

# NSW FIRE BRIGADES



## KITCHEN FIRE SAFETY - CHECKLIST

Fact Sheet 33 – Community Risk Management. 7/07/2005

### FACT

45% of house fires start in the kitchen. During 2004/5 the NSW Fire Brigades attended 1,955 kitchen fires, 988 of these were caused by cooking being left unattended.

NSWFB Statistics correct as of 30/6/2005

### IS YOUR KITCHEN FIRE SAFE?

For maximum fire safety in the kitchen we recommend the following:

- Unattended cooking can cause fires, if you must leave the kitchen whilst cooking turn off the hotplate.
- Wear clothing with close fitting sleeves when cooking.
- Keep children away from hotplates and ovens whilst cooking, consider installing a stove guard
- Tea towels, oven mitts and other flammable items should be kept well away from stoves or cooktops.
- Use cooking oil carefully, heat it slowly and use the right size saucepan and keep the heat low enough to avoid fat splatters.
- Turn pot and pan handles inwards so they won't be knocked over.
- Clean your stove grill after each use and clean range hood filters and all kitchen cooking appliances regularly.
- Water does not put out fat fires – never throw water on burning oil. Water put on this type of fire can cause the fire to spread more rapidly and also produce horrific burn injuries.
- Install a fire extinguisher and fire blanket in the kitchen and familiarise yourself with their operation. They should be located at least 1 metre away from the stove and between the stove and the nearest exit.
- Consider installing non slip matting around the stove and sink area.
- If cooking oil catches fire, turn off the hotplate and slide the lid over the pan or use a fire blanket to smother the fire. Don't carry pans of hot or burning oil through the house as this may spread the fire and cause severe injuries. Allow the oil to cool before removing the lid as the oil may re-ignite.
- If a kitchen fire occurs and due to advanced age or other reasons you don't feel confident to attempt to put it out, switch off the appliance, leave and call the Fire Brigade on triple zero (000) from a safe phone.
- Ensure that cooking appliances are turned off after use.

**A collaboration of the NSW Fire Brigades, NSW Rural Fire Service,  
ACT Fire Brigade and ACT Rural Fire Service**

FOR MORE INFORMATION CONTACT YOUR LOCAL FIRE STATION OR FIRE CONTROL CENTRE

or visit: [www.fire.nsw.gov.au](http://www.fire.nsw.gov.au) [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or [www.esa.act.gov.au](http://www.esa.act.gov.au)

### OTHER SAFETY TIPS

- Ensure that all electrical appliances are in good working order.
- Special smoke alarms for kitchen areas are available, consider installing one but be aware of potential false alarms due to fumes from cooking

**IN AN EMERGENCY CALL 000**