



# HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

## Happy Thanksgiving from Heartland Fire & Rescue!

According to FEMA's National Data Center, cooking is the leading cause of all Thanksgiving Day fires and more than half (54%) of these fires occurred between 10 a.m. to 5 p.m., when many people are preparing Thanksgiving dinner. Per the National Fire Protection Association (NFPA), Thanksgiving is the peak day for home cooking fires (four times the national average) with unattended cooking being the leading contributing factor in cooking fires. To help reduce the chance of fire and injuries associated with holiday cooking, Heartland Fire & Rescue recommends the following safety tips:

- Always stay in the kitchen while frying, grilling, or broiling food. If you must leave the kitchen for even a short period, turn off the stove and oven.
- Regularly check on food that is simmering, baking, or roasting, and use a timer to remind you that you're cooking.
- Turn pot handles toward the back of the stove. Someone walking by is less likely to bump them or pull them over.
- Keep children three feet away from the hot stove, and away from hot food and hot liquids.
- Make sure a fire extinguisher is always close by. Never use water to put out a grease fire.
- Ensure you have working smoke alarms installed in your home.
- When using a turkey fryer, be sure to follow instructions closely. Don't exceed the recommended oil level, ensure that the turkey is fully thawed, and only use the device outdoors.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks, or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

For more cooking fire information, visit <https://www.nfpa.org/cooking>.

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