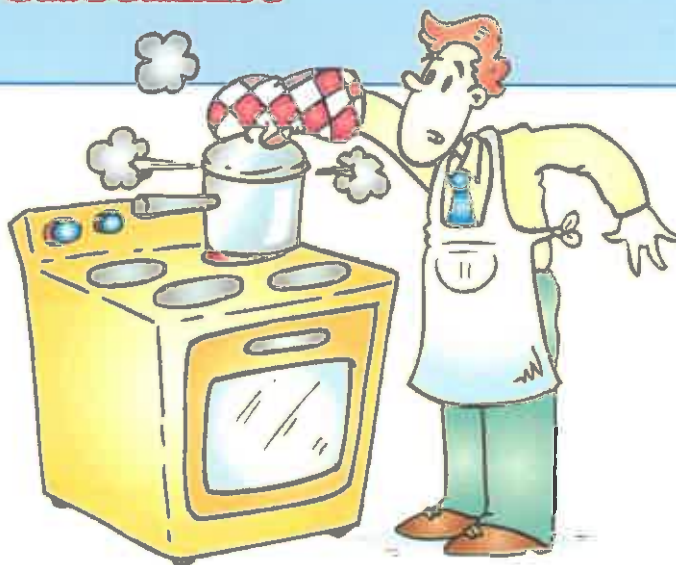




Cooking Safety: Checklist

- ❑ **Stay in the kitchen** when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of 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.
- ❑ **Keep things that can catch fire** — potholders, oven mitts, paper or plastic bags, curtains — away from your stovetop.
- ❑ **Wear short, close-fitting** or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.
- ❑ **Have a "kid-free zone"** of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- ❑ **If you have a stove fire**, when in doubt, just get out and call the fire department.
- ❑ **Keep an oven mitt** and lid nearby when you're cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan. To keep the fire from restarting leave the lid on until the pan is completely cool.
- ❑ **In case of an oven fire**, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. After a fire, the oven should be checked and/or serviced before being used again.
- ❑ **Open microwaved food slowly**, away from the face. Hot steam from a container of microwaved food or the food itself can cause burns.
- ❑ **Never heat a baby bottle** in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.
- ❑ **Treat a burn right away**, putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. If the burn is bigger than your fist, or if you have any questions, get medical help right away.
- ❑ **Think Green!** Unplug small appliances when not in use.



A Recipe for **Keeping Your Community Cooking Safely**

NFPA • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org

Carbon Monoxide Safety



Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

- ✔ Install and maintain CO alarms inside your home to provide early warning of CO.
- ✔ Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- ✔ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✔ Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

For more information and free resources, visit

www.usfa.fema.gov



Seguridad contra el monóxido de carbono



¿Sabía usted que?

Más de 150 personas en los Estados Unidos muere cada año de manera accidental por intoxicación de CO y sin estar relacionado con los incendios.

El monóxido de carbono o CO es un gas sin color ni olor. La intoxicación por CO ocurre cuando un electrodoméstico o un equipo, como un horno, un calentador o un generador, no funcionan o ventilan correctamente. Aspirar CO a niveles elevados puede ser fatal.

Conozca qué puede hacer para proteger a su familia de los peligros del CO.

- ✓ Instale detectores de CO dentro de su hogar y revíselos periódicamente para tener alertas tempranas de CO.
- ✓ Instale detectores de CO en una ubicación central afuera de cada área de dormir y en cada nivel del hogar.
- ✓ Utilice generadores portátiles de exterior en áreas bien ventiladas alejadas de todas las puertas, ventanas y ventilaciones.
- ✓ Asegúrese de que las ventilaciones de la secadora, el horno, la estufa de leña y la chimenea estén limpias de nieve y otros escombros.

Para obtener más información y recursos, visite

www.usfa.fema.gov

