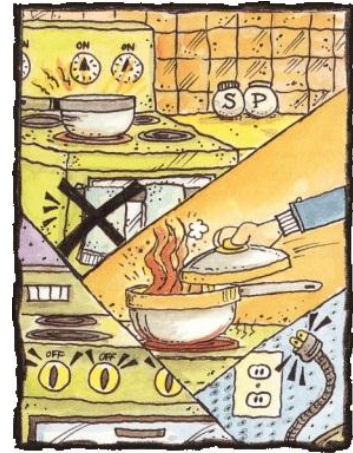


Cooking Tips

Most kitchen fires are preventable. To reduce the chance of a kitchen fire, follow the tips listed below when you are cooking or working near the stove or microwave:



- Adjust burner flames to cover only the bottom of a pan.
- Never leave food cooking on the stove unattended. Remove the pot from the burner and turn off the stove, even if you have to leave only for a minute.
- Have a one-metre child-free zone around the stove.
- Turn pot handles inward so pots can't be knocked off the stove or pulled down by small children.
- Avoid overcrowding on range tops.
- Keep a large lid close to the stove so you can smother fires in a pot.
- Keep your stove top and oven clean from grease and other food residues that can catch fire.
- Don't wear long sleeves or loose clothing when cooking as the cloth may brush across a burner and catch fire.
- Keep cooking area free of combustible material like oven mitts and towels.
- Do not place tinfoil or put utensils like metal knives or forks into the microwave.
- If a pan of food catches fire, smother the fire by sliding the lid over the pot. DO NOT use water on a grease fire or an electrical fire.

If there's a lot of smoke, or if the fire doesn't go out, remember the rule... get out and stay out!