

Fire Safety: Indoor and Outdoor Kitchen and Cooking Safety

By Brenda Marty-Jimenez, MHM, RDN, LDN, FAND, Katherine Marin, M.Ed., MHFA

Available in English & Spanish

Resource Sheet
Publication date:
October 2021

Scan the
code and
subscribe
to our
newsletter!



Home kitchen fires can quickly happen. According to data from the National Institute of Statistics (INE), of the accidents that occur at home, 15 percent originate in the kitchen. By paying extra attention when cooking, you can prevent a kitchen fire. Fire preparedness is vital in the kitchen, at home, and in your community. The following tips will help prevent a fire when frying, grilling, or broiling food while cooking in indoor or outdoor settings.



If you are frying, grilling, or broiling food, stay in the kitchen.



Turn off the stove if you must leave the kitchen, even if only for a short time.



Monitor small children around kitchen stoves and outdoor cooking equipment. Small children must be supervised.



Keep matches and lighters out of the sight and reach of children.

ALWAYS HAVE A FIRE EXTINGUISHER ON HAND



Check the food being cooked regularly and use a timer to remind you that there is something cooking.



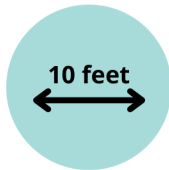
Keep flammable objects such as dishcloths, potholders, oven mitts, wooden utensils, paper towels, napkins, mail & paper, or plastic bags away from burners and the stovetop.



Wear short sleeve shirts and/or close-fitting clothing that won't extend over or touch burners while cooking.



Always use grills and outdoor fryers in a ventilated area, according to the manufacturer's directions.



Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging tree or shrub branches.



Turkey fryers can pose significant fire hazards. Review and follow the manufacturer's directions and exercise caution when using a turkey fryer.

Dial 911 for Emergencies

Miami-Dade Fire Rescue Department
R. David Paulison Fire Rescue Headquarters
9300 NW 41st Street
Miami, Florida 33178
Non-Emergencies (786) 331-5000

Broward Fire Rescue Department
Broward's Sheriff's Office
2601 West Broward Boulevard
Fort Lauderdale, FL 33312
Non-Emergencies (954) 764-HELP (4357)

Sources:

1. FEMA USA at www.usfa.fema.gov
2. Consumer Safety Product Commission at www.cpsc.gov/safety-education/safety-guides/home-fire/recipe-safer-cooking
3. University of Florida's/ IFAS Electronic Data Information System at sfyl.ifas.ufl.edu/archive/hot_topics/families_and_consumers/winter_fire_safety.shtml
4. National Park Service at www.nps.gov/articles/p52-deep-fried-turkey-fire-safety.htm

An Equal Opportunity Institution. UF/IFAS Cooperative Extension, University of Florida, Institute of Food and Agricultural Sciences. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.