

# Only **YOU** Can Prevent **Cooking Fires**



**Cooking left unattended**

is a leading cause of home fires in Ontario.

Install **smoke** and **carbon monoxide** alarms on every storey of your home.

**Test them every month.**



## *How do I keep myself and my loved ones safe?*

- To prevent cooking fires, you must **be alert**. You will not be alert if you are sleepy, have consumed alcohol, drugs or medicine that makes you drowsy.
- **Always stay in the kitchen while cooking.** If you must leave, turn off the stove.
- Keep anything that burns—*oven mitts, cooking utensils, dish cloths, paper towels and pot holders*—a **safe distance from the stove**.



- Keep a **proper-fitting pot lid** near the stove when cooking. If a pot catches fire slide the lid over the pot and turn off the stove. Do not move the pot until it has cooled completely.

- Loose-fitting clothes can come into contact with stove burners and catch fire. **Wear short sleeves, tight sleeves** or **roll them up** when cooking.



For more information contact your **local fire department**.



Office of the Fire Marshal and  
Emergency Management  
[ontario.ca/firemarshal](http://ontario.ca/firemarshal)