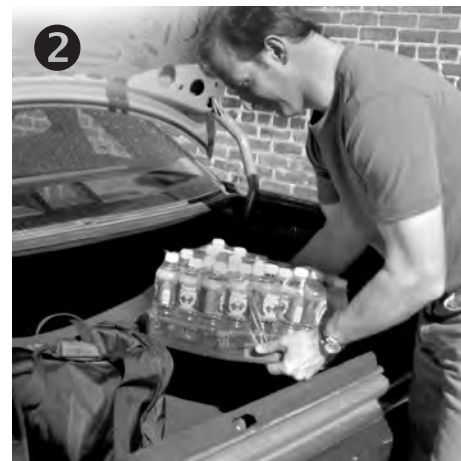
## Be Prepared to Stay or to Go in an Emergency

- Make a Ready-to-Stay Kit. Put together the things you will need if you have to stay home without power for several days. You should have a good supply of water and food. Choose food that you do not have to keep in a cold place. **Picture 1**
- Make Ready-to-Go Kits for each member of your family. Put together the things you will need if you have to leave quickly.
- Put flashlights and extra batteries in your kits.
- Use strong bags and mark the date you packed your Ready-to-Go Kits.
- Pack extra bottled water. **Picture 2**

## Listen to the News

- Listen to the radio or television to find out if you should leave or stay at home.
- If you will need a ride, ask someone ahead of time.

 **One more thing!** If your power goes out, use flashlights. **Picture 3** Do not use candles because they can cause a fire. If you have a portable generator, make sure to run it outside and away from windows. When they are working, portable generators make dangerous carbon monoxide gas, or CO. Too much CO can kill you. Never use a portable generator indoors, on a covered porch, or in a garage.




# Home Fire Sprinkler Systems

• Fire sprinklers have been used to protect businesses, schools, and other public buildings for more than 100 years. They put water on the fire, and they help keep the people who work in those buildings safe from death and injury. But in the United States more people die from fires at home than from fires in public buildings.

**Picture 1**

- It is also possible to build houses and apartments that have home fire sprinklers.
- The pipes are usually behind the walls and ceilings.
- Sprinklers are attached to pipes in the ceiling. They may also be on some walls.
- Sprinkler systems are like your other household plumbing. Water stays in the pipes until you need it.
- Sprinklers work fast. The water controls deadly heat, smoke and flames.
- Smoke cannot make your sprinklers go off. The high heat from a fire (135-165 degrees Fahrenheit) makes the sprinklers go off. **Picture 2**
- Sprinklers don't all go off at the same time. Only the sprinkler near the fire will go off. **Picture 3**
- Sprinklers go off when the fire is very small. In most cases, just one sprinkler can stop the fire. This protects the people and things you care about.
- You and your family can learn more about home fire sprinklers by using a free Web site called Sprinkler Smarts at [www.sprinklersmarts.org](http://www.sprinklersmarts.org). Children will enjoy the characters, games and music.

 **One more thing!** Even though fire sprinklers protect your home, you also need working smoke alarms. You still need to plan and practice fire drills.

