



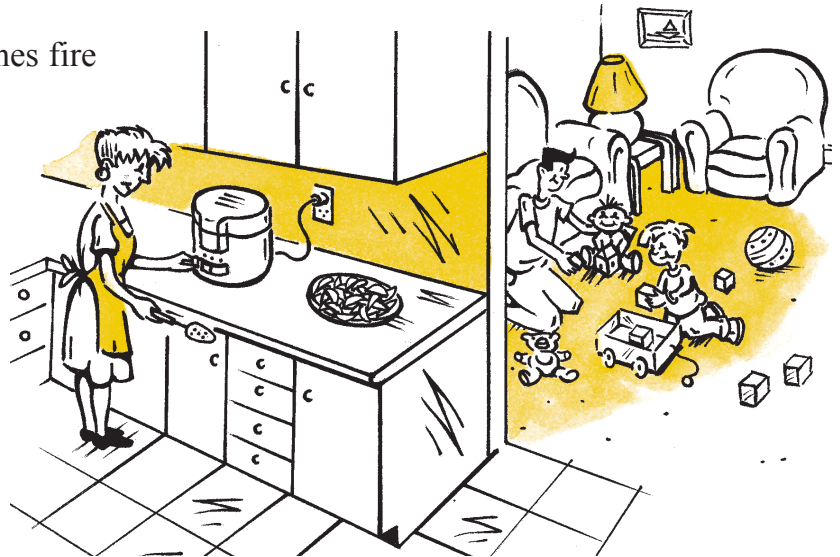
Stop cooking fires BEFORE they happen!

When oil catches fire on the kitchen stove, people can get badly burned. **Deep frying food** is a common cause of fires at home.

In most cases, the oil or grease catches fire because it got too **HOT**, too **FAST**.

Do **YOU** know how to put out a cooking fire quickly and safely?

If you follow our safety tips you may never have to put out a cooking fire.



Safety Tips

- Use an electric deep fryer with a temperature control. It is safer than frying food in a sauce pan or frying pan.
- Read all the instructions to find out how to safely **use** and **store** your deep fryer.
- Heat cooking oil slowly. As soon as the cooking is done, turn off the heat.
- When you are deep frying any food, **STAY** in the kitchen. **Do not leave** for even a minute.
- Grease and oil can heat up **very** fast and catch fire without warning. Be careful!

What to do if grease or oil catches fire

- To put out the fire, cover the flames with a large metal lid and turn off the heat.
- Do **NOT** try to pick up the pan. The flames could spread quickly.
- If you get burned, put the burn under cool water right away.
- If your clothes catch fire you must **STOP, DROP and ROLL**.



For more information contact Product Safety, Health Canada, at:

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