

Public Service Announcement



Fire Prevention Week is October 4 – 10: *Serve Up Fire Safety in the Kitchen!*TM

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For Immediate Release

VICTORIA, BC — Fire Prevention Week is Sunday, October 4 – Saturday, October 10. *Serve Up Fire Safety in the Kitchen!*TM is this year's campaign, designed to educate the public about the small but important actions they can take to keep themselves and those around them safe.

The Victoria Fire Department is teaming up with the National Fire Protection Association (NFPA) to promote this year's campaign. Cooking is the leading cause of home fires and home fire injuries in Canada. In 2019, 851 fires in B.C. started from cooking, accounting for close to one-third of all structure fires, as reported to the Office of the Fire Commissioner.

"The most important step you should take before making a meal is to Serve Up Fire Safety in the Kitchen!" said Assistant Chief of Fire Prevention, Brad Sifert. "A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented."

Below are some helpful tips to help avoid a cooking fire:

- **Never leave cooking food unattended** - Stay in the kitchen while you are frying, grilling or broiling food. If you have to leave, even for a short time, turn off the stove.
- **If you are simmering, baking, roasting, or boiling food, check it regularly** - Remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- **Be alert when cooking** - Avoid cooking if you are sleepy, have taken medicine or drugs, or have consumed alcohol that makes you drowsy.
- **Always keep an oven mitt and pan lid nearby when you're cooking** - If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner and leave the pan covered until it is completely cool.
- **Have a "kid-free" zone** - Leave at least 1 metre around the stove and areas where hot food or drink is prepared or carried.

“We know cooking fires can be prevented,” said Lorraine Carli, Vice-President of Outreach and Advocacy at NFPA. “Staying in the kitchen while cooking, using a timer, and avoiding distractions such as electronics or TV are steps everyone can take to keep families safe in their homes.”

To find out more about Fire Prevention Week programs and activities in Victoria, please contact the Victoria Fire Department at 250-920-3350. For more general information about Fire Prevention Week and cooking fire prevention, visit www.fpw.org.

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