



## **Cooking Fire/Burn Safety Program Guide**

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## Cooking Safety Program Guide

Make sure to read the program guide thoroughly and review the slides. As you will see, there are two sections to the presentation. The first addresses cooking fire/burn safety. The second addresses home fire/burn safety and is optional. Present the home fire/burn safety information if time permits or in a follow-up session for those who want to learn more about home fire safety.

### Preparing for Class

Contact the class instructor to determine if you will need to tailor any portion of the presentation to meet specific needs of your audience. Find out basic information prior to the class day:

1. Number of students
2. Ethnic makeup
3. Approximate ages of participants
4. Who are the participants? Ex. Parents, caregivers, grandparents, parents-to-be, teen moms, other?

Determine how many times you plan to present the information. You may present the information all at once or as two shorter presentations.

- One 30-40 minute presentation
- Two 15-20 minute presentations

If you decide to present the information in two sessions, make sure that the same participants attend each class.

### You will need

1. A computer with PowerPoint (if this is unavailable, you may print the presentation as a handout and talk through with participants)
2. A projector and projection screen
3. The PowerPoint presentation
4. A copy of the talking points
5. A cooking safety checklist for each participant
6. A smoke alarm for demonstration

### Optional

7. Participant evaluation (*available for download on the intranet*)
8. Pre/post tests (*available for download on the intranet*)
9. Escape plan templates (*available for download on the intranet*)
10. Oven mitt, dish towel, pan and lid or cookie sheet for demonstration

**Class day**

Make sure to enter the name of your coalition onto the first page of the PowerPoint slides. Start the discussion asking participants how they feel about cooking safety so you know what parts of the presentation to emphasize. Additional ice breaker activities are listed at the end of this document. Remember to point out the fire exits from the room where the alarms are located.

**Evaluation**

An optional Pre/Post Test and Participant Evaluation are available on the intranet. The information collected is meant to help you strengthen your program and does not need to be submitted to Safe Kids Worldwide.

**Additional Activities**

On page 12 and 13 are additional activities that you may incorporate into the presentation to make it more interactive. We understand that time is limited so all of these activities are optional.

## TALKING POINTS – Cooking Safety

|                |  |
|----------------|--|
| <b>SLIDE 1</b> | <i>Title slide – add your coalition name.</i>  |
| <b>SLIDE 2</b> | The goal of this presentation is to give you tips on how to prevent fires while cooking and how to prevent burns and scalds to you, the cook, and to your children or the children you care for.   |
| <b>SLIDE 3</b> | Cooking is the #1 cause of home fires and home fire injuries in the United States; they cause 40% of all home fires.   |
| <b>SLIDE 4</b> | <ul style="list-style-type: none"><li>• Each year, 1 out of every 8 homes has a cooking fire.</li><li>• Each year, cooking fires cause approximately:<ul style="list-style-type: none"><li>◦ 500 fire deaths/4,660 fire injuries.</li><li>◦ \$756 million in property damage.</li></ul></li><li>• More than ½ (57%) of cooking fire injuries occur when people try to fight the fire themselves.</li><li>• Thanksgiving is the peak day for home cooking fires.</li></ul>  |
| <b>SLIDE 5</b> | <p>Top reasons for cooking fires:</p> <ul style="list-style-type: none"><li>• The #1 cause of cooking fires is leaving a stove or oven unattended.<br/>ex. leaving the kitchen or turning your back while something is cooking.</li><li>• Something close to an appliance catches fire.</li><li>• An appliance was turned on or left on by mistake.</li></ul> <p><i>Participants may not know the word “appliance.” Ex. toaster oven, grilling machine, microwave.</i></p> |
| <b>SLIDE 6</b> | Definitions  |
| <b>SLIDE 7</b> | <ul style="list-style-type: none"><li>• Keep anything that can catch on fire away from the stove, toaster oven, or other heat source – including oven mitts, paper towels, dish cloths, curtains, etc.</li><li>• Keep the stovetop, burners, and oven clean.</li><li>• Do not let grease build up on the stovetop, toaster oven or in the oven.</li></ul>  |
| <b>SLIDE 8</b> | <ul style="list-style-type: none"><li>• Do not wear loose fitting clothes that can catch fire if you stand too close to a burner – wear short sleeves or roll up your sleeves and tuck your shirt in.</li><li>• If your oven mitts are old or worn out, get new ones. Never use wet oven mitts or potholders which can cause scald burns.</li></ul>  |
| <b>SLIDE 9</b> | <p>If you must leave the kitchen when doing any of the following, turn the appliance off.</p> <ul style="list-style-type: none"><li>• Frying or broiling food with butter or grease - frying is the cooking method with highest risk for burns.</li><li>• Using a hot plate, toaster, grilling machine or any other hot cooking appliance - stay in the kitchen and watch it until your food is cooked and you turn the appliance off.</li></ul>                           |

**SLIDE 10**

- When cooking something for a long period of time such as baking (cookies) or simmering (soup) at a low temperature, check on it often and stay nearby while food is cooking.
- Use a timer to remind you when food is supposed to be done so you don't forget about it.

**SLIDE 11**

- Hot steam from a container can cause scalds.
- Heat food only in dishes or containers that are labeled as microwave safe. Never use aluminum foil or metal objects in a microwave; they can cause a fire.
- Put your microwave oven in a place lower than your face. This is safer because it can prevent hot food or liquid from spilling onto your face.

**SLIDE 12**

- If you have taken any medication, have been drinking, or are sleepy try not to cook any hot food, wait until you are more alert.

**SLIDE 13**

It is important to have smoke alarms that work in your home although if a smoke alarm is in the kitchen, sometimes regular cooking can make it go off.

- If this happens a lot, move the alarm to a room near the kitchen but not in it.
- Some smoke alarms come with a hush button which allows you to silence the alarm without taking the battery out – you can keep this alarm in the kitchen if you want.
- An ionization type smoke alarm should be at least 20 feet from the stove, a photoelectric at least 10 feet. (An explanation of these is on slide 44.)

**SLIDE 14**

- If the alarm sounds during normal cooking and there is no fire, press the hush button, open a door or window, and fan the area with a towel to get the air moving.
- Do not take down the smoke alarm or the remove the battery because you may forget to turn it on again.
- Every time the smoke alarm goes off, treat it as a possible fire. Practice what you would do to make sure everyone reacts to the alarm and gets outside quickly and safely.
- *Use the included Kidde alarm to show how the hush button works and how to fan it with a dish towel.*

**SLIDE 15**

- Young children are at high risk of being burned by hot food and liquids. Create a 3 foot "kid free zone" around the stove. You can do this verbally or use tape to mark the floor.

**SLIDE 16**

- To prevent small children from reaching and pulling down a hot pan, cook with pots and pans on back burners and have the handles facing backwards.

**SLIDE 17**

- Keep all small appliances and their cords away from the counter's edge so children cannot pull them down.
- Plug all appliances directly into the outlet; do not use extension cords or multiple outlet extenders.
- Keep hot food, pans and drinks away from the edge of counters and tables.

**SLIDE 18**

- Never hold a child while cooking or carrying hot food or drinks.
- Keep young children at least 3 feet from any place where there are hot foods, drinks, pans, or trays.
- Use travel mugs with tight fitting lids for hot drinks.
- Do not use tablecloths or placemats if very young children are in the home. Children can pull on the tablecloth and cause hot liquid and food to fall off and burn them.

**SLIDE 19**

- Heat baby bottles in warm water.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly.
- Always test on the back of a hand or inner wrist before feeding the baby.

**SLIDE 20**

- Always follow the manufacturer's instructions to ensure the grill is working properly and is properly assembled.
- Never use a grill indoors.
- Clean your grill thoroughly after each use.
- Keep lighted cigarettes, matches, open flames, or lighter fluid away from the grill.
- Keep children and pets at least three feet away from the grill.

**SLIDE 21**

- Replace any parts or tubes that are worn or could potentially leak gas.
- If you think you have a gas leak, immediately turn off the gas. Don't attempt to light the grill until the leak is fixed.
- Turn off the grill and close the valve to the propane tank as soon as you are finished cooking.

**SLIDE 22**

- Only burn charcoal or any other fuel outside.
- Pour water on the embers before you throw them away.
- Keep grill with freshly used coals outside until completely cooled down.
- Hot charcoal can cause a fire and also gives off CO until completely cool.

**SLIDE 23**

- The fryer should be in an open area away from all walls, fences, or any structure that can catch fire.
- Keep children and pets at least three feet from the fryer.
- If oil begins to smoke, immediately turn gas supply off.
- Do not try to extinguish a fire with water. Call 9-1-1.

**SLIDE 24**

If a fire breaks out, you have a choice to get out or fight the fire.

- If you do not feel comfortable fighting the fire the best thing to do is get everyone outside.
- When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 after you leave, not when you are inside the home.

**SLIDE 25** If you know what you are doing you may choose to fight the fire yourself.

- If the fire is bigger than a basketball and/or spreading, get out.
- Using a fire extinguisher:
  - Know how to use an extinguisher - get training from your local fire department or workplace that will let you practice putting out a fire.
  - ALWAYS FOLLOW MANUFACTURERS INSTRUCTIONS – if used incorrectly a fire extinguisher can actually spread a fire.

**SLIDE 26** Grease Fire

- If there is small grease fire that is contained in a pan, while wearing an oven mitt, smother the flames by carefully sliding a pan lid or a cookie sheet over the pan. A pan lid or cookie sheet can cover the fire in one motion and can be used to shield your hand and arm while smothering the fire.
- Never put water on a grease fire - water can actually make the fire spread!
- Do not use a fire extinguisher on a pan fire. The powder comes out fast and with such force it can tip the pan and spread the fire.
- *If participants ask about baking soda explain that it can be a dangerous choice. They may not have enough baking soda to put out the fire, they may not be able to get to the baking soda in time, or it may force them to put their hand dangerously close to the flame.*

**SLIDE 27** A video from a Today Show interview about how to put out a grease fire. Meri-K Appy, president of Safe Kids USA is speaking.

- SLIDE 28**
- If something in the oven catches fire, turn off the heat and keep the door closed. *Fire needs air to grow. If you open the oven door, the air will make the fire bigger.*
  - Wait until the oven has completely cooled before opening the door again.
  - Call 9-1-1 to report the fire. Firefighters will check to make sure that the fire has not spread behind the walls.

- SLIDE 29**
- If you have a fire in your microwave oven, turn it off immediately and keep the door closed.
  - Never open the door until the fire is completely out.
  - Call 9-1-1 to report the fire.
  - After a fire, ovens and microwaves should be checked and/or serviced before being used again.

- SLIDE 30**
- Be sure everyone is out of the kitchen and you have a clear path to the exit.
  - If you do not reduce the fire on your first try, escape, do not continue to fight the fire.

**SLIDE 31**

If your clothes catch fire:

- STOP immediately.
- DROP to the ground and cover your chest with your hands.
- ROLL over and over or back and forth to put out the fire.

**SLIDE 32**

Burn Treatment

- Treat a burn right away by putting it in cool water. Cool the burn for 3 to 5 minutes.
- Do not put lotion, cream, butter or anything else on a burn. Burns need to breathe so they can cool down.
- If the burn is large or if you have questions about how to treat it, seek medical attention right away.

**SLIDE 33**

INTRODUCTION TO FIRE/BURN SAFETY AT HOME

**SLIDE 34**

- An estimated 356,200 home fires and 1,800 fatal home fires are reported to U.S. fire departments each year.
- These fires caused 2,635 deaths and 12,600 injuries (all ages).
- Home fire caused more than \$7 billion dollars in property loss in 2009.

**SLIDE 35**

- Smoking is the leading cause of fatal fires in the home.
- Bedrooms are the place fatal fires are most likely to start in the home, second is the family room.
- More home fire deaths occur in January than any other month.
- Fatal home fires tend to happen in the late evening and early morning, between 12-5am.

**SLIDE 36**

While cooking is the primary cause of home fires, most fire-related deaths are caused by smoking materials.

- Do not smoke inside the home or around children.
- If you do smoke, wet butts with water before throwing away.

**SLIDE 37**

- Make sure your heater has been tested for safety. Look on the bottom for a label such as ETL, UL or CSA.
- Keep space heaters at least 3 feet from anything that can burn.
- There should always be an adult in the room when a space heater is on.
- Turn off space heaters before leaving a room or going to sleep.
- Never use space heaters to dry clothing or blankets.

- SLIDE 38** Many fires deaths and injuries are caused by fires set by children.
- Store matches and lighters in a locked cabinet.
  - Use only lighters with child safety features. Novelty or toy lighters can be mistaken for toys.

- SLIDE 39**
- Do not burn trash, wrapping paper, cardboard boxes or Christmas trees because these items burn unevenly, may contain poisons or cause a home fire.
  - Screens prevent embers or sparks from flying out.
  - Children should be 3 feet away even when there is a screen or glass door. The glass door can get very hot and cause a contact burn.
  - Open flues before fireplaces are used.
  - Have a professional chimney sweep inspect chimneys every year - they should fix any cracks, blockages and leaks and clean out any build-up in the chimney that could start a fire.

- SLIDE 40**
- Keep candles at least three feet away from anything that can burn.
  - Place candles where they will not be knocked down or blown over.
  - Always use stable candle holders. If possible, use a hurricane glass to protect the open flame.
  - Do not allow children to keep or use candles or incense in their rooms.
  - Use battery-powered candles whenever possible, especially when you combine candles with greenery or other decorations.

- SLIDE 41**
- Store gasoline in very small quantities using an approved container that has child safety features. The safest place to store the container is in a detached garage or shed.
  - Keep containers of flammable liquids such as paint and cleaning solvents stored tightly in their original containers away from ignition sources such as furnaces and water heaters.

- SLIDE 42**
- Always follow manufacturer's instructions.
  - Alarms should be installed:
    - High on walls or ceilings
    - Inside and outside of all bedrooms and sleeping areas.
    - Away from the path of steam from bathrooms and cooking smoke.
    - Away from windows, doors, or ducts.

- SLIDE 43** *Demonstrate with the Kidde 10-year sealed smoke alarm – explain that this type of alarm does not need to have the batteries changed every year.*
- Make sure to put in a new battery if your alarm makes a “chirping” sound. This means the power is low.
  - If your smoke alarms are more than 10 years old, get new smoke alarms.

**SLIDE 44**

- 2 Types
  - Ionization – better at detecting flaming fires.
  - Photoelectric – better at detecting smoking fires.
- All types of alarms work – the most important thing is that every home has working smoke alarms. All should have a label saying they were tested by a testing laboratory (UL/ETL/CSA), and should be correctly installed and maintained.
- The 10-year smoke alarms do not need to have their batteries replaced, if they “chirp” they should be thrown out.

**SLIDE 45**

- Together with your family, create a home fire escape map that shows:
  - 2 ways out of each room
  - 2 ways out of the home
  - Where your family’s safe meeting spot outside of the home is.

**SLIDE 46**

- Make sure that the exits from your home are free from clutter and other objects that could prevent your family from a quick exit.
- Check that windows can be opened easily and are free from clutter.
- Keep your bedroom doors closed. If a fire occurs in the hallway, a closed door will help keep smoke out of the room.

**SLIDE 47**

- If there is a fire, you may have as little as 2 to 3 minutes to get your family to safety.
- Practice escaping with all family members and try using different, safe ways out. (Do not practice using an escape ladder, this can be unsafe.)
- Pick a safe meeting spot ahead of time so everyone knows where to find each other.
- Practice bending down or crawling on hands and knees to the nearest exit. In a fire smoke rises to the ceiling, the air is clearer and easier to breathe near the floor.
- Assign an adult to help young children.

**SLIDE 48**

- Before you open a door to escape a fire, touch the door handle and the cracks around the door. If you feel warmth, do not leave the room through that exit, the fire could be nearby.
- If you have a fire escape ladder, use it to escape out of a window if you can do so safely.
- If you cannot escape, go to the window, stay low to the floor and wave something so the fire department can see you.

**SLIDE 49**

- Make sure that you wait until you are out of the house before calling 9-1-1.
- Call from a cell, portable, or neighbors phone so that you are not using a phone inside of the house.
- Be prepared to tell the operator the street number and address of where you are.
- Stay at your safe meeting place until the fire department arrives.

**SLIDE 50**

- Only adults should use a fire extinguisher.
- Make sure everyone else is out of the home.
- Know how to use an extinguisher. If possible, get training from your local fire department or workplace that will let you practice putting out a fire.
- Keep the instructions so you can review them from time to time.
- Have someone call the fire department from outside.

**SLIDE 51**

- Set water heaters at 120° F. Anything higher puts small children at risk for scald injuries.
- Consider installing anti-scald devices on water faucets and shower heads that turn off the water if the temperature is too hot.

**SLIDE 52**

- When bathing small children, always test the water first to make sure it is not too hot.
- Stay near enough to children in and around the tub that you can touch them.
- Young children and older people have thin skin. They burn more quickly.
- Seat your child facing away from the faucet so he or she won't try to turn it on.

## Additional Activities

### 1. Breaking the Ice

**When:** Before the presentation.

Start a discussion by asking participants, “What has changed about preparing meals since you became a parent?”

Potential responses:

- We use more convenience foods.
- We have lots of macaroni and cheese.
- My husband (spouse) actually cooks.
- There is less time for cooking. We have more meals that can be prepared in 30 minutes or less.
- I have the carry-out numbers posted in the kitchen.

### 2. Audience participation

**When:** After each section.

You may want to spend a couple of minutes after each section to ask the audience questions as a way to review the safety messages. Feel free to use some or all of these or make up your own.

- Introduction to cooking safety  
*Has anyone been burned or scalded while cooking?*
- Fire/burn safety in the kitchen  
*What type of cooking do you usually do? Frying, baking, grilling, other?*
- Smoke alarms  
*Do you have a smoke alarm near your kitchen?*
- Keeping kids safe in the kitchen  
*What has changed in the kitchen since you were young? Is it more safe/less safe/the same?*
- Cooking outside  
*How often do you cook outside? What do you use to do so?*
- If a fire or burn happens  
*Have you experienced a cooking fire? Describe.*

#### Home fire safety

- Making your home safer  
*What of these tips have you already done? What do you plan to do after this lesson?*
- Smoke alarms  
*How many smoke alarms are in your home? Where are they located?*
- Preparing your family  
*What steps are you now going to take to prepare your family in case of a fire?*
- Scalds  
*Where do you bathe your baby/plan to bathe your baby?*

### 3. Story Starters

**When:** After the cooking safety lesson.

Present the following scenarios and ask participants what they would do if they were in this situation.

1. Scenario: Your baby isn't feeling well and wants to be held constantly. Your three year old wants his hot lunch now and is getting fussy.
  - Ask participants what they would do. Emphasize safe cooking practices while dealing with the needs of both children.
  
2. Scenario: Your in-laws are on their way, dinner is almost ready and you need to clean up the dishes, pick up toys in the living room, and put the steaks under the broiler that is preheating. As you are hurrying to gather up the dirty dishes you spill sauce on your blouse. Now you need to change clothes too.
  - Ask participants what they would do. Emphasize safe cooking practices while multitasking.
  
3. Scenario: You forget about the food you are cooking in the frying pan when the baby starts to cry. The smoke alarm goes off but there is no fire.
  - Ask participants what they would do. Emphasize what to do when the smoke alarm goes off during normal cooking.

### 4. Grab-bag activity

**When:** After the lesson

Materials: Collect items or photos: dish towel, wooden spoon, skillet, cookbook, child's toy, phone, etc.

- Put items in a shopping bag. Ask participants to take an item from the bag and recall a safe cooking practice that is related to it. For example if they choose the toy, "Children should not have their toys in the cooking area, maintain a 3 ft. safe zone around the range."

## REFERENCES

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