

## Kitchen Safety Tips – Recipes for Safer Cooking

Whether stirring up a quick dinner or creating a masterpiece four-course meal on those summer nights with friends and family, here's a recipe for safer cooking you need to use daily. Follow these tips to protect you and your family when in the kitchen.



### To prevent a cooking fire in your kitchen:

- ~ Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the #1 cause of cooking fires.
- ~ Wear short or close-fitting sleeves. Loose clothing can catch fire.
- ~ Watch children closely. When they're old enough, teach your children to cook safely.
- ~ Clean cooking surfaces to prevent food and grease build-up.
- ~ Keep curtains, towels and pot holders away from hot surfaces, and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house!
- ~ Turn pan handles inward to prevent food spills.

### To put out a cooking fire in your kitchen:

- ~ Call the fire department immediately! Poarch Creek Fire Department can be reached by calling Tribal dispatch at 251-368-5011. In many cases, dialing 911 will give you Emergency Services.
- ~ Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- ~ Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- ~ Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- ~ Keep a fire extinguisher in the kitchen. Make sure you know how to operate your extinguisher.
- ~ Keep a working smoke detector in your home and test it monthly.

