

FIRE PREVENTION HINTS FOR THE KITCHEN

- Tie long hair back and make sure that your clothing is not flammable or loose-fitting.
- Remove flammable and combustible items from stovetops, countertops, the oven interior, and storage areas above the stove before cooking.
- Clean the stovetop thoroughly to remove cooking residue and grease.
- Select a fire extinguisher that you can use independently. Store it **between** the cooking area and the exit.
- Keep a container filled with baking soda near the cooking area for small grease or electrical fires.
- Place a pot or pan on the burner **before** turning on the heat and never leave the stove unattended while cooking.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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