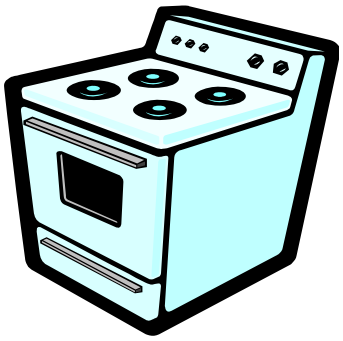
How to Prevent Kitchen Fires



A kitchen fire is a frightening experience, but in many cases, it is also an avoidable one. About one-third of fires start in the kitchen, but if you take the proper precautions then you won't have to become just another statistic. Use the tips below for preventing a fire in your kitchen.

The Stove and Oven

Remain in the kitchen when you are cooking on the stove. Many fires begin when no one is in the kitchen to supervise.

Turn off the stove if you are leaving the room. Do not walk off while a burner is still on; you may end up being gone much longer than expected.

Do not leave the house if you are cooking something in the oven. Check the food regularly to ensure everything is as it should be.

Clean the surface of your stove on a regular basis in order to rid it of any greasy buildup that could easily catch fire.

Use a timer when you are baking in the oven or simmering on the stove. This will serve as a reminder to you to check food regularly and make forgetting about it much more difficult.

Cook on the back burners when possible if you have children in the house. This will prevent them from trying to explore. Also, turn the handles on pots inward so that kids can't try to grab them. It's also a good idea to do this so that nothing can snag on them, knocking them over.

Refrain from holding a small child while you are cooking. Establish a child safety zone of 3 feet from the stove where they are not allowed while you are cooking.

Remove any potentially flammable items and materials from the stovetop area. Included in this would be kitchen towels, drapes, pot holders/oven mitts, papers and plastics.

Never wear loose sleeves or clothing while cooking. The fabric can catch fire from the electrical coil or gas flames. If your clothes catch fire, stop, drop and roll to smother the flames.

Other Kitchen Areas

Do not cook anything with metal in the microwave. Also do not put non-food items such as clothing in the microwave. For a microwave fire, leave the microwave door closed, unplug if safe to do so, and call the fire department (Dial 911) from outside your home.

Simplify your electrical outlet usage: you should have only one plug per socket.

Keep electrical appliances out of water, and don't place wet items on top of them.

Clean out your toaster from time to time, making sure that there is not a lot of debris build-up left inside. Keep it away from curtains as well. Unplug the toaster when you are finished using it.

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