



Home fire safety fact sheet

Cooking Safety

Every year many house fires are caused by unsafe cooking practices and other distractions.

The SA Metropolitan Fire Service (MFS) strongly recommends that you equip your kitchen with a fire blanket and a fire extinguisher.

- A Dry Chemical Powder fire extinguisher with a minimum rating of 5B(E) is recommended.
- Locate the fire extinguisher and fire blanket near the entrance to your kitchen away from your stove and appliances.
- Familiarise yourself with the 'How to Use' instructions displayed on the extinguisher and on the fire blanket so that you know what to do and how to use them when a fire breaks out.

The following fire safety tips are recommended to ensure a safe cooking environment

- Never leave the kitchen when you are cooking.
 - Use extra caution when cooking with high heat and when cooking with fats or oils. Do not leave the stove unattended for even a short time.
 - Heat cooking oils slowly.
 - Low heat cooking must also be monitored regularly.
- **Never throw water onto an oil or fat fire.**
 - Use a fire blanket or a dry chemical powder fire extinguisher to smother the flames. **Note:** If you do not have a fire blanket or an extinguisher protect your hands and use a saucepan lid or a solid chopping board to smother the fire. Keep the saucepan lid on the benchtop for this purpose.
 - Then turn off the heat.
 - Call the fire service on triple zero (000).
 - Do not try to move the pan until it has cooled completely. **Caution:** the pan handle will be very hot and may burn if it is touched.

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- Never try to move a pan that has caught on fire. This may result in spillage, injury and the spreading of the fire.
- If a fire occurs in the oven, turn the oven off and leave the door closed to smother the fire. Call the fire service on triple zero (000).
- Remove all grease and oil from cooking surfaces regularly to reduce the chance of a fire starting.
- Clean the filters in the rangehood regularly to prevent them igniting and spreading the fire.
- Wear clothes with short or tight-fitting sleeves. Loose garments may catch fire.
- Turn saucepan handles inward so they cannot be knocked over and are out of the reach of children.
Note: Do not position saucepan handles over elements that are turned on.
- Do not put combustible materials such as tea towels and oven mitts on or near the cook top.
- Always call the fire service even if you have put the fire out. The fire could have spread to your range hood or into your ceiling through your exhaust fan. There is no cost for fire service attendance when you call 000.