



MEDIA RELEASE – 2009

COOK SAFELY THIS WINTER

The MFB, CFA and Energy Safe Victoria (ESV) are urging all Victorians to check hotspots in the kitchen to avoid becoming victims of fire.

MFB Commander Frank Stockton has reminded Victorians to be particularly careful if cooking with oil or fat, as it will reach a temperature where it ignites.

“It is crucial to constantly check oil when cooking, as it has the potential to start fires very quickly.

“Cooking still remains one of the top causes of house fires, and this can be easily avoided,” he said.

CFA Manager Community Development, Gwynne Brennan has said that most scalds and burns that occur as a result of kitchen fires are easily preventable.

“In the event of a fire, it is important to remember to smother the flames rather than pour water on it, as this can cause the flames to spread and burn you or those around you”, she said.

The MFB, CFA and ESV recommend the following to avoid cooking becoming a recipe for disaster this winter:

- never leave cooking unattended
- turn pot handles away from the stove edge
- keep stoves free of grease and fat build-up
- hang tea-towels away from the stove
- wear tight-fitting sleeves when cooking
- ensure the exhaust fan above the stove is clean and free of grease and fat build-up
- have a fire blanket and extinguisher in the kitchen
- ensure your smoke alarm is working
- have a fire escape plan in place

More information on winter fire safety can be found at the campaign's official website, www.homefiresafety.com.au

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