

Fire Safety Tips

A large, stylized graphic of flames in shades of red, orange, and yellow, positioned on the left side of the page. The flames are composed of overlapping, teardrop-like shapes that create a sense of movement and heat.

Cooking Safety

Cooking fires are the number one cause of fire and home injuries. By following a few safety tips you can prevent these accidents.

Cook with Caution

The leading cause of fires in the kitchen is unattended cooking. Most cooking fires in the home involve the kitchen stove.

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

Grease Fires

If you have a small grease fire and decide to fight the fire...

- On the stovetop: smother the flames by sliding a lid over the pan and turn off the burner, leave the pan covered until it has completely cooled.
- For an oven fire: turn off the heat and keep the door closed.
- When using a fire extinguisher always follow the "PASS" method. **P**ull the pin - **A**im at the base of the fire - **S**queeze the handle - use a **S**weep motion.

For more fire safety information, visit usf.edu/ehs or contact USF Environmental Health and Safety at 974-4036.