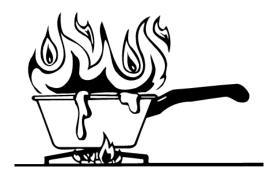
# **Cooking Safety**

- Put a lid on a grease fire to smother it then turn off the heat. Baking soda will also work.
- Wear tightfitting sleeves when cooking.
   Loose sleeves easily catch fire.
- Never throw water on a grease fire.
   Water will only spread the fire around.
- Never move a burning pan. You can too easily ignite your clothes or spill the fire onto someone or something else.
- Stand by your pan! Never leave cooking unattended.



### Safe Smoking

- Try to quit again.
- For health and fire safety reasons, permit smoking outside only.
- · Never smoke in bed.
- Use large ashtrays with center rests so cigarettes fall into the ashtray not on the floor
- Smokers should keep lighters on their person, not on the table or in a purse where children can find them.
- Never smoke in homes where oxygen is in use.

# Match and Lighter Safety

- Purchase child resistant lighters.
- Keep all matches and lighters out of reach and sight of children. A high, locked cabinet is recommended.
- Teach children that matches and lighters are not toys, they are tools for grownups.
- Teach young children to tell a grown-up when they see matches or lighters lying around.
- Never give a lighter to a child as a toy.





Stephen D. Coan
State Fire Marshal

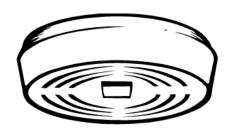
P.O. Box 1025 - State Road Stow, Massachusetts 01775 978-567-3300 www.mass.gov/dfs In a typical home fire, smoke, heat and toxic gases build up rapidly.

When the smoke detector sounds get out of the building immediately before your escape route is blocked.

To survive a fire: install and maintain smoke detectors and practice an escape plan.

#### **Smoke Detectors**

- Install smoke detectors on every level and outside each sleeping area.
- Test them monthly.
- Replace the battery twice a year.
- Never disable your detector.



### Home Escape Plan

- Practice your home escape plan with the whole family twice a year.
- Plan 2 ways out of each room. The easy way out is probably the door and the second way out might be a window.
- If you plan for a child or a senior to exit a window, make sure they can open it easily.
- If you can't get out, close your door and go to the window and signal for help.
   Teach children never to hide under beds or in closets.

- If you must go through smoke, crawl low.
   The coolest, cleanest air will be about 18 inches off the ground.
- Have a meeting place outside where everyone will meet. Be able to tell the fire department if everyone is out safely.
- Stay out; don't go back into a burning building for anything.
- Telephone the fire department from a neighbor's house or use the fire alarm emergency box.

Use this grid to draw a floor plan of each person's bedroom or to show the whole house.

