

SAFE COOKING TIPS

COOKING IS THE LEADING CAUSE OF HOME FIRES AND HOME FIRE INJURIES— ESPECIALLY AMONG OLDER PEOPLE—BUT YOU CAN KEEP THOSE HOME FIRES FROM BURNING. TO HELP YOU PROTECT YOUR HOME AND ELDERLY LOVED ONES, HERE ARE SIX HINTS FROM THE EXPERTS AT THE ELECTRICAL SAFETY FOUNDATION INTERNATIONAL. FIRST, DON'T LEAVE THE STOVE ALONE. IF YOU HAVE TO LEAVE, EVEN FOR A SHORT TIME, TURN IT OFF. NEXT, WEAR SHORT, CLOSE-FITTING OR TIGHTLY ROLLED SLEEVES WHEN COOKING. LOOSE CLOTHING CAN CATCH FIRE ON GAS OR ELECTRIC STOVE ELEMENTS. KEEP THE STOVETOP AND OVEN CLEAN AND FREE OF GREASE AND OIL. KEEP ALL FLAMMABLE MATERIAL AWAY FROM HEATING ELEMENTS. NEVER USE THE STOVE OR OVEN TO HEAT THE ROOM. AND REMEMBER, SMOKE ALARMS SAVE LIVES. THEIR EARLY WARNING GIVES YOU A CHANCE TO MAKE A SAFE ESCAPE. PLACE ALARMS INSIDE EACH BEDROOM, OUTSIDE EACH SLEEPING AREA AND ON EVERY LEVEL OF YOUR HOME. TEST THEM MONTHLY, CHANGE THE BATTERIES AT LEAST YEARLY AND REPLACE THE UNIT EVERY TEN YEARS. FOR MORE SAFETY TIPS, GO TO E-F-S-I--DOT--ORG.