

Fact: Cooking is the number one cause of residential fires in Ontario.

- Keep a proper-fitting pot lid near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Do not move the pan.
- Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.
- Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.
- Keep children away from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.
- Cool a burn by running cool water over the wound for 3 to 5 minutes. If the burn is severe, seek medical attention.

Always make sure to:

- Stay in the kitchen and pay attention when cooking!
- Drink responsibly when cooking.
- If a fire occurs, get out immediately and call 911