The risk of fire-related injury/death increases with age.

COOKING HAZARDS are the #1 cause of home fires.

OLDER ADULTS account for more than 30% of fire-related deaths annually.

Kitchen Safety Practices

STAY IN the kitchen at all times when you're cooking.

UNPLUG countertop appliances when not in use.

KEEP flammable items away from the stovetop and other hot surfaces.

NEVER USE an oven for heating your home.

Four Kitchen Safety Tips to Live By

1. NEVER COOK if you are sleepy, have been drinking alcohol or have taken medications that make you drowsy.

2. USE A TIMER to remind you to check on food that is simmering or in the oven.

3. DOUBLE CHECK that oven burners and appliances are off when you are done.

4. USE GROUND FAULT CIRCUIT INTERRUPTER (GFCI)-protected outlets for countertop appliances. Found mostly in areas where electrical products might come in contact with water, GFCIs protect against shock and electrocution.

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