



Non-Fire Cooking Burns



Most burns associated with cooking are caused by contact with a hot object or liquid rather than by fire or flame.

Prevent burns & scalds in the kitchen:

- ☐ The best time to cook is when you are wide awake, and not drowsy from medications or alcohol. Stay in the kitchen while you are frying, grilling, or broiling food and use a timer to remind you to check on your cooking. If you leave, turn off the stove.
- ☐ Wear short, close-fitting or tightly rolled sleeves when cooking.
- ☐ Place objects so that they cannot be pulled down or knocked over. Keep hot foods and liquids away from table and counter edges.
- ☐ Have a “kid-free zone” of at least 3 feet (1 meter) around the stove and areas where hot food or drink is prepared or carried. Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids
- ☐ Turn pot handles away from the stove’s edge. Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- ☐ When heating food in the microwave, use microwave safe cookware that allows steam to escape. Allow food to rest before removing from the microwave.
- ☐ When frying, use a pan lid or splash guard to prevent grease splatter.
- ☐ After cooking, check the kitchen to make sure all burners and other appliances are turned off.



General first aid for burns and scalds:

- Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.
- Cover burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat, which can increase skin damage.



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