

# FIRE PREVENTION WEEK

OCTOBER 10-13TH

<https://www.nfpa.org/fpw>

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some valuable  
resources



# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## “Cook with Caution”

- 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, boiling, 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, or roasting 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.
- if you have a small (grease) cooking fire and decide to fight the fire...**
- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
  - For an oven fire, turn off the heat and keep the door closed.
- if you have any doubt about fighting a small fire...**
- Just get out! When you leave, close the door behind you to help contain the fire.
  - Call 9-1-1 or the local emergency number from outside the home.



Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

## FACTS

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



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The leading information and knowledge  
resource on fire, electrical and related hazards





# Microwave Even Oven Safety

With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

## SAFETY TIPS

**KKK** PURCHASE a microwave oven that is listed by a qualified testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.

**KKK** PLUG the microwave oven directly into the wall outlet — never use an extension cord.

**KKK** MAKE sure the microwave oven is at a safe height, within easy reach of all users.

**KKK** OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.

**KKK** FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.

**KKK** NEVER heat a baby bottle in the microwave.

Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm — not hot or boiling — water, or by running it under the tap.



## MICROWAVE USE

Always supervise children when they are using a microwave oven.

Use only microwave-safe food containers or dishes. Never use aluminum foil or metal in a microwave oven.

If you have a fire in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

## FACT

Scald burns are the leading cause of injury from microwave ovens.



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



# Learn the Sounds of Fire Safety™



Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

## What is your alarm telling you?

### SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

### CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

#### Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

## Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



## Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!



**FIRE  
PREVENTION  
WEEK™**

For fire safety tips, visit [firepreventionweek.org](https://firepreventionweek.org) and [sparky.org](https://sparky.org)

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# Smoke Alarms at Home

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

## SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



## FACTS

- A closed door may slow the spread of smoke, heat, and fire.
- ! ○ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.

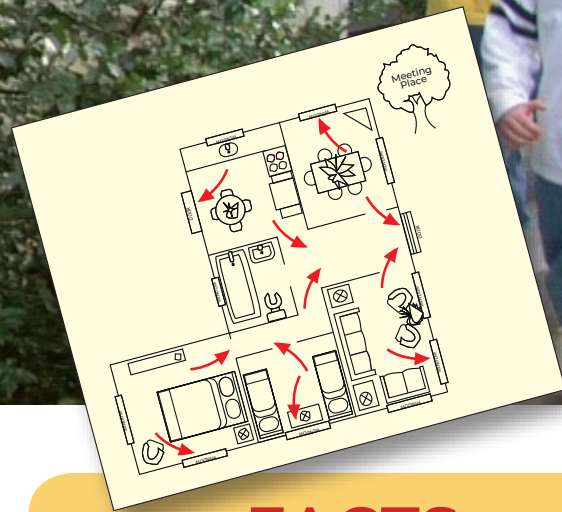


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# Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



## SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

## IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- » If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- » CALL the fire department from outside your home.

## FACTS

- A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



**Your Source for SAFETY Information**

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# Resources for Educators and Families:

I Spy Cooking Safety Video

<https://sparky.org/videos?playlistVideoid=6206488838001>

Hot, Not Hot, Sometimes Hot video

<https://sparky.org/videos?playlistVideoid=6237281189001>

Walk Away, Stay and Play

<https://sparky.org/videos?playlistVideoid=6237281914001>

Sparky the Fire Dog book read by Fire Pal Chris

<https://youtube.com/watch?v=9XRhFY8ODdA&feature=shared>

Kitchen Fire Safety

<https://youtube.com/watch?v=gGtL2jfPbMg&feature=shared>

Safe Cooking (\*Warning: quick scene of a burn from cooking) 3rd & up

<https://youtu.be/ht2edh4Bd9U>

Lesson Plan & Printable: Stay Away from Hot Things (PreK-2nd)

<https://sparkyschoolhouse.org/resource/lesson-plan-printable-stay-away-from-hot-things/>

Lesson Plan & Printable: Kid-Free Zones at Home (2nd-4th)

<https://sparkyschoolhouse.org/resource/lesson-plan-kid-free-zones-at-home/>

Video, Lesson Plan, and Handouts (Grade 5)

<https://sparkyschoolhouse.org/resource/the-great-chicago-fire-lesson-plan-and-handouts/>

Hot, Not Hot Sorting Activity

<https://sparkyschoolhouse.org/resource/hot-or-not-sorting-activity/>

Printable: Hot, Can Get Hot, or Not Hot? Grades 1-3

<https://sparkyschoolhouse.org/resource/printable-hot-can-get-hot-or-not-hot/>

Cooking Safety Mindful Coloring Page <https://sparkyschoolhouse.org/resource/mindful-coloring-page-cooking-safety-english-and-spanish/>

**W E S T F I E L D**  
**WOLVERINES**