

## Your full attention, please

- ▶ Don't leave the kitchen while food is cooking on the range.
- ▶ Continuously check items baking in the oven.
- ▶ Don't cook if you're sleepy, if you've been drinking alcohol excessively, or if you've taken medication that makes you drowsy.



## Neat & clean

- ▶ Keep pot holders, food packaging, cookbooks, and other combustibles off your stove top.
- ▶ Wipe up spills and clean your oven. Built-up grease can catch fire.
- ▶ Keep curtains, dish towels, and anything that burns away from your stove.
- ▶ Turn pot handles in so you can't bump them.

## Dress for the occasion

- ▶ Loose clothing can catch fire: Wear tight-fitting clothes or roll up your sleeves.



## Nothing underfoot

- ▶ Declare a three-foot (1-metre) "kid-free zone" around your stove and keep children and pets away while you cook.

## Prevent burns

- ▶ Open microwaved food slowly. Let it cool before eating.
- ▶ Never use a wet oven mitt. A hot pan could turn that dampness into scalding steam.

