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# California Department of Forestry and Fire Protection

# CDF NEWS RELEASE



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## “Prevent Cooking Fires: Watch What You Heat” Fire Prevention Week October 8-14

**Sacramento-** State fire officials are reminding all Californians to be extra careful while preparing meals because cooking in the kitchen can be dangerous to your health. The second week of October is designated “Fire Prevention Week” by the National Fire Protection Association. The California Department of Forestry and Fire Protection (CDF) is highlighting this year’s theme to alert Californians to the fact that approximately 290 people die and 4,380 are injured each year nationwide in house fires associated with cooking equipment. This year’s campaign is “Prevent Cooking Fires: Watch What You Heat.”

“Firefighters know that three in 10 reported home fires start in the kitchen -- more than any other place in the home,” said Ruben Grijalva, CDF director and state fire marshal. “That is why it is so important that we prevent cooking fires from starting in the first place.”

Here are some tips residents can use to prevent cooking fires:

- Never leave the kitchen unattended while frying, grilling, broiling or boiling food.
- Keep children away from ovens, stoves and other sources of heat.
- Make sure you have a fire extinguisher in the kitchen that is within 10 feet of your stove.
- Keep flammable materials away from the stove top: paper, plastic, wood, curtains etc.
- Don’t place aluminum foil or metal objects in the microwave.
- Have a working Smoke Detector in your home that it is tested twice a year.
- Should clothes catch fire, immediately **STOP, DROP and ROLL** to smother the flames.

For more kitchen safety and fire safety tips visit the CDF website at [www.fire.ca.gov](http://www.fire.ca.gov)