Kitchen and Cooking

Cooking in the kitchen is the single largest cause of fires in the home. A fire in your kitchen can cause extensive damage. Kitchen fires are responsible for a high level of personal injury. Pay attention in the kitchen.

Always supervise children in the kitchen. Keep them away from the stove top and oven. Keep pot handles turned in.

Keep stove top, griller, oven, range hood and cooking area free from built up grease, dust and oil.

KEEP BACK

WATCH OUT!
Stay in the kitchen and never leave cooking unattended.

Combustibles such as tea towels and paper towels must be kept away from cooking and heat sources.

Make sure kitchen appliances are clean and in good working order.

A fire extinguisher and fire blanket should be stored within easy reach but away from the cooking area. MFB and CFA recommend that you only use a fire extinguisher or fire blanket if you feel physically and mentally able to use this equipment safely.
Fire risk is greatest at night when you are asleep. When we sleep we can lose our sense of smell. Without a working smoke alarm you may not wake up or wake up too late to safely escape.

Bedroom

Smoking in bed is very dangerous. Do not smoke in bed.

Ensure powered electrical appliances like hairdryers, hair straighteners and laptops are not left on bedding.

Turn electric blanket on 30 minutes before getting into bed and turn off once you are in bed.

Keep electric blanket flat with controls at the side of the bed. Regularly check for broken and worn wiring.
Smoke alarms must be installed outside sleeping areas. Extra smoke alarms should also be installed inside any bedroom where someone sleeps with the door closed.

Remember, an extra smoke alarm in every bedroom where the door is closed when sleeping.

Only purchase heat bags with instructions and use according to the manufacturer’s instructions.
Heaters can include fixed electrical and gas powered appliances, an open fire, wood heater/slow combustion or portable heaters including electrical, gas and kerosene. Fires caused by heating increase during winter months.

Drying clothes and other items must be kept at least one metre away from all heating.

Ensure heaters are installed, maintained and operated according to manufacturer’s instructions.

Always use a fire screen in front of an open fire.
Chimneys and flues should be cleaned yearly.

Keep wood and other combustibles at least one metre from fire.

Chimneys and flues should be cleaned yearly.

Children must be supervised near all types of heating. Maintain a safe distance between children and heating.

Turn off all portable heating and extinguish open fires before leaving home or going to sleep.
Electrical appliances including double adaptors, power boards and extension cords are an increasing cause of fires. Always follow the manufacturer’s instructions when using any electrical appliance.

Ensure monitors, laptops, televisions and other equipment have good air flow around them and are not in confined spaces or covered.

Turn off all electrical appliances at the power point when not in use.

Use low wattage globes in lamps.
Using damaged electrical equipment and appliances can result in a fire. Only use appliances in good working order.

Avoid using double adaptors.

Use power boards according to manufacturer’s instructions, never overload and check regularly for damage.

Only use certified electrical trades people to repair damaged/faulty electrical appliances, wiring or equipment.
Open Flame
Candles, incense and oil burners are used for social, cultural and religious practices. It is vital when using these items that you do so safely to avoid starting a fire.

- Only use candles, incense and oil burners on stable non-combustible surfaces.
- Keep curtains and other combustibles away from open flames at all times.
- Ensure children and animals are a safe distance from candles, incense and oil burners.
- Only use candles, incense and oil burners on stable non-combustible surfaces.
Always extinguish cigarettes, candles, incense and oil burners before leaving home or going to sleep.

The use of open flames should always be supervised.

Use heavy, high-sided ashtrays to prevent them tipping over and always properly extinguish cigarettes.

Keep cigarettes, lighters and matches out of reach of children.
Laundry and BBQ

The laundry contains electrical items such as washing machines and dryers and is used to store cleaning products and chemicals. Good house keeping is essential for a safe laundry.

Ensure hose is not perished, connections are tight and not leaking.

Check gas bottle test date is current.

Only use your bbq outdoors and maintain a distance of one metre from fences, sheds and walls.

Clean lint filter after each use.
Always supervise children around the bbq. Drink alcohol in moderation if you’re cooking, to keep yourself and others safe from burns.

Keep electrical appliances away from water.

Always let clothes dryer complete cooldown cycle before stopping.

Store chemicals safely and out of reach of children.
Smoke Alarm

A working smoke alarm provides you with early warning of a fire and gives you time to escape safely. It is law in Victoria to have at least one smoke alarm on each level of every home. Only working smoke alarms save lives.

Install smoke alarms on the ceiling.

All Australian Fire Services recommend photoelectric smoke alarms.

At least 30cm from the walls.
Without a working smoke alarm in your home you are:

◆ 57% more likely to suffer property loss and damage
◆ 26% more likely to suffer serious injury
◆ four times more likely to die in a residential fire than people with working smoke alarms.

**EVERY TEN YEARS**
All smoke alarms including those connected to mains electricity need to be replaced.

**YEARLY**
Change the battery in your smoke alarm and gently dust around the outside cover.

**MONTHLY**
Press the test button on the smoke alarm every month and wait for the beep, beep beep.
It is vital you know what to do if a fire occurs. Follow these rules to plan how you would escape a fire in your home and practise with the whole family.

**Home Escape Plan**

- Get down low and stay out of the smoke.
- If it’s safe, close doors to slow down the spread of fire and smoke.
- Alert other people on your way out.
Make sure you can get out of your home in an emergency. Remember, you can’t escape if you have deadlocked your door.

Call 000 (triple zero) from a mobile phone or a neighbour’s phone. Ask for FIRE.

Meet at a safe place such as the letterbox outside your home.

Get out and stay out.
Other important information

If you live in an Office of Housing property you don’t need to change your smoke alarm battery at the end of daylight saving.

You are required to test your smoke alarm and report any faults to the Housing Call Centre 13 11 72.

In the event of a large scale emergency such as fire, flood or industrial incident there are two ways in which you may be notified.

1. Via television or radio
2. Via a message to your mobile or home phone

You need to:
1. Stop what you are doing
2. Listen carefully to the information provided
3. Act as directed

Reducing the temperature on your hot water service will reduce the risks of scalds.

Hoarding in and around your home increases your risk of a fire, reduces your capacity to escape and access for firefighters.

It is the legal responsibility of all owners and landlords of rental properties to install and maintain smoke alarms.

If you live in an Office of Housing property you don’t need to change your smoke alarm battery at the end of daylight saving.

You are required to test your smoke alarm and report any faults to the Housing Call Centre 13 11 72.

Look for the Australian Standards logo when purchasing smoke alarms, fire blankets and electrical products.

Choose low fire-risk children’s nightwear styled to be close fitting and made of less flammable material. Look for the fire risk label.

If you are going away on holiday make sure to turn off power to electrical appliances and let a neighbour know you are away.

Look for the Australian Standards logo when purchasing smoke alarms, fire blankets and electrical products.

Choose low fire-risk children’s nightwear styled to be close fitting and made of less flammable material. Look for the fire risk label.

If you are going away on holiday make sure to turn off power to electrical appliances and let a neighbour know you are away.
For more fire safety information:


For extra assistance when contacting MFB or CFA

**Need an interpreter?**

If you speak a language other than English, please phone Translating and Interpreting Services (TIS) on 131 450 and ask to be connected to:

- MFB Community Resilience Department on 9665 4464
- CFA Community Development on 1800 799 203

There is no charge to you for this service.

**Do you have a hearing or speech impairment?**

If you are Deaf, have a hearing and/or speech impairment you can contact MFB Community Resilience Department or CFA Community Development through the National Relay Service.

- **For Speak and Listen users**
  - Dial 1300 555 727. When you are connected, ask the relay officer to be put through to:
    - MFB on 9665 4464
    - CFA on 1800 799 203

- **For TTY users**
  - Dial 133 677 then when asked, dial this phone number:
    - MFB on 9665 4464
    - CFA 1800 799 203

- **For Internet Relay users**
  - Use the National Relay Service App or visit the National Relay Service website [https://relayservice.gov.au/](https://relayservice.gov.au/) ask for:
    - MFB on 9665 4464
    - CFA 1800 799 203
This information is also available in the following languages:

Arabic / العربية
Cantonese / 廣東話
Croatian / Hrvatski
Dinka / Thwoŋjān
German / Deutsch
Greek / Ελληνικά
Italian / Italiano
Japanese / 日本語
Khmer / ខ្មែរ
Korean / 한국어
Macedonian / Македонски
Maltese / Malti
Mandarin / 普通话
Polish / Polski
Russian / Русский
Serbian / Српски
Somali / Soomaali
Spanish / Español
Turkish / Türkçe
Urdu / اردو
Vietnamese / Tiếng Việt