

As Fire Prevention Week™ approaches, Ware Fire Department reminds residents:

“Serve Up Fire Safety in the Kitchen!”™

October 1, 2020 – The Ware Fire Department is teaming up with the National Fire Protection Association® (NFPA®) — the official sponsor of Fire Prevention Week for more than 90 years — to promote this year’s Fire Prevention Week campaign, “Serve Up Fire Safety in the Kitchen!” The campaign works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials.

“We know cooking fires can be prevented,” said Lorraine Carli, NFPA’s vice-president of outreach and advocacy. “Staying in the kitchen, using a timer, and avoiding distractions such as electronics or TV are steps everyone can take to keep families safe in their homes.”

The (Your town/city) Fire Department encourages all residents to embrace the 2020 Fire Prevention Week theme.

“The most important step you should take before making a meal is to “Serve Up Fire Safety in the Kitchen!” said (Your name, title). “A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented.”

Ware Fire Department wants to share safety tips to keep you from having a cooking fire.

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you’re cooking.
- You have to be alert when cooking. You won’t be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Always keep an oven mitt and pan lid nearby when you’re cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

For more general information about Fire Prevention Week and cooking fire prevention, visit [www.fpw.org](http://www.fpw.org).

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## FPW 2020 Facebook and Twitter Messages

### Twitter:

- Mark your calendars! #Fire Prevention Week is October 4-10, 2020. This year's theme is "Serve Up Fire Safety in the Kitchen!™" <https://bit.ly/2XtNrzk>
- Cooking is the leading cause of home fires and home fire injuries. Follow these simple steps to cook safely! #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Nearly half (49%) of all home fires are caused by cooking. Follow these tips to prevent cooking fires in your home. #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Unattended cooking is the leading cause of home fires. Stay focused! #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Use oven mitts when checking or removing food from the oven or stove. #Preventburns #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Most home cooking fires involve the stove – keep a close eye on what you fry! #StayFocused #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen! #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Keep your cooking area clutter-free! Move anything that can burn at least 3 feet away from the cooking area, including oven mitts, towels, wooden utensils and food packaging. #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Keep kids safe in the kitchen! Have a "kid-free zone" of at least 3 feet around stove and areas where there is hot food or drink. #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Tired, drowsy? Take a break from cooking and order take-out! Only cook when you're alert. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Put a lid on it! Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- If an appliance feels too hot, smokes, or gives off a strange odor, unplug it immediately and have it serviced or replaced. #FirePreventionWeek <https://bit.ly/2XtNrzk>

- Turn pot and pan handles inward so that they can't be easily knocked over. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- If you are simmering, baking or roasting food check it regularly and stay in the home. Use a timer to promptly remove it from the oven or stove. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Install smoke alarms at least 10' away from the cooking area to prevent nuisance alarms. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Keep pets off cooking surfaces and nearby countertops. #FirePreventionWeek <https://bit.ly/2XtNrzk>

#### Facebook:

- Mark your calendar! #Fire Prevention Week is October 4-10, 2020. This year's theme, "Serve Up Fire Safety in the Kitchen!™", focuses on the importance of cooking safely: Cooking is the leading cause of U.S. home fires and home fire injuries. <https://bit.ly/2XtNrzk>
- Cooking equipment causes 49% of all U.S. home fires, 21% of the home fire deaths, and 45% of the injuries, on average each year. This #FirePreventionWeek, learn how to prevent cooking fires in your home! <https://bit.ly/2XtNrzk>
- Did you know cooking is the leading cause of home fires and home fire injuries? There are many simple steps you can take to minimize the risk of cooking fires. Check out these #FirePreventionWeek resources for helpful tips and recommendations. <https://bit.ly/2XtNrzk>
- Life is hectic, turning many of us into great multi-taskers. But don't let your great multi-tasking skills distract you in the kitchen! Unattended cooking is the *leading* cause of home cooking fires: Stay focused and keep a close eye on what you're cooking! #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Cooking is the leading cause of U.S. home fires. Unattended equipment is a factor in one-third (31%) of those fires and half (48%) of the associated deaths. Learn more about this year's #FirePreventionWeek campaign, "Serve Up Fire Safety in the Kitchen" to prevent cooking fires in your home. <https://bit.ly/2XtNrzk>
- Keep lookin' at what you're cookin'! Carefully monitor food that's simmering, baking, or roasting. Set a timer to promptly remove it from the oven or stove. Learn more about

cooking safety during this year's #FirePreventionWeek campaign, "Serve Up Fire Safety in the Kitchen! <sup>TM</sup>". <https://bit.ly/2XtNrzk>

- Most home cooking fires involve the stove. Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you need to leave the kitchen, turn off the stove! For more cooking safety tips during #FirePreventionWeek, <https://bit.ly/2XtNrzk>
- Keep your cooking area clutter-free! Move anything that can burn at least 3 feet away from the cooking area, including oven mitts, towels, wooden utensils and food packaging. <https://bit.ly/2XtNrzk>
- Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can hang down onto stove burners and catch fire. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- Keep little ones safe when you're cooking! Create a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drinks are being prepared or carried. #FirePreventionWeek <https://bit.ly/2XtNrzk>
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, don't cook. Place a delivery order! Learn more cooking safety tips during #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Here's a simple cooking tip to prevent cooking fires and burns: Turn pot and pan handles away from stove's edge so that they can't be easily knocked over. Learn more cooking fire safety tips during #FirePreventionWeek <https://bit.ly/2Wql7R8>
- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool. #FirePreventionWeek Learn more safety tips at <https://bit.ly/2Wql7R8>
- Make sure smoke alarms are installed in your home at least 10' away from the cooking area. This will help avoid nuisance alarms triggered by cooking. Want more tips and recommendations for cooking safety during #FirePreventionWeek and beyond? Visit LINK <https://bit.ly/2Wql7R8>
- When in doubt, just get out! If you have any doubts about stopping a small kitchen, just get out. Close the doors behind you as you and others in the home leave to help contain the fire. #FirePreventionWeek <https://bit.ly/2Wql7R8>

# Cooking Safety

10-Minute  
Mini-Lesson



## Topic: Cooking Fires

**Lesson Objective:** By the end of the mini-lesson participants will be able to identify at least 3 behaviors that will reduce the risk of cooking fires in the kitchen.

### Step 1: Introduction (1–2 Minutes)

- Greet the participants and thank them for allowing me to speak for 10 minutes. Let them know I am happy to be there.
- Introduce myself and share my connection to the community.
- **HOOK:** "Can anyone guess the leading cause of home fires and home injuries?" Entertain a few responses before telling the answer: Cooking Fires
- Explain the purpose of my visit: "I would love to help reduce the number of cooking fires we have in our community. Today I am going to help you identify behaviors that will help you stay safe from fire in your own kitchen."

### Step 2: Body of the Presentation (7–8 minutes)

Share the following points: (Use props and/or visuals to increase engagement)

- Cooking fires are the number one cause of home fires and home injuries.
- Most cooking fires in the home involve the stovetop.  
**ASK:** What do you think are some causes of stove top fires?
- The most common type of cooking fire is cooking left unattended.
- **STAY IN THE KITCHEN** when cooking. Be especially attentive if cooking with oil or at high temperatures.
- Keep anything that can catch fire such as oven mitts, food packaging, or towels away from your stovetop.  
**ASK:** What are some other hazards to keep away from the stove top?  
Curtains, paper towels, paper plates, wooden utensils...
- If a pan of food does catch fire, carefully slide a lid over the pan and then turn off the burner. Be sure to let the pan cool before taking off the lid.
- When cooking, wear tight-fitting clothing or short sleeves so your clothes won't catch on fire. Baggy clothes or dangling sleeves can easily brush over a hot burner and catch fire.  
**ASK:** Can I have a volunteer stand up and show off an outfit that would be safe for cooking?
- If your clothing catches fire, **STOP** what you are doing immediately, **DROP** or lower yourself to the floor, and **ROLL** over and over to put out the flames. Do **NOT** run if your clothes are on fire. Running will make the flames bigger.  
**ASK:** Who knows why Stop, Drop, and Roll works to put out flames? You smother the fire — reduce the oxygen flow.
- If you are burned, use cool water to cool the burn. Get medical help right away.

### Step 3: Conclusion (1 minute)

- Let's review! Ask participants to raise a hand to share one behavior that will reduce the risk of cooking fires. Solicit a variety of responses.
- Remind participants that simple steps will help increase safety.
- Share my contact information and encourage the congregation to contact me if they have questions or concerns about other fire issues.
- Thank everyone for allowing me to come in.

### Educational Messages to Review:

#### 8 Cooking

- 8.1 Stay Alert
- 8.2 Watch What You Heat!
- 8.3 Keeping Things That Can Catch Fire Away from Heat Sources
- 8.4 What to Do If You Have a Cooking Fire

#### 7 If You Are on Fire

- 7.1.1 Stop, Drop, and Roll
- 7.1.4 Cool a Burn



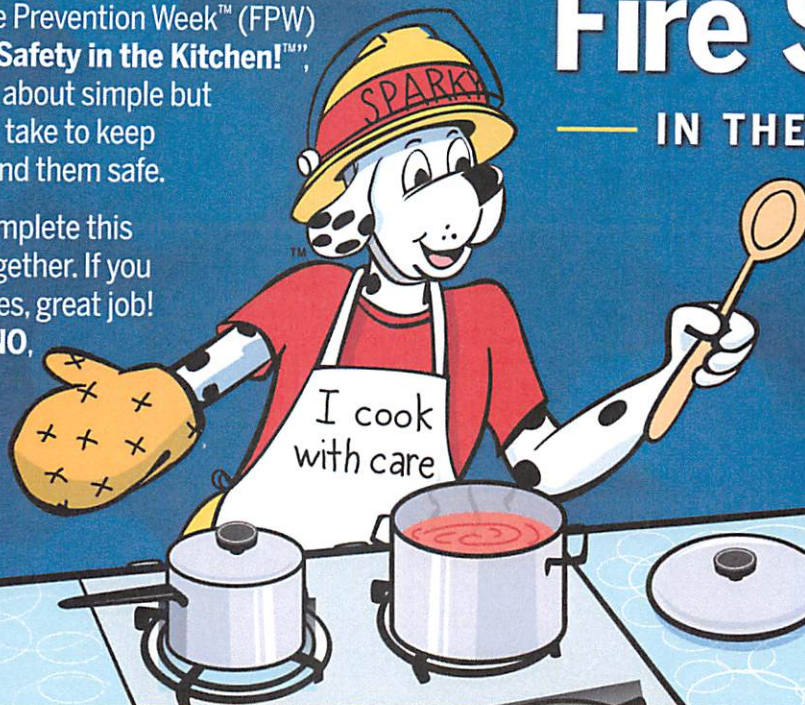
**FIRE PREVENTION WEEK™**

NFPA® — The Official Sponsor of Fire Prevention Week Since 1922

## Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "**Serve Up Fire Safety in the Kitchen!**"™, works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.



# SERVE UP Fire Safety IN THE KITCHEN!™

## The \_\_\_\_\_ Family's **Cooking Safety Checklist**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Does a grown-up always pay attention to things that are cooking?  |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?                       |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner?               |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?                              |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?                                     |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are pot handles turned toward the back of the stove when a grown-up is cooking?   |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?       |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.    |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom? |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your family have a home fire escape plan?  |
| YES                      | NO                       |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you practice the plan?   |
| YES                      | NO                       |   |



**FIRE  
PREVENTION  
WEEK™**

For more tips, visit [firepreventionweek.org](https://www.firepreventionweek.org) and [sparky.org](https://www.sparky.org)  
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Your Logo

# Burn and Scald Prevention



## Prevent burns and scalds in the kitchen:

- Place objects so that they cannot be pulled down or knocked over.
- Turn pot handles away from the stove's edge.
- Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Have a "kid-free zone" of at least 3 feet around the stove.



## General first aid for burns and scalds:

- Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.
- Cover burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat, which can increase skin damage.

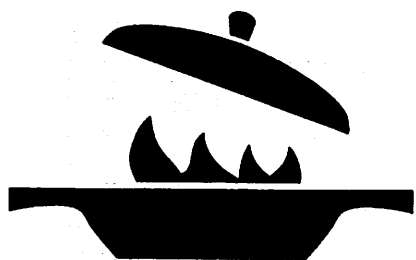


For more information and free fire-safety resources, visit  
**[www.usfa.fema.gov](http://www.usfa.fema.gov)**



## Cooking fires are the #1 cause of home fires and home fire injuries according to MFIRS statistics.

In 2018, there were 9,816 home fires in Massachusetts involving cooking. These incidents resulted in 1 civilian death, 46 civilian injuries, 29 firefighter injuries and an estimated \$5.4 million in property damage. Cooking was the leading cause of residential fire injuries in 2018.



**STAND BY YOUR PAN**

## Cooking Safety Tips

- Put a lid on a grease fire to smother it, then turn off the heat. Baking soda will also work.
- Never move a burning pan. You can be badly burned or spread the fire.
- Never throw water or use a fire extinguisher on a grease fire. Water will only spread the fire and the force of the extinguisher can splash flaming grease out of the pan.
- **Stand by your pan.** Don't leave food, grease or oils cooking on the stovetop unattended.
- **Wear short or tight fitting sleeves when cooking.** Loose fitting clothing can easily catch fire.
- If your clothing catches fire, **STOP, DROP & ROLL** to put out the flames. Put burns in cool running water. Call 9-1-1 for help.
- Keep pot handles turned inward to prevent accidental spills of hot contents.
- Create a three-foot "child-free zone" around the stove. Keep children and pets away from the stove while cooking to prevent burns and scalds.

## Cooking Safety Tips (cont.)

- Keep combustible objects such as pot holders, towels, paper or plastic bags away from heating elements.
- For fires inside an oven or microwave, keep the door closed, turn off the appliance, and call the fire department.
- Don't place any metal inside a microwave. Utensils, aluminum foil or twist-tie wraps can arc and cause a fire.
- Microwaved foods and liquids can become very hot. Use caution to avoid scalds.
- **Unplug appliances**, such as toasters and coffee makers, when not in use.
- Don't use the oven to store items.

Covering a pan fire with a lid is the safest way to put out the fire.

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## Facts

- Cooking related fires were responsible for 45% of all fires reported in 1- & 2-family dwellings and over 86% of fires in apartments, dormitories, rooming houses and residential board and care facilities.
- Unattended cooking is the most frequent cause of this type of fire.
- The majority of victims injured in fires are hurt while attempting to fight the fire. Leave firefighting to trained professionals.
- In the event of a fire, leave the building immediately and call 9-1-1. All fires and burns, regardless of size, should be reported to your local fire department.
- A working smoke alarm can double a family's chances of surviving a fire.
- Test your alarms monthly. Change the batteries when you change your clocks.
- Don't disable alarms to avoid false alarms while cooking. Relocate the alarm or replace it with a photoelectric type to minimize nuisance alarms from cooking.

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The Fire Data and Public Education Unit manages all public fire and safety education programs in the Office of the State Fire Marshal, including the Student Awareness of Fire Education (S.A.F.E.) Program and the Senior SAFE Program. Technical assistance is provided to local fire departments, health educators, medical and public health professionals, classroom teachers, elder service providers, community and service organizations and others interested in life safety education.



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# Cooking Fire & Burn Safety Tips



Cook Safely!

# Prevent Kitchen Fires



Did you know?

**Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!**

✓ **Stand by your pan:**

If you leave the kitchen, turn the burner off.

✓ **Watch what you are cooking:**

Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.

✓ **Turn pot handles toward the back of the stove:**

Then no one can bump them or pull them over.

✓ **Keep a pan lid or baking sheet nearby:**

Use it to cover the pan if it catches on fire. This will put out the fire.

For more information and resources, visit

**[www.usfa.fema.gov](http://www.usfa.fema.gov)**



FEMA



U.S. Fire Administration



# Cooking Fire Safety



**Cooking fires are the number one cause of home fires and home fire injuries. Know how to prevent a kitchen fire and what to do if you have one.**

Clean cooking equipment after each use. Crumbs in a toaster or grease on the stove can catch on fire.



If you have a fire in your oven, turn it off. Let the contents cool before cleaning.



If you have a fire in your oven and the flames escape it, leave your home and call 911.



For more information and free fire-safety resources, visit  
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# Recipe for Fire-Safe Cooking



- ✓ Keep an eye on what you fry.
- ✓ Stand by your pan.
- ✓ Turn pot handles toward the back of the stove.
- ✓ Wear short sleeves or roll sleeves up.
- ✓ Keep a pan lid or cookie sheet nearby to cover the pan if it catches on fire.

Cooking is the main cause of home fire and fire injuries. By practicing these fire-safe tips, you can prevent cooking fires and keep your family safe.

**For more information and resources, visit [www.usfa.fema.gov](http://www.usfa.fema.gov).**



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U.S. Fire  
Administration

