



## watch what you heat

### Safety Tips from Alfred Station Fire Company

don't leave cooking  
food unattended

keep pot & pan  
handles turned in

keep towels, rags and  
other combustible items  
away from the stove

wear short or tight fitting  
sleeves when cooking

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#### **According to the United States Fire Administration (USFA)**

Cooking is the leading cause of injury among people ages 65 and older and the third leading cause of fire deaths.

**In Fact more fires start in the kitchen than in any other part of the home!**

**For this reason the National Fire Protection Association (NFPA) Fire Prevention Week theme for 2006 is, "Prevent Cooking Fires – Watch What You Heat"**

Your friends and neighbors at the Alfred Station Fire Company want to take this opportunity to remind you that **"Fire Prevention Is Our Strongest Fire Fighting Tool"**

So whether you are cooking a holiday dinner or a snack for your grandchildren:

- Make sure your all of your smoke detectors are working properly.
- Replace the batteries in your smoke detectors twice a year (Spring & Fall).
- Never leave cooking food unattended. A serious fire can start in just seconds.
- Always wear short or tight-fitting sleeves when you cook.
- Keep towels, paper towels, pot holders and curtains away from open flames.
- Never use the range or oven to heat your home.
- Double-check the kitchen before you go to bed or leave the house.

If a fire should occur –

**GET OUT OF THE HOME AND STAY OUT OF THE HOME!  
DIAL 911 FROM A SAFE PLACE SUCH AS A NEIGHBOR'S HOME!  
AND NEVER GO BACK INTO THE HOUSE!**

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