



St. Joseph School, Sliema

Health & Safety Department

Keeping safe in the kitchen-Ten useful tips

Steps everyone can follow to avoid a cooking fire:

- 1. Never leave cooking food unattended.*
- 2. Check your food regularly while cooking and remain in the home while cooking.*
- 3. Use a timer so you'll remember that the stove or oven is on.*
- 4. Do not wear loose clothing or dangling sleeves while cooking.*
- 5. Keep the children away from the cooking area.*
- 6. Keep anything that can catch fire away from the stove, oven or any other appliance in the kitchen that generates heat.*
- 7. Clean cooking surfaces on a regular basis to prevent grease build-up.*
- 8. Consider buying a fire extinguisher to keep in the kitchen.*
- 9. Always check the kitchen before going to bed or leaving the home to make sure all appliances are turned off.*
- 10. Install a smoke alarm near the kitchen; use the test button to check it each month.*

**Source: American Red Cross/Times of Malta*