

FIRE SAFETY

**COOKING OIL
& GREASE**

FIRE

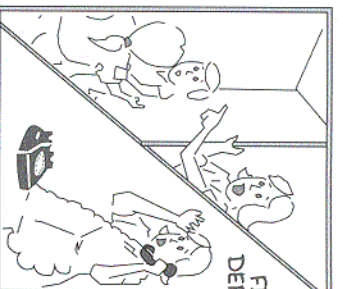
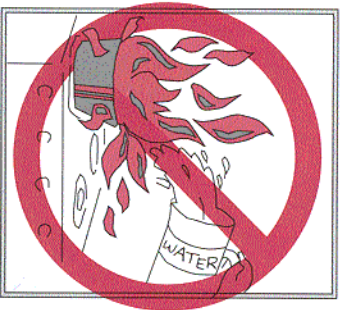
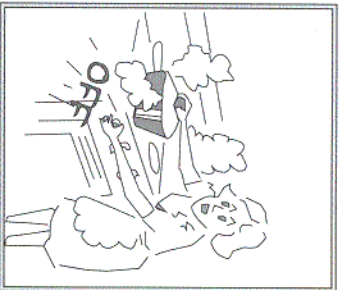
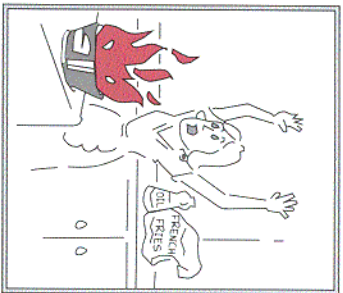


“Put A Lid On It!”

Alberta

MUNICIPAL AFFAIRS

Fire Commissioner's Office



“It’s time we learned how to prevent the major cause of home fires in Alberta.”

Most destructive home fires start in the kitchen. These fires are usually the result of overheated cooking oil in deep-fat fryers, pots or pans heated directly on kitchen stoves.

How could this happen? A pot of cooking oil is heating on a stove set on high heat. The oil overheats, begins to smoke and then the hot oil vapours burst into flames. All this happens in only a few minutes! Many people are killed or seriously injured as a result of cooking oil fires.

SAFETY FIRST!

Tips For Deep-Fat Frying

1. Use the Proper Utensils:

- A temperature-controlled, electric deep-fat fryer is the best utensil for frying. When properly set, a thermostat will maintain the correct frying temperature, and prevent the oil from reaching the dangerous vapour stage. If you use a pot...
 - Use a deep, heavy metal pot with straight sides and a flat bottom.
 - Never fill the pot more than half full with oil.
 - Use a frying thermometer (available at most department stores) to maintain the oil temperature.
 - Maintain the correct frying temperature by adjusting the heat of the element/burner.
- #### 2. Use The Proper Procedures:
- While deep-frying, never cover the pot with a lid. Vapours can collect under the lid and ignite.
 - If you use a deep pot, select the burner/element that will most closely fit the size of the pot. Do not put a small pot on a larger burner/element.

- Use long-handled tongs, a wire basket or slotted spoon to immerse food gently into hot oil.
- Never overload the fryer. Hot oil that splashes can ignite on a hot stove.
- Wet food must be patted dry before being placed in hot oil. Excess moisture causes the oil to bubble violently.
- NEVER LEAVE FRYING FOOD UNATTENDED. If you must leave the kitchen, turn off the heat and remove the pot.
- Whenever possible use fresh oil. Re-used oil has a tendency to foam, smoke and catch fire at a lower temperature than fresh oil.
- Never attempt to fry food if you are not mentally alert - from sleepiness or from the influence of alcohol or medication.

Tips On Pan Frying

1. Use the Proper Utensils:

- It is best to use a thermostatically controlled electric skillet and follow the manufacturer's directions.

2. Use The Proper Procedures:

- With any pan use only a small quantity of oil - just enough to coat the bottom - or no more than 13 mm (1/2 inch) depending on the frying method.
- When using pans or “woks” for stir frying, pre-heat the pan before adding the oil. The pan is ready if a teaspoon of water skitters across its surface.
- If a gas stove is used, regulate the flame to prevent flare-up around the sides of the pan.

Tips For Oven Cooking

1. Use the Proper Settings:

- Do not exceed a temperature setting of 200°C (400°F).

2. Use The Proper Procedure:

- Adjust the rack so that broiling meat is 50-80 mm (2-3 inches) from the heat source. Allow fat to drip into a broiler pan set on a rack below the meat. Do not place aluminum foil under the meat - the fat retained on the foil can catch fire. To further reduce the risk of fire, water may be added to the broiler pan.

IT'S ON FIRE!

Tips For Putting Out Cooking Oil Fires

- NEVER THROW WATER ONTO A COOKING OIL FIRE! This will cause the fire to flare and spread.
- Always keep a lid nearby that fits the frying pot or pan. If overheated oil ignites turn off the heat and exhaust fan, then PUT THE LID ON the pot or pan to smother the flame.
- NEVER TRY TO CARRY A PAN OF BURNING OIL OUTSIDE! The oil may splash over the edge and start new fires, or inflict serious burns.
- Do not pour burning oil into the sink.
- If the fire cannot be put out with a lid, get everyone outside and call the fire department from a neighbour's phone. A 5 or 10 BC rated extinguisher may be used for small fires. If the fire increases, get out.

Tips For Oven Fires

- Turn off the heat.
- Close the oven door & keep it closed.
- If necessary use a fire extinguisher.



KEEP FIRE OUT OF YOUR KITCHEN

- **Combustibles:** Keep items such as curtains, dish cloths, paper towels, pot holders and cardboard containers well away from heat sources.
- **Children:** Keep matches out of reach of children and turn pot handles inwards so they cannot be pulled down.
- **Cleanliness:** Keep the hood, filter, fan and duct above the stove clean. Grease buildup is a fire hazard.
- **Electricity:** Keep your electrical appliances in good working order. Don't overload outlets. Replace frayed cords immediately.
- **Storage:** Children and adults may be burned while reaching for things stored above or behind the stove.
- **Cooking:** Never leave food cooking on the stove unattended.
- **Clothes:** Wear clothing with short or tight sleeves when cooking. Loose fitting garments are more likely to contact hot surfaces or flames and ignite.
- **Fire Extinguisher:** Keep a fire extinguisher within easy reach. Contact your fire department for advice on selection and operation of an extinguisher.

For further information contact:

Alberta Municipal Affairs
Fire Commissioner's Office
11th Floor, Commerce Place, 10155 - 102 Street
Edmonton, Alberta T5J 4L4
Tel: (780) 427-8392

Call toll-free by dialing 310-0000 to contact a RITTE operator.

Your local fire department can also provide information.

FRY SAFELY! USE THE CORRECT TEMPERATURE

Using the correct temperature for oils and fats is the secret of safe, successful frying. At the right temperature the food is well-cooked with a crisp, golden-brown exterior. If the temperature is either too low or too high, the food will become soggy or burnt.

Danger Temperature

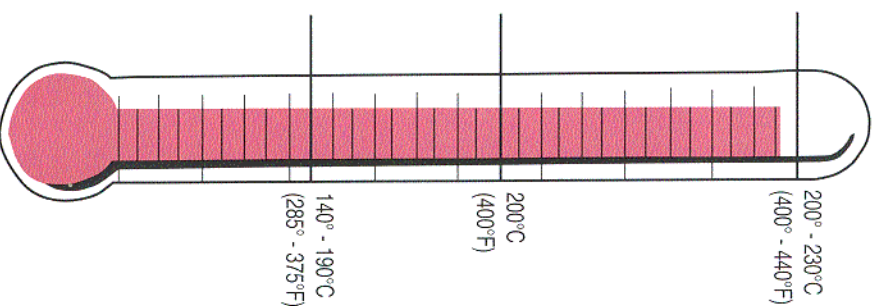
- 200°C - 230°C (400° - 440°F) Smoke begins to appear. Vapours are formed which can ignite at any moment. This stage can be reached in just a few minutes with a high heat setting.

Warning Temperatures

- 200°C (400°F) Cooking oil/fat heated above this temperature becomes a fire hazard.

Correct Temperature

- 140° - 190°C (285° - 375°F) The correct range of temperature for frying foods. Different foods will require different settings within this range.



Visit the Alberta Municipal Affairs website at:
<http://www.gov.ab.ca/ma>

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