



Cooking is the single largest cause of fires in the home. A fire in your kitchen can cause extensive damage to your home, but more importantly, can cause serious injuries and burns. Here's some information to help you stay safe:

Pay attention

- Always supervise children, keep them away from the stove top, oven and any hot or steamy surfaces or liquids
- Keep pot handles turned so children can't reach them
- Keep your cooking area clean and free from grease, dust and oil - This includes your stove top, griller, oven and range hood
- Never leave cooking unattended - if you must leave the kitchen, turn cooking appliances such as the stove, griller and microwave off
- Make sure kitchen appliances are clean and in good working order
- Tea towels and paper towels catch fire easily and must be kept away from cooking and heat sources
- Don't cook wearing clothes with loose fitting sleeves as they can catch alight if dangling over a flame
- Never use water to put out fat or oil fires - You risk serious burns and can spread the fire rapidly
- Never carry pans of hot or burning oil, this is dangerous, you could get seriously burnt and spread fire.

Fire extinguishers and fire blankets

You should always have a fire extinguisher and fire blanket within easy reach but away from your immediate cooking area.

Victorian Fire Services recommend that you only use a fire extinguisher or fire blanket if you know what to do and feel capable of using the equipment safely.

If a kitchen fire occurs and you don't feel confident to put it out safely, switch off the appliance (if it is safe to do so) and leave the premises immediately. Only when you are safely out of the building, call Triple Zero (000).

If able to, turn off gas and electricity at the external meter.

