



Safe Cooking at Home

West Metro Fire-Rescue District wants you to be safe while cooking in your home!

As a Fire District, which serves New Hope and Crystal, we respond to many fire calls related to cooking in your home. The fire calls range from burnt food to a full-blown grease fire on the stove. The Fire Prevention Personnel would like provide you with some information on how to be safe while cooking in your kitchen.

Cooking fires cause hundreds of deaths and thousands of injuries in our nation each year. Here in Minnesota we suffered 2 deaths, 44 civilians' injuries, and 4 firefighter's injuries during 2003 from cooking fires. The facts along with the more than 2.5 million in property loss make reducing the statistics a priority to West Metro Fire-Rescue District.

Here is a recipe for safety:

Keeping it clean.....

Keep cooking area clean of grease and oil buildup.

Cooking grease and oil ignite easily and burns rapidly.

Slide a lid over the pan to smother a small pan fire. Do not use water or flour on a grease fire. Do not try to carry a burning pan outside or to the sink. You could accidentally spread the fire. Keep a lid, and a 2A10BC fire extinguisher handy in the kitchen.

- Keep cooking areas clear of combustibles such as pot holders, towels, rags, food packaging, etc...
- Don't use stove top as a counter top for storage of combustibles.
- Keep appliance cords up on counter tops too. Check those cords regularly for frayed or broken spots. Replace damaged cords or appliances.

While cooking

- Keep children and pets out of cooking area while cooking
- Never leave cooking unattended
- Keep panhandles turned inward where they cannot be spilled
- Wear tight fitting sleeves, and don't reach across burners.
- Shield yourself from steam when uncovering food, especially microwave servings. Steam can cause serious burns.
- Never leave cooking unattended. If you must leave the kitchen for some reason, turn the heat off and take something with you to remind you that you have something cooking.

When things go wrong...

- Remain calm
- Pan fire, while wearing an oven mitt slid a lid over the pan and turn off stove
- Oven fire, keep the door closed and turn off the oven then unplug
- Microwave fire, keep the door closed and unplug the oven.

West Metro Fire Rescue-Districts Fire Prevention personnel says, "Following these simple tips may sound like common sense, but we need to think about these things, because obviously the result of being complacent in the kitchen is very tragic." Keeping your family and home safe from fire in the responsibility of everyone in the home. The West Metro Fire-Rescue District would like for you to sit down together and discuss these important tips and should you have any questions feel free to call us at (763) 537-2323 extension 2003 or 2004.