

# 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)