

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

---

November 3, 2016



### **Contact:**

Diana L. Klink  
757.514.4104  
757.359.1845

Tim Kelley  
757.514.4103  
757.871.3039

### **COOKING FIRE SAFETY MESSAGE**

SUFFOLK, VA (November 3, 2016) Cooking fires are the number one cause of home fires and home injuries according to the National Fire Protection Association (NFPA).

“The leading cause of fires in the kitchen is unattended cooking”, advises Lieutenant Chuck Chapin of Suffolk Fire & Rescue’s Fire Prevention Bureau.

This is an especially timely message following several recent local incidents involving unattended cooking causing the displacement of families from their residences and as more people head to the kitchen with the holidays just around the corner. In fact, statistically across the nation, Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

#### **What You Should Know**

- 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, grilling, boiling or broiling food.

- Keep an eye on what you fry. If you see wisps of smoke or the oil smells, immediately turn off the burner and/or carefully remove the pan from the burner. Smoke is a danger sign that the oil is too hot. Heat the oil slowly to the temperature you need for frying or sautéing, and add food gently to the pot or pan so the oil doesn't splatter or cause burns.
- If you are simmering, baking or roasting food, check it regularly, remain in the kitchen 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.
- Wear appropriate clothing, and avoid the long, flowing sleeves and open, loose-fitting shirts that can easily come in contact with hot burners.
- Turn pot handles inward on the hot stove so as to avoid bumping into them accidentally and spilling their contents.
- A functional fire extinguisher in your home is of the utmost importance. It is the ideal tool to put out a fire. Be aware of the operating instructions in advance.

### **If You Have a Cooking Fire**

- Get out! When you leave, close the door behind you to help contain the fire.
- Call **9-1-1** after you leave. No matter the reason, never go back into the house until it has been declared safe by Suffolk Fire & Rescue.
- Do not spend a significant amount of time attempting to put it out, and be sure others are getting out and you have a clear way out.
- Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

For more information on home fire safety, or to request assistance with checking smoke detectors and batteries, please contact the Suffolk Fire & Rescue Department at 757-514-4550.

###