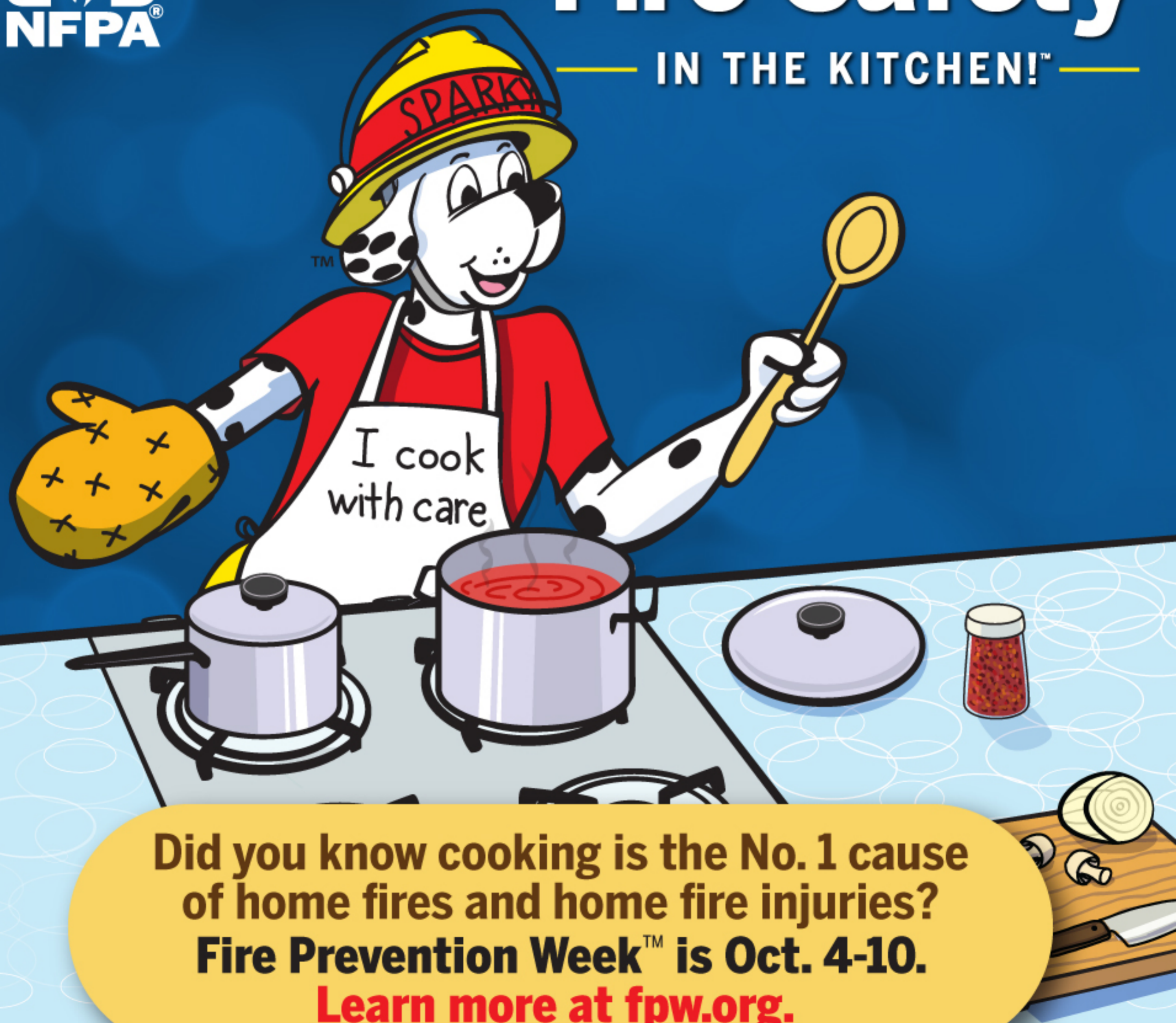




SERVE UP

Fire Safety

IN THE KITCHEN!™



Did you know cooking is the No. 1 cause of home fires and home fire injuries?
Fire Prevention Week™ is Oct. 4-10.
Learn more at fpw.org.

Fire Prevention Happens ALL YEAR LONG

Here are some seasonal topics that you can use to keep fire prevention top of mind all year round. Resources for all these topics can be found at [nfpa.org/public-education](https://www.nfpa.org/public-education).

SUMMER



ALL SUMMER

The leading causes of grill fires are failing to clean and having the grill too close to something that could catch fire. Share our gas grill video and grab the NFPA grill safety checklist to share with your community at [nfpa.org/grilling](https://www.nfpa.org/grilling).

JULY 4

Celebrate the 4th in style by hosting a birthday party for the USA with glow sticks, noise makers, and cake!

AUGUST

Ask your local schools to include the Cooking Family Checklist in their email communications at the start of the school year. [firepreventionweek.org](https://www.firepreventionweek.org)

FALL



OCTOBER 4-10

Fire Prevention Week™

Serve up fire safety in the kitchen!™ [firepreventionweek.org](https://www.firepreventionweek.org)

OCTOBER 31

Halloween. Sharing simple fire safety precautions like keeping decorations far away from open flames and using battery-operated candles or glow-sticks in jack-o-lanterns can help ensure Halloween remains fun and fire-safe. Visit [nfpa.org/halloween](https://www.nfpa.org/halloween).

NOVEMBER 26

Thanksgiving. This is the leading day for home fires involving cooking equipment. Use our tips and tools to help keep people safe at [nfpa.org/thanksgiving](https://www.nfpa.org/thanksgiving).

WINTER



DECEMBER 1-JANUARY 1

The holidays. As people deck the halls this holiday season, make sure they do so with fire safety in mind. Christmas tree fires can grow very quickly. A few simple tips and guidelines can go a long way toward a festive, fire-safe season. Find out more at [nfpa.org/holiday](https://www.nfpa.org/holiday).

FEBRUARY

Heating the home. Heating is the second leading cause of US home fires, deaths, and injuries. Space heaters are the type of equipment most often involved in home heating equipment fires. Find resources for your community on heating safety at [nfpa.org/heating](https://www.nfpa.org/heating).

SPRING



MARCH

Alarm check. Often called the invisible killer, carbon monoxide (CO) is an odorless, colorless gas created when fuels burn incompletely. CO alarms provide an early warning of deadly CO gas—remind people to test their alarms monthly. Learn more at [nfpa.org/co](https://www.nfpa.org/co).

MAY 1

Wildfire Community Preparedness Day. Commit a couple of hours, or the entire day, to work together and watch as your actions positively contribute to reducing your community's wildfire risk. Find out more about Wildfire Community Preparedness Day at [wildfireprepdays.org](https://www.wildfireprepdays.org).

— SERVE UP —
Fire Safety
— IN THE KITCHEN!™ —

How can we apply this year's theme to some of these seasonal topics? Share your ideas, suggestions, and success stories on social using [#firepreventionweek](https://twitter.com/firepreventionweek).



KIDS in the KITCHEN

DO YOU LIKE HELPING OUT IN THE KITCHEN and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own—and when it's time to **ask an adult for help**.

Getting Started: Before you get cooking, you need to get a grown-up's permission. If you plan to use a recipe, look it over with a grown-up first to decide what you can do on your own and what you need help with. And once you get started, never be afraid to ask for help. Even the best chefs rely on their assistants to help them out in the kitchen.

Helping out is Fun: From mixing up cake batter to cutting shapes out of cookie dough, helping out a grownup in the kitchen can be lots of fun. So if you're not old enough yet to cook on your own, not to worry; being the chef's helper is the most important job in the kitchen.

Cooking for All Ages: All kids are different—and a grown-up should always decide what is safe for you to do in the kitchen—but here are some guidelines that you can use.



Kids aged 3–5 can:

- Get ingredients out of the refrigerator
- Measure and mix ingredients together in a bowl
- Pour liquids into a bowl
- Wash fruits and vegetables off under cold water
- Use a cookie cutter to cut shapes out of cookie dough or sandwiches
- Lick the cake batter off of a spoon (yum!)



Kids aged 6–8 can:

- Open packages
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese
- Peel vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Set the table



Kids aged 9–12 can:

- Begin to follow a recipe
- Open cans
- Use electrical kitchen appliances, such as a microwave oven, when a grown-up is present
- Use a grater to shred cheese and vegetables
- Turn stove burners on and off and select oven temperature when a grown-up is present
- Help plan the meal
- Make a salad



Kids aged 14+ can:

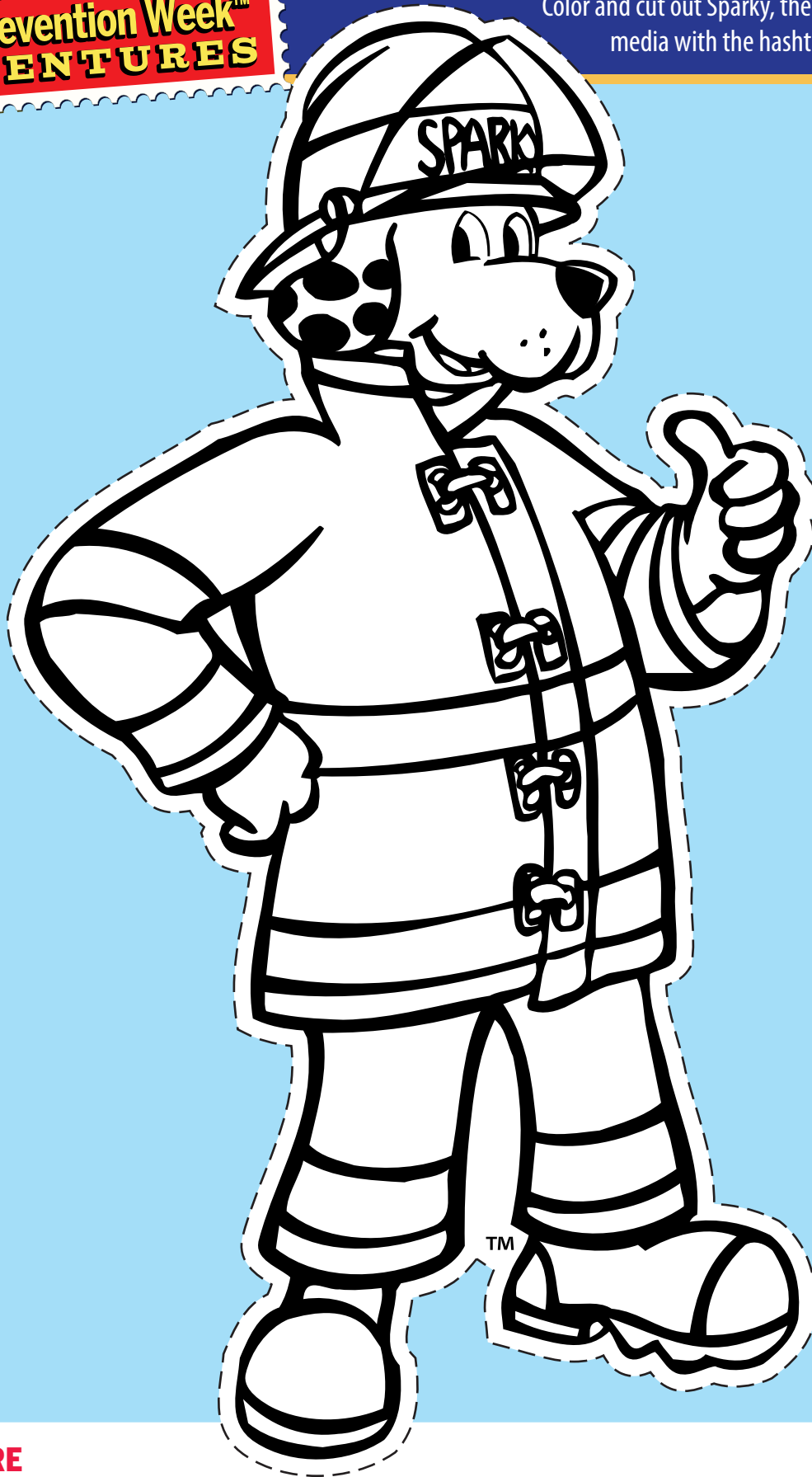
- Operate the stove or oven without an adult present
- Heat food up in the microwave without an adult present
- Drain cooked pasta into a colander
- Take a tray of food out of the oven

CHECK OUT **SPARKY.ORG** FOR MORE FUN!

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SPARKY'S
Fire Prevention Week™
ADVENTURES

Share what Sparky the Fire Dog is doing in your community during Fire Prevention Week and all your fire safety efforts! Color and cut out Sparky, then share his travels on social media with the hashtag #firepreventionweek.



**FIRE
PREVENTION
WEEK™**

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Cooking Safety

10-Minute Mini-Lesson



Topic: Cooking Fires

Lesson Objective: By the end of the mini-lesson participants will be able to identify at least 3 behaviors that will reduce the risk of cooking fires in the kitchen.

Step 1: Introduction (1–2 Minutes)

- Greet the participants and thank them for allowing me to speak for 10 minutes. Let them know I am happy to be there.
- Introduce myself and share my connection to the community.
- **HOOK:** “Can anyone guess the leading cause of home fires and home injuries?” Entertain a few responses before telling the answer: Cooking Fires
- Explain the purpose of my visit: “I would love to help reduce the number of cooking fires we have in our community. Today I am going to help you identify behaviors that will help you stay safe from fire in your own kitchen.”

Step 2: Body of the Presentation (7–8 minutes)

Share the following points: (Use props and/or visuals to increase engagement)

- Cooking fires are the number one cause of home fires and home injuries.
- Most cooking fires in the home involve the stovetop.
ASK: What do you think are some causes of stove top fires?
- The most common type of cooking fire is cooking left unattended.
- **STAY IN THE KITCHEN** when cooking. Be especially attentive if cooking with oil or at high temperatures.
- Keep anything that can catch fire such as oven mitts, food packaging, or towels away from your stovetop.
ASK: What are some other hazards to keep away from the stove top? Curtains, paper towels, paper plates, wooden utensils...
- If a pan of food does catch fire, carefully slide a lid over the pan and then turn off the burner. Be sure to let the pan cool before taking off the lid.
- When cooking, wear tight-fitting clothing or short sleeves so your clothes won’t catch on fire. Baggy clothes or dangling sleeves can easily brush over a hot burner and catch fire.
ASK: Can I have a volunteer stand up and show off an outfit that would be safe for cooking?
- If your clothing catches fire, **STOP** what you are doing immediately, **DROP** or lower yourself to the floor, and **ROLL** over and over to put out the flames. Do **NOT** run if your clothes are on fire. Running will make the flames bigger.
ASK: Who knows why Stop, Drop, and Roll works to put out flames? You smother the fire — reduce the oxygen flow.
- If you are burned, use cool water to cool the burn. Get medical help right away.

Step 3: Conclusion (1 minute)

- Let’s review! Ask participants to raise a hand to share one behavior that will reduce the risk of cooking fires. Solicit a variety of responses.
- Remind participants that simple steps will help increase safety.
- Share my contact information and encourage the congregation to contact me if they have questions or concerns about other fire issues.
- Thank everyone for allowing me to come in.

Educational Messages to Review:

8 Cooking

- 8.1 Stay Alert
- 8.2 Watch What You Heat!
- 8.3 Keeping Things That Can Catch Fire Away from Heat Sources
- 8.4 What to Do If You Have a Cooking Fire

7 If You Are on Fire

- 7.1.1 Stop, Drop, and Roll
- 7.1.4 Cool a Burn



FIRE PREVENTION WEEK™

NFPA® — The Official Sponsor of Fire Prevention Week Since 1922

Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "Serve Up Fire Safety in the Kitchen!™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.



SERVE UP Fire Safety IN THE KITCHEN!™

The Family's Cooking Safety Checklist

- YES NO Does a grown-up always pay attention to things that are cooking?
- YES NO Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?
- YES NO If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner?
- YES NO Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?
- YES NO Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?
- YES NO Are pot handles turned toward the back of the stove when a grown-up is cooking?
- YES NO Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?
- YES NO Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.
- YES NO Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom?
- YES NO Does your family have a home fire escape plan?
- YES NO Do you practice the plan?



**FIRE
PREVENTION
WEEK™**

For more tips, visit firepreventionweek.org and sparky.org
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Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

“COOK WITH CAUTION”

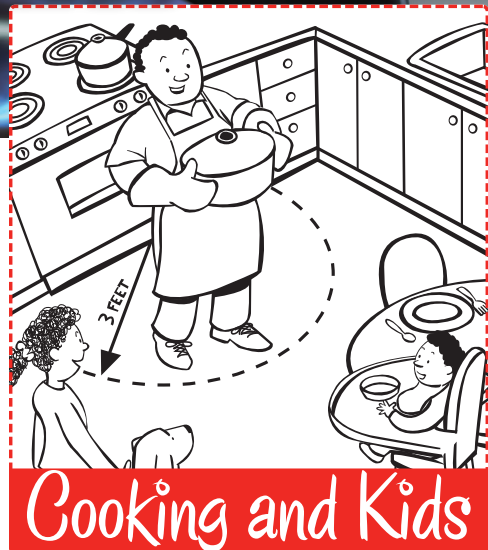
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The leading information and knowledge resource
on fire, electrical and related hazards

Smoke Alarms

Working smoke alarms save lives. However, people who are deaf or hard of hearing may not be able to depend on the traditional smoke alarm to alert them to a fire.



for People who are Deaf or Hard of Hearing

Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. For added safety, interconnect all the smoke alarms. If one sounds, they all sound. This gives people more time to escape.

SAFETY TIPS

- Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape. The shaker is activated by the sound of a smoke alarm.
- When people who are hard of hearing are asleep, an alert device that uses a loud, mixed, low-pitched sound can wake them. They may find a pillow or bed shaker helpful. These devices are triggered by the sound of the smoke alarm.
- Research the products and select the ones that best meet your needs.

WHERE TO FIND EQUIPMENT

Search home improvement store websites or use a general search engine to look for strobe light smoke alarms. BRK/First Alert, Gentex, and Kidde brands offer this type of smoke alarm. Find smoke alarm accessories such as pillow or bed shakers, transmitters, and receivers at lifetonesafety.com, safeawake.com and silentcall.com. Choose devices that have the label of a recognized testing laboratory.

FACT

Home fire sprinklers keep fires small. This gives people more time to escape in a fire.

AND DON'T FORGET...
Test all smoke alarms at least once a month using the test button.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.

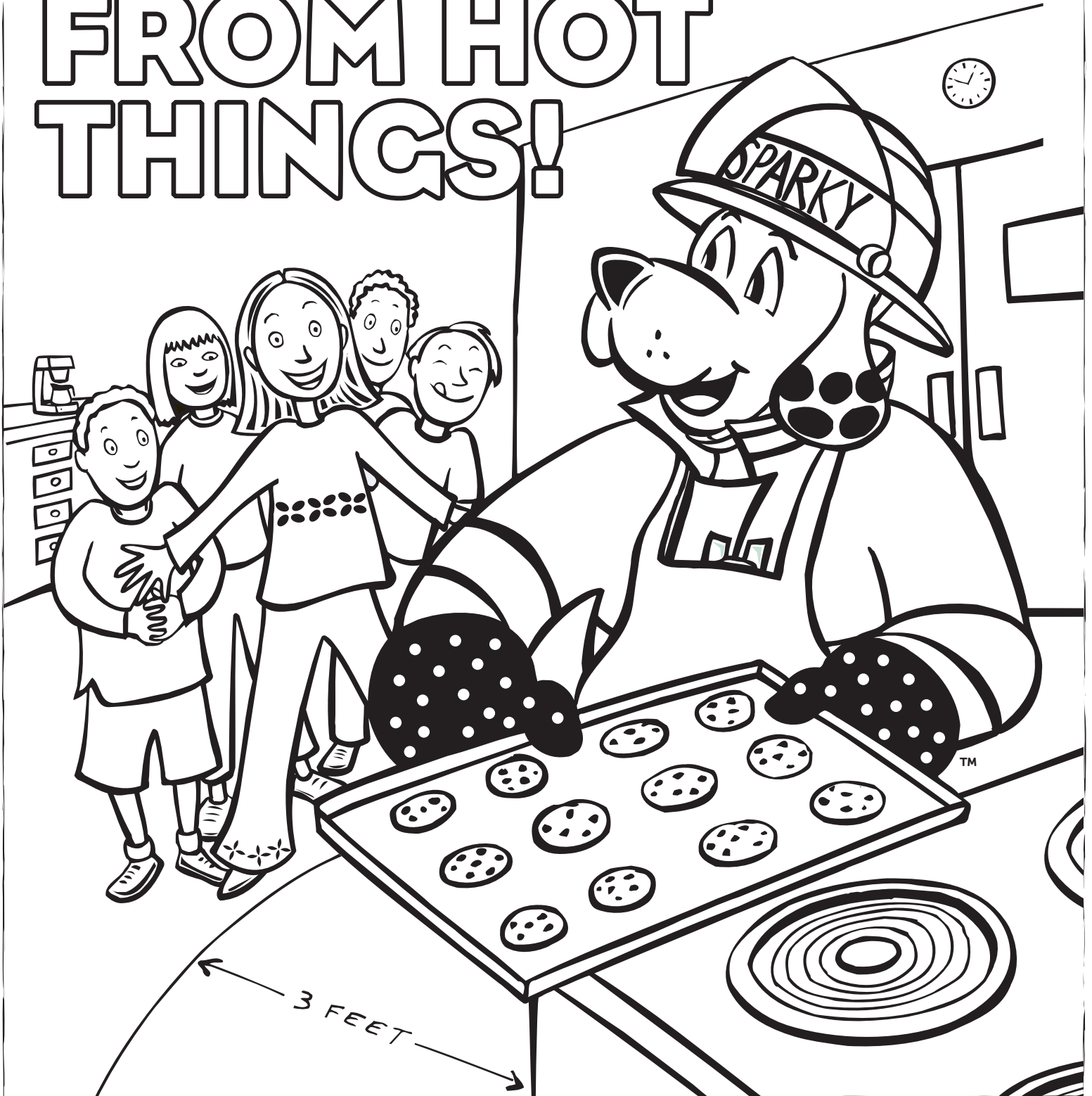


**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards

Name _____

Serve up
Fire Safety
in the
Kitchen™

STAY AWAY
FROM HOT
THINGS!



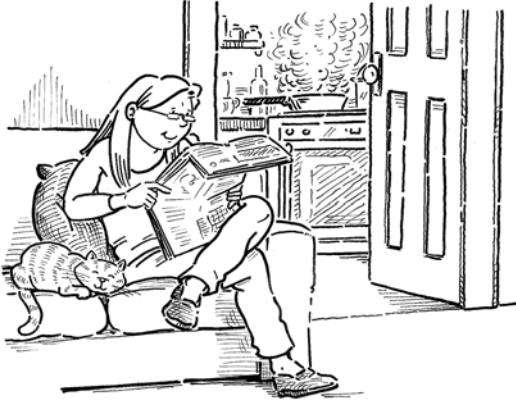
Kids

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Be Fire-Safe in the Kitchen

1. Stay in the kitchen when frying food or cooking with oil or grease.

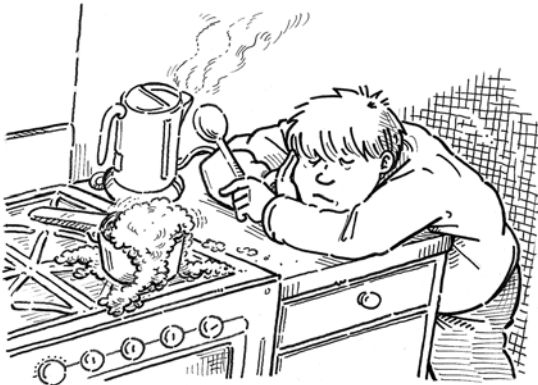


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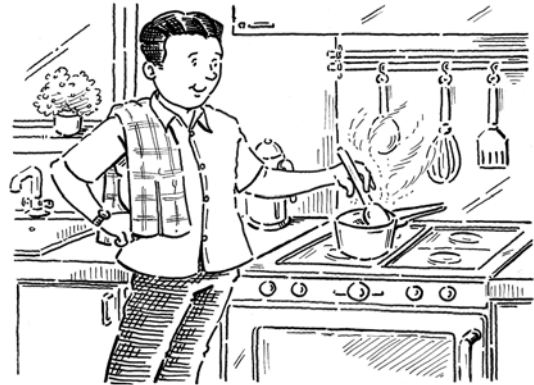


YES

2. Never cook when you are tired.



NO



YES

3. To put out a pan fire, slide a lid over the pan.
Turn off the stove and let the pan cool.



NO



YES

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

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



Be Fire-Safe in the Kitchen

4. If you have a fire and it does not go out, get out of the home and call the fire department.

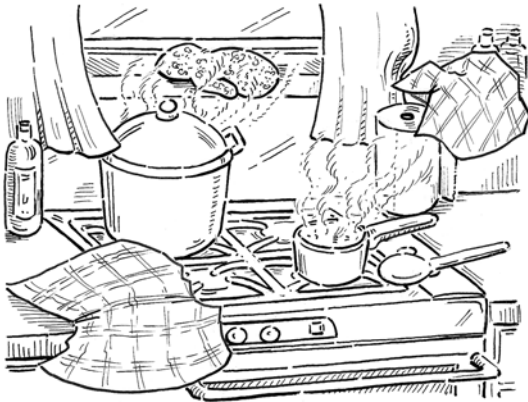


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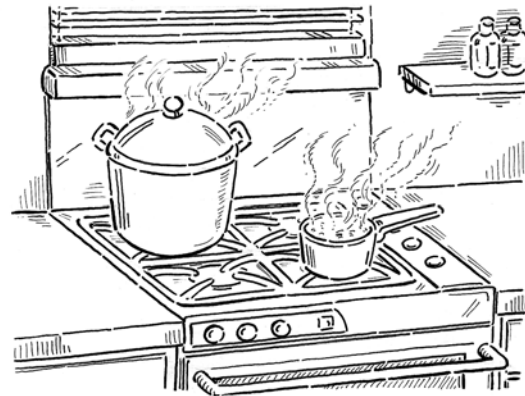


YES

5. Keep things that can burn away from the stove.

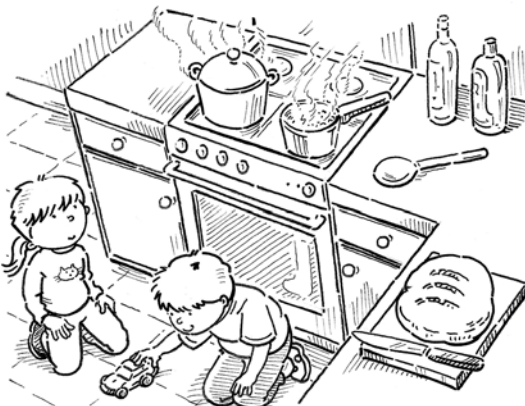


NO

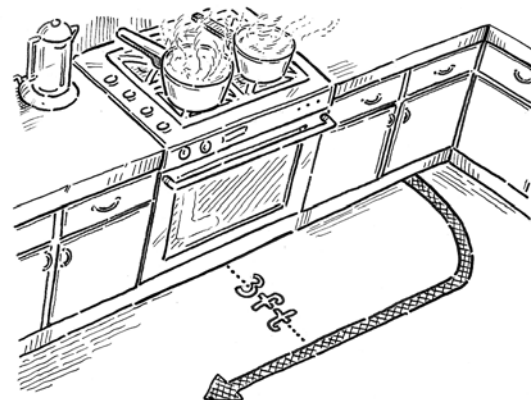


YES

6. Keep kids at least three feet from the stove.



NO



YES

Illustrations by L.S. Pierce © 2009

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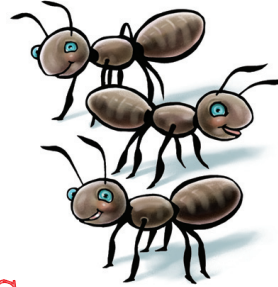
Name _____

Hot, Can Get Hot or Not Hot?

There are things inside and outside the home that are hot or can get hot. It is important to stay away from hot things. Don't touch them. If you are unsure if something is hot, stay away and check with a grown-up.

Directions: Look at the pictures below. Which pictures show something HOT? Which pictures show something that CAN GET HOT? Which pictures show something that is NOT HOT?

Write **HOT** or **CAN GET HOT** or **NOT HOT** under the correct pictures.



Key: a. hot, b. not hot, c. not hot, d. can get hot, e. can get hot, f. hot, g. not hot, h. can get hot, i. not hot, j. can get hot, k. hot, l. not hot

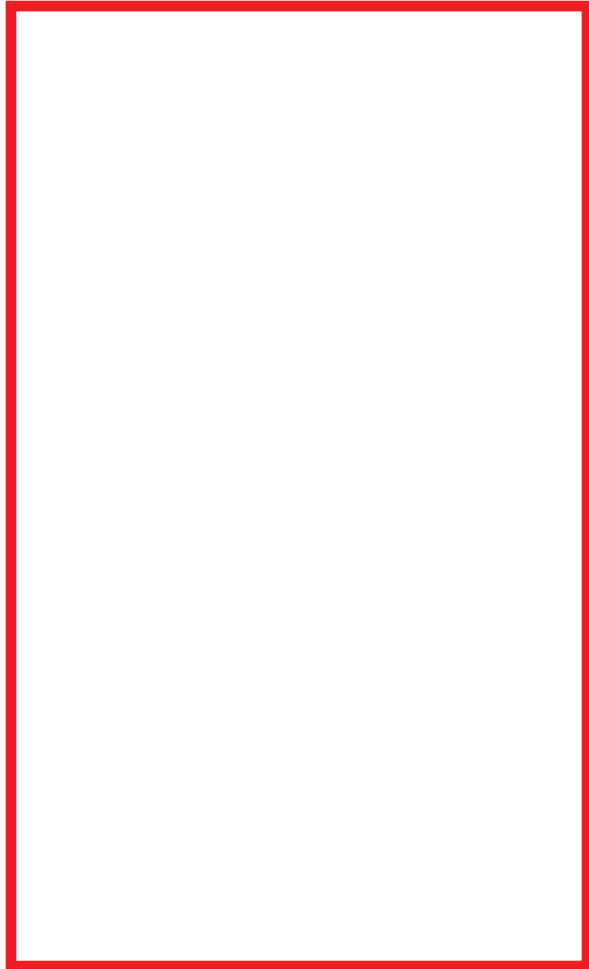
CHECK OUT **SPARKY.ORG** FOR MORE FUN!

SORTING

There are things in your home that are hot or can get hot. Stay away from hot things, they can hurt you.

Directions: Cut and sort the pictures in the correct column.

HOT



NOT HOT

