

Cooking Oil and Grease Fires

Put a lid on it!



New Brunswick
Office of the Fire Marshal



A pot of cooking oil on a red-hot element is a recipe for danger! In seconds, the oil can overheat, burst into flames and cause a house fire that rapidly spreads out of control. Protect yourself – and your family – from serious burns or death by following these basic precautions.

Deep Frying

- Don't heat oil or shortening in a cooking pot on a stovetop element.
- Use a deep fat fryer with a thermostat which is specially designed to prevent the oil from igniting.
- Follow the manufacturer's instructions for care and cleaning of your fryer.



Pan Frying

- Use an electric frying pan with a thermostat and a light coating of oil on the bottom of the pan.
- When using a frying pan on a burner, use a non-stick spray rather than a layer of oil on the pan's surface.

- Carefully regulate the flame when using a gas stove to avoid flare-ups around the pan.
- If you use a pan or wok for stir frying, preheat the pan before adding the oil. The pan is hot if a teaspoon of water skitters or dances across its surface.



Oven Cooking

- Keep your oven clean. Grease and food splatters can ignite at high temperatures, causing an oven fire.
- Follow the cooking instructions for the recipe or product you are using.
- When broiling, place the oven rack 50 to 80 millimetres (two to three inches) from the broiler element. Always place a pan beneath the broiler rack to catch the fat drippings. Don't use aluminum foil — the accumulated fat in the foil could catch fire.

More Safety Tips

- Make sure that items such as paper towels, pot holders, curtains and dish cloths – items that catch fire easily – are well away from the area around your stove.
- Keep your stove top and fan unit clean.
- Loose clothing is a serious burn hazard – roll up your sleeves and ensure that other pieces of clothing are kept well away from hot stove top elements.
- Keep a charged fire extinguisher nearby. Contact your local fire department if you need help regarding its placement or operation.
- Plan and practise a fire escape route with your family.
- Never use a stove as a heating appliance.

What to do in an Emergency!

- **Oven Fires**
- Turn off the heat.
- Close the oven door and keep it closed!

- Use a fire extinguisher if you have the proper one for the job and you know how to use it.

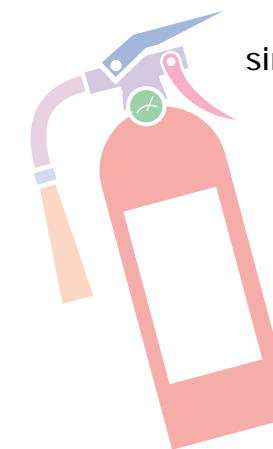
Cooking Oil Fires

- Never use water to extinguish a cooking oil fire — it will make the fire flare and spread!
- Put a tight-fitting lid on the pot or slide a cookie sheet over it to smother the flames and turn off the burner.
- Turn off your overhead fan to keep the flames from spreading.
- Don't try to move the pot from the stove. The flaming oil might spill – burning you and spreading the fire.
 - Don't pour burning oil down the sink!

Remember...

The Office of the Fire Marshal and your local fire department urge you to use **ONLY** thermostatically controlled deep fat fryers.

If you can't put the fire out quickly, leave the building and immediately call the fire department for help.



New Brunswick
Association of
Fire Chiefs



Association des
chefs pompiers du
Nouveau-Brunswick



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