



NEWS RELEASE

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(National Fire Prevention Week to Focus on Cooking Fires; TVF&R's Recipe for Safety)

National Fire Prevention Week is October 4-11th and this year Oregon is focusing on cooking fires.

TVF&R is well aware of the devastation caused by cooking fires. For the past several years, one-third (1/3) of the fires TVF&R responded to, began in the kitchen.

TVF&R suggests the following preventive measures to avoid a kitchen fire:

- Keep your cooking area clean (*exhaust fan, oven, and stovetop*).
- Keep flammable items like dishtowels, potholders, and paper products away from the stovetop.
- Keep a close eye on what you're cooking – never leave cooking unattended, especially when heating oils.
- Always supervise and heat cooking oil slowly due its extreme flammability. **Never throw water on a grease or cooking oil fire, or attempt to move a burning pan of oil. These methods increase the spread of fire and your risk of being burned.**

To extinguish a small pan fire - 'Put a Lid on It'

If the fire has not spread outside the pan, the following actions can extinguish a fire.

- Slowly slide a lid or cookie sheet over the burning pan from the side. This will rob the fire of oxygen and smother the fire.
- Turn the burner off to remove the heat source.

If the fire is spreading outside the pan, exit your home and call 9-1-1.

Every home should also have a fire extinguisher located near the kitchen area. For more safety tips, visit:

<http://www.tvfr.com/safetytips/fire/prevent/kitchen.aspx>.

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