

Caledon Fire and Emergency Services remind residents ?Cooking safety starts with YOU!?

Caledon Fire and Emergency Services is teaming up with the National Fire Protection Association for this year's Fire Prevention Week campaign, ?Cooking safety starts with YOU.?

Running October 8 ? 14, the campaign works to educate everyone about simple but important actions they can take when cooking to keep themselves and those around them safe.

Year after year, cooking remains the leading cause of home fires by far. These fires indicate that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking.

?A cooking fire can grow quickly and I have seen many homes damaged, and people injured, by fires that could easily have been prevented,? said Fire Chief Dave Forfar. ?Caledon Fire encourages all residents to participate in Fire Prevention Week and embrace the theme that cooking safety does start with you!?

These key safety tips will help reduce the risk of a cooking fire:

Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.

Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

Have a child-free and pet-free zone of at least three feet (one metre) around the stove or grill and anywhere else hot food or drink is prepared or carried.