Purpose: To prevent fires caused by cooking.

Objectives: Participants will understand and be able to prevent and extinguish cooking fires.

Overview For Trainers: This lesson has been proven to save lives. Cooking fires have been known to start large fires, especially in the heavily populated areas contained within unstructured settlements. When you teach this lesson you will save lives and reduce property damage from dangerous fires.

Please be reminded to give the community the correct number or numbers to call for emergencies in your local area (Fire and Medical emergencies).

Time: 30 minutes - 1 hour.

Story:
Anne was cooking in her home and the food caught fire. She got scared and threw the pot and cooking stove out of the door of her house. The debris outside her home caught fire and her home and several others were soon lost to fire.

SHOWD Questions
S – What do you see?
H – What is happening?
O – Does this happen in our place?
W – Why does this happen?
D – What will you do about it?

<table>
<thead>
<tr>
<th>Method</th>
<th>Time</th>
<th>Knowledge</th>
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<tbody>
<tr>
<td>Why do fires start from cooking?</td>
<td>5-10 minutes</td>
<td>• Stove or fire is left unattended.</td>
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<td>• Items are left too close to the cooking area.</td>
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| What can we do to prevent fires from cooking? | 5-10 minutes | • Stay close to what you are cooking and monitor it closely. (if you need to leave, turn off the flame)  
• Stay awake and alert when you are cooking. Alcohol and some drugs can make you sleepy.  
• Wear short sleeves or roll them up so they don’t catch on fire.  
• Keep your hair and clothes away from the flame.  
• Keep children and animals away from the flame. (3 feet is recommended)  
• Clean and clear the space around the cooking area before you turn on the heat. Move things that can burn. This includes dish towels, bags, boxes, paper and curtains.  
• Turn pot handles away from you so that no one can bump them or pull them over.  
• Keep a pan lid or a metal sheet nearby. Use it to cover the pan if it catches on fire. This will put out the fire. |
| What are hazards in your home that may cause a cooking fire? | 5-10 minutes | • Fuel  
• Grease  
• Combustibles (clothing, curtains, hair, fuel, paper and anything else around that will catch fire) |
| How could you extinguish a small cooking fire? | | • Never put water on a grease fire, put a lid on it.  
• Keep the pan where it is. Do not move it!  
• Slide pan lid or a metal sheet on top of the pan. This takes away the air. The fire goes out.  
• Turn off the heat.  
• Keep the lid on the pan until it is cool.  
• Never try to stop a grease or oil fire with water. Water will make the fire bigger.  
• Never use flour to extinguish a fire as it may explode or make the fire worse.  
• For an oven fire, turn off the heat and keep the door closed.  
• For a microwave fire, unplug the unit and keep the door closed. |
| What do you need to do if the fire gets out of control? | 5-10 minutes | • Sound the alarm: FIRE FIRE FIRE  
• Call the Fire Brigade  
• (Provide the number for the fire brigade and other emergency services to participants).  
• Get to Safety  
• (see the Preventing and Responding to Fires in our Homes training for more details) |
|---|---|---|
| How could you prevent getting burned from cooking? | 5 minutes | • Use hot pads to take food out of the oven, cooking stove, fire pit and microwave.  
• Keep your face away from hot steam.  
• Keep hot food and drinks away from the edges of tables and counters. |
| What should you do if you burn your skin? | 5 minutes | If You Burn Your Skin:  
• Cool the burn.  
• Put the burn in cool water immediately.  
• Keep it there for three to five minutes. This helps stop the burning.  
• Cover it with a clean, dry cloth. If the burn is bigger than your palm, get medical help. |
| What should you do if your clothes catch fire? | 5 minutes | If Your Clothes Are on Fire  
Stop, drop and roll.  
• Stop where you are immediately.  
• Drop to the ground, and cover your face with your hands.  
• Roll over and over, or roll back and forth. Keep doing this until the fire is out. |
| What is the number for contacting the fire brigade in your community? |  | Provide the number for the fire brigade and other emergency services. |
| Summary: What have you learned that you can tell others about preventing and extinguishing cooking fires? | 5-10 minutes | Cooking good food for our families is a very good thing. Fires from cooking can be reduced if we take action to identify and reduce the hazards around us. |
**Attitude:** Facilitator understands that creating a safe home environment for cooking could save lives and property.

**Skill:** Participants will be able to identify safe cooking methods and how to prevent fires.

**Evaluation:** Participants should be able to identify safe cooking methods and how to prevent fires.

**Materials:** Newsprint, Markers, Emergency Numbers

**Additional Resources Retrieved May 25, 2016:**
Talking with families after a fire or emergency:
http://www.sesamestreet.org/parents/topicsandactivities/toolkits/emergencies

Information on how to use a fire extinguisher - British Type:
http://www.safefiredirect.co.uk/Page/54/videos-how-to-use-a-fire-extinguisher-safely.aspx
http://www.mfs-fire-extinguishers.co.uk/types.htm

Information on how to use a fire extinguisher (includes a video) - United States Type:
To operate an extinguisher:

1. **Pull** the pin
2. **Aim** nozzle at base of fire
3. **Squeeze** the handle
4. **Sweep** nozzle side to side

Know your extinguisher
Use the correct extinguisher

(Check your own extinguisher’s label for detailed instructions.)

http://www.fire-extinguisher101.com/using.html