



Cooking Safety



Your kitchen is a busy place during the holiday season. As you prepare to gather with family and friends this season, remember to practice safe cooking habits—cooking fires are the number one cause of fires and home fire injuries.

- Never leave food cooking on the stovetop or inside the oven unattended.
- Keep cooking areas clean and free of potholders, rags, curtains, food packaging and other items that can fuel fire.
- Create a three-foot kid-free zone around your stove—and keep pets away too.
- Avoid loose clothing and long sleeves that can easily catch fire when cooking.
- For an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- For small grease fires, put on an oven mitt, turn off the burner and smother the flames by carefully sliding the lid over the pan. NEVER pour water or discharge a fire extinguisher onto a grease fire—these actions can actually spread the fire.
- For microwave fires, keep the door closed and unplug the microwave. Call the fire department and be sure to have the microwave serviced before you use it again.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.

For more information or a free, no-obligation rate quote, please contact me at:

Sources: National Fire Protection Association (NFPA) and U.S. Fire Administration



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