

FIRE SAFE

OREGON FIRE PREVENTION EDUCATION PLAN



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NOVEMBER

FIRE PREVENTION EDUCATION PLAN

Cooking continues to be the leading cause of home fires and fire casualties across the country. With the holiday season fast approaching, now is the perfect time to remind people in Oregon to practice cooking fire safety in the kitchen.

THE SECRET INGREDIENT IS FIRE SAFETY

NOVEMBER



NOTABLE DATES

- **November 6** - Daylight Saving Ends
- **November 8** - Election Day
- **November 11** - Veterans Day
- **November 13** - World Kindness Day
- **November 24** - Thanksgiving
- **Lung Cancer Awareness Month**
- **National Diabetes Month**
- **National Adoption Month**

TRAINING OPPORTUNITIES

November 16, 2022

Fire Safety in the Kitchen

[Register Here](#)

November 23, 2022

Cooking Fire Safety for Kids

[Register Here](#)



PROFESSIONAL DEVELOPMENT

November 8-9, 2022

NFPA 1035 Youth Firesetter Intervention

[Register Here](#)

November 30, 2022

Insight Facilitator Training

[Register Here](#)

RESOURCES

[Cooking Fire Safety Flyer](#)

[Cooking Fire Safety Brochure](#)



FOR MORE INFORMATION:

503-934-8228 | OSFM 3565 TRELSTAD AVE SE SALEM, OR 97317

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Oct. 30 - Nov. 5: Leading cause of home fires, cooking.

With the holiday season upon us, there are many opportunities for hosting a large feast and safety should always be a main ingredient. This is a great opportunity to remind people to brush up on their cooking fire safety knowledge and practice fire prevention in the kitchen. Cooking fires continue to be the leading cause of home fires and should be a priority in our prevention efforts.

Daylight Saving Time Ends:

This marks the last week of daylight savings which means it's time to remind people to check their smoke alarms.

November 6 - 12: Create a kid- and pet-free zone in the kitchen.

- Small kids are known for being unpredictable and the kitchen is not a safe place to experience this firsthand. Creating a three foot “kid-free zone” around stoves and where hot food and drinks are prepared can help decrease risk and teach young people an important early message about fire safety. This is an opportunity for caretakers to teach small kids about what is hot and how it is dangerous. Parents should also be reminded to avoid holding a baby, even in a carrier, while drinking hot liquid, carrying hot foods, or cooking near the stove, as even tiny hands can make a quick grab for something hot.
- As for pet parents, fur babies are no exception. Animals should also honor the three-foot safety zone and be trained to stay off counters and away from cooking surfaces where they could knock something onto a burner or bump a knob without being noticed.

NFPA messaging: Create a kid- and pet-free zone in the kitchen.

- Have a “kid-free zone” of at least three feet 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.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.



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November 13 - 19: Watch what you heat.

Unattended cooking is the leading cause of kitchen fires and many of these fires can be avoided if planning and prevention habits are considered. We can all relate to the desire to multitask while the water boils or your dish simmers, but the risk does not outweigh the reward. Plan accordingly to avoid leaving the kitchen while cooking. If there is a need to step away while in the cooking phase that requires less attention, such as baking or roasting, set a timer and check back often. It is also important to avoid cooking when tired, taking prescription medications that cause drowsiness or other impairments, or while under the influence of alcohol or other intoxicants.

NFPA messaging: Watch what you heat.

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen for any reason.
- If you are simmering, baking, or roasting food, check it regularly and stay in the home. Use a timer to remind you that you're cooking.

November 20 - 26: Keep cooking areas clear.

Décor around the stove may look appealing in those Instagram shots, but as with many things on social media, reality paints a different picture. Cooking areas, including stove tops, burners, and ovens, should remain clear of unnecessary items, even when not in use. A knob can be bumped, easily igniting that picture perfect antique cutting board, cookbook, or seasonal display.

It's also a good reminder during this busy cooking season to prepare for safe cooking by considering proper kitchen attire; avoid loose clothing that can accidentally come in contact with the cooking surface and catch fire.

***Special Messaging for Thanksgiving:** Avoid frying a turkey and stick with safer techniques for cooking your main course. Consider smoking or barbecuing your turkey if you're looking for an alternative to the traditional baked bird. Frying a turkey is dangerous for even the most well-seasoned home chef.



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NFPA messaging: Keeping cooking areas clear.

- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels, curtains – away from your stovetop.
- Keep the stovetop, burners, and oven clean.
- Wear short, close-fitting, or tightly-rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or an electric burner.
- Keep things that can catch fire away from heat sources. Never use your oven or microwave.
- Turkey frying- the NFPA continues to believe turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a well-informed and careful consumer. These types of turkey fryers use a substantial quantity of cooking oil at high temperatures. Units currently available for home use pose a significant danger when hot oil is released during the cooking process. In addition, the burners that heat the oil can ignite spilled oil. The use of turkey fryers by consumers can lead to devastating burns, other injuries, and the destruction of property. The NFPA urges those who prefer fried turkey to purchase from a professional establishment, such as grocery stores, specialty food retailers, and restaurants.
- Consider a new type of turkey fryer listed by a qualified testing laboratory, including infrared fryers, air fryers, and electric turkey fryers. Do not leave fryers unattended when in use.

November 27 - December 3: In the event of a kitchen fire.

Kitchen fires are common, but many people are not always aware of how to respond appropriately when a fire happens. Often, people will attempt to move a burning pan off the stove, or open an oven that has caught fire to respond to the blaze. In reduce the risk of a cooking fire getting out of hand, remind people of the following:

- In the event of a grease fire in a pan, put a lid on it and turn off the heat source.
- A fire inside an oven should be left to suffocate. This means leaving the oven door closed and turning the oven off.
- Often times a fire in the microwave can be contained to that appliance by leaving the door shut so the fire runs out of oxygen.
- Cooking appliances such as slow cookers and pressure cookers should be turned off and unplugged when not in use.



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NFPA messaging: In the event of a kitchen fire.

- Always keep a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan has cooled.
- Never pour water on a cooking pan grease fire.
- Only trained adults should use a fire extinguisher on a grease fire. Only Class K fire extinguishers are rated for the purpose of putting out grease and animal fat fires.
- In case of an oven fire, turn off the heat and keep the door closed until it is cool. Only open the door when you are confident the fire is completely out, standing to the side as you open the oven door
- After a fire, the oven should be checked by a licensed professional and/or serviced before being used again
- When in doubt, just get out! When you leave, close the door behind you to help contain the fire. After you leave, call 9-1-1 or the fire department from a mobile phone or a trusted neighbor's phone.



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