

# Cooking Safety

Personal Protection, when cooking in your suites, keep these safety tips in mind!

- Keep clothing and hair away from open flames and heating Appliances. Avoid wearing long or loose-fitting clothing and tie long hair back.
- Use oven mitts or hot pads when handling heated items
- Keep pot handles turned toward the center of the stove to avoid accidentally knocking the pot off the stove.
- Keep pot lids handy in case you have to smother a fire.
- Know where the fire extinguisher is (under the sink-neatly labeled)

## General Safety, watch what you heat! – Don't get caught up Tweeting, Snapping, FB-ing!

- Use caution with electrical appliances. Plug them directly into a wall outlet. DO NOT use extension cords or multi-plug adapters.
- Replace appliances with frayed or cracked cords or exposed wires
- Keep stoves, ovens, microwaves, and other appliances clean and ready for use. (A dirty stove will, for sure, cause a fire alarm and visit from us!) Wipe up any spills when they happen.
- Turn on the vent fan while cooking. If it's not working correctly, submit a work order.
- Keep hot surfaces and the area around free from things that can melt or catch fire.
- Always read the directions provided on the label

- Don't just crank up the heat – most cookware you use is thin and heats up fast causing food to burn.

## Dealing with fires, Pan / Oven / Microwave fires

- Always keep a potholder or oven mitt and the pot lid handy. If a small grease fire starts, put on the mitt, and carefully slide the lid over the pan. Placing the lid from front to back will limit exposure and should smother the flame. As long as the lid stays on, oxygen is cut off causing the fire to die out. **TURN OFF** the stove.
- Leave the hot pot/ pan on the stove. **DO NOT** attempt to move it to the sink. By moving or carrying the hot pan, you could easily get burnt or spread the fire.
- **NEVER** put water on a grease fire. Remember the saying “oil and water don't mix”!
- Turn off the appliance and leave the door closed to prevent yourself from getting burned

\*\*\*Any fire that occurs in your suite needs to be reported to Public Safety and Residence Life.