

# Cook with Caution!

Did you know cooking fires are the number one cause of home fires and home injuries?

**Cooking Equipment is the leading cause of home structure fires and associated civilian injuries and the third leading cause of home fire deaths.**

**Cooking equipment was involved in:**

- ◇ Two of every five (42%) reported home fires,
  - ◇ One of every seven (15%) home fire deaths,
  - ◇ Two of every five (37%) of reported home fire injuries, and
  - ◇ Eleven percent of the direct property damage resulting from home fires.
- Unattended cooking was the leading contributing factor in these fires.
  - Clothing was the item first ignited in less than 1% of these fires, but these incidents accounted for 14% of the cooking fire deaths.
  - Ranges accounted for the largest share (58%) of home cooking fire incidents. Ovens accounted for 16%.
  - Three of every five (58%) reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.
  - Households that use electric ranges have higher risk of fires and losses than those using gas ranges.
  - 83% of frying fires begin in the first 15 minutes of cooking.

a working smoke alarm doubles your chances of surviving a fire



**Most burns associated with cooking equipment and cookware were not caused by fire or flame.**

In 2009, ranges or ovens were involved in an estimated 17,300 thermal burn injuries seen in U.S. hospital emergency rooms. 90% resulted from contact with the hot equipment or some other non-fire source. *Children under five face a higher risk of non-fire burns associated with cooking than of being burned in a cooking fire.*

*By following a few safety tips you can prevent cooking fires:*

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.



**Foster City Fire Department Office of Fire Prevention**

1040 E. Hillsdale Blvd. ~ Foster City, CA 94404 ~ 650.286.3350 ~ [fire@fostercity.org](mailto:fire@fostercity.org)