



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.
- 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 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 utensil lid or a solid bread board to smother the fire. Keep the utensil 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.



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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 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 to reduce the chance of a fire starting.
- Wear clothes with short or tight-fitting sleeves. Loose garments can easily catch fire.
- Turn cooking utensil handles inward so they can not be knocked over and are out of the reach of children. **Note:** Do not place 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.

