

Kitchen fires

STAYING SAFE IN YOUR HOME



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When you're cooking in the kitchen, it's easy to be distracted by things like children needing attention, scrolling your phone or answering the doorbell. But when you're not paying attention, a fire could start. Always watch what you're cooking and keep things which can catch fire away from heat sources.

How kitchen fires start

Leaving cooking and getting distracted

Fires can start when you forget to stay and watch what you're cooking. Leaving the kitchen while cooking, or being distracted by things like phone calls, social media, tv, doorbells, pets or children, is the main cause of kitchen fires.

Cooking oil becoming too hot

If the heat is left on, cooking oil can continue to heat up and eventually catches fire. If this happens, never use water to put the fire out. Always use a fire blanket.



Keep a fire blanket and fire extinguisher in the kitchen but away from the stove. See our separate fire blanket fact sheet.

Dirty kitchen surfaces

A build up of grease and fat around the stove and range hood can help fire spread, as it acts like fuel.

A greasy range hood can cause a fire to move into your roof space.

Things catching fire near the stove

Kitchen fires can occur when things like tea towels, paper towels, or curtains are too close to a heat source and catch fire.

Electrical faults

Damaged or faulty electrical appliances, such as toasters, microwaves or ovens can cause fires.

Plugging too many things into power sockets or power boards and using damaged cords or appliances can also cause fires.

Don't use gas cookers inside

Gas, wood or solid fuel BBQs and grills, and portable gas cookers should never be used indoors. They produce carbon monoxide, a poisonous gas which can be deadly inside the house. Even with the door open, cooking with a BBQ or wood grill in your garage is dangerous for your health. You could also start a house fire.

The only BBQ you should use in a garage or indoors is an electric grill, as it doesn't produce poisonous gases.

How to prevent fires starting in your kitchen

- Turn off all heat sources, like the stove, cooktop and oven, when finished cooking or before going out or going to sleep.
- Keep kitchen appliances clean and in good working order.
- Store things like tea towels and paper towels away from stoves, ovens and other sources of heat. They catch fire easily.
- Keep cook top, oven, range hood and other cooking surfaces free from built-up grease, dust and oil. Dirty cooking surfaces can spread fire.
- Never leave cooking unattended. Stay and watch what you're cooking.
- Have a fire extinguisher and fire blanket in your kitchen (stored close to but away from the cooking area).

Never leave the kitchen when you're cooking. Stay and watch.

Putting out a kitchen fire

Use a fire blanket or fire extinguisher

Use a fire blanket to put out stove fires. Use a fire extinguisher to put out other fires in the kitchen.

Only use a fire extinguisher or fire blanket if you feel physically and mentally able to do so safely.

Never use water to put out an oil or grease fire

Adding water to hot oil creates an explosion which will spray hot, burning oil all over the place. This can cause serious injuries and burns.

Always use a fire blanket, or carefully place a large metal lid over the fire.

What to do if you can't put out a kitchen fire

If a fire starts and you don't feel confident to put it out safely — if safe switch off the power or gas, go outside straight away and **call Triple Zero (000)**.

When you're out of the building, turn off the gas and electricity at the external meter if safe to do so.



For more information on home fire safety visit www.cfa.vic.gov.au/homefire