



## Kitchen and cooking safety

In Calgary, cooking fires account for the highest number of reported fires, with the leading cause being food left cooking on the stovetop unattended.

### Prevent cooking fires

- Stay alert and never leave food that is cooking on the stovetop unattended.
- Use a timer to remind you that you are cooking.
- Heat your cooking oil slowly and keep the cooking oil temperature below 200°C.
- Avoid cooking when you are sleepy or drowsy from medication, alcohol or cannabis.
- Keep children and pets at least one metre away from your cooking area. Materials that can catch on fire, such as potholders, towels, drapes and food packaging should be kept away from the stovetop.

### In case of a cooking fire

1. Smother the flames by sliding a fitted lid or tin baking sheet over the pan, if safe to do so.
2. Turn off the heat and allow the pan to cool. Do not move it.
3. Never use water to put out a grease fire.

For an oven fire, turn off the heat and keep the door closed.

If there is a fire in your microwave, keep the door closed, press STOP and unplug the unit if possible.



## Lithium-ion battery safety

Lithium-ion batteries are used in many different items, including smart phones, laptops, e-scooters, e-cigarettes, toys, smoke alarms and even cars.

When these batteries are not used or charged properly, they can start a fire or explode.

- Only use batteries that are designed for and came with the device.
- Do not charge your device under your pillow, on your bed or on a couch. Place the device on a hard surface to prevent overheating.
- Keep batteries and devices away from heating equipment and direct sunlight. Do not leave batteries in hot vehicles.

### Signs of a problem

- If you notice an odour, smoke, change in colour, too much heat, a change in the shape of the battery, leaking or odd noises, stop using the battery.
- Move the device away from anything that can catch fire and phone 9-1-1.

### What to do if the battery catches fire

- For small batteries, use a fire extinguisher. If you are not trained or do not have a fire extinguisher, get out and phone 9-1-1.
- For large batteries, leave the building or area and phone 9-1-1.

Do not throw batteries in the garbage. Take them to a recycling retailer for safe handling.

Visit [calgary.ca/lithiumbatteries](http://calgary.ca/lithiumbatteries) for more information.

Calgary



ENGLISH

Calgary Fire Department

# Home Safety Program

Our Home Safety Program provides information on fire prevention, inside and outside your home.



For details, contact 311 or visit [calgary.ca/homesafetyprogram](http://calgary.ca/homesafetyprogram)



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## Proper disposal of smoking material

Cigarettes disposed in planter pots, soil, peat moss and on lawns is a leading cause of outdoor fires in Calgary.

- Dispose of cigarette butts in a deep, wide durable metal container with a secure lid. The container should be partially filled with sand or water and emptied regularly.
- Before discarding them in the trash, make sure to extinguish all cigarette butts by soaking them in water.
- Don't toss cigarette butts out of your car window. It's a fire hazard, pollutes roadsides and harms the environment. Use your ashtray instead.

Visit [calgary.ca/smokingdisposal](http://calgary.ca/smokingdisposal) for more information.

## Reducing fire risks outside your home

- Store propane tanks, firewood or yard waste away from your home. **Do not store propane tanks inside.**
- Prune all tree branches within two metres of the ground and make sure to plant new trees more than three metres apart.
- Remove fire hazards that are within 1.5 metres of your home, including dried leaves and plants, trees and other structures.



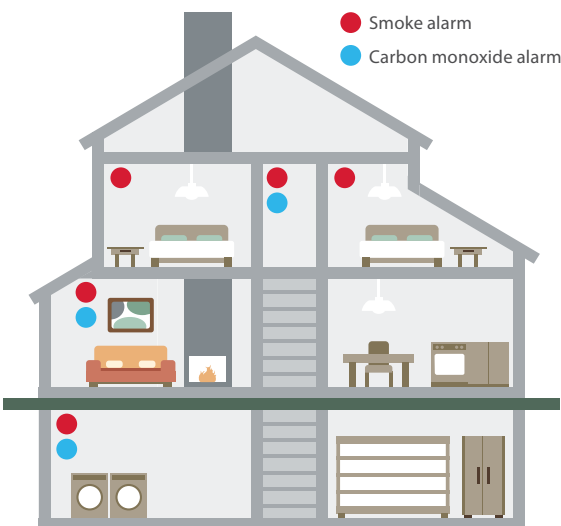
## Smoke alarms

Working smoke alarms warn you and your family if there is smoke or fire in your home so that everyone can get out safely. Smoke alarms can save your life as well as reduce the damage to your home.

If your smoke alarm sounds, you and your family need to get out of your home as quickly as possible, closing the doors behind you, then phone 9-1-1.

### Where should smoke alarms be installed?

Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home.



## Carbon monoxide alarms

Carbon monoxide is a gas that you can't see, smell or taste. Inhaling carbon monoxide gas can lead to serious illness or death and the only way to tell if it is present in your home is with a carbon monoxide alarm.

Carbon monoxide poisoning symptoms include headaches, dizziness, sleepiness, weakness, watering or burning eyes and nausea or vomiting.

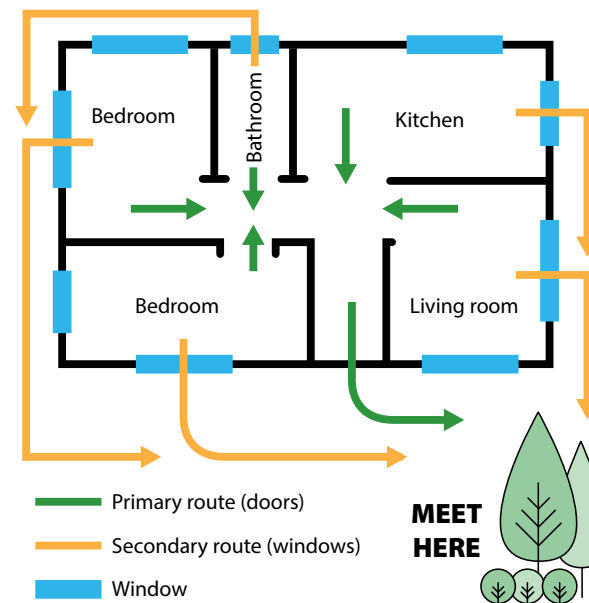
If your carbon monoxide alarm sounds or you start experiencing these symptoms, get outside immediately then phone 9-1-1.

### Where should carbon monoxide alarms be installed?

Install a carbon monoxide alarm on every level of your home, and just outside any sleeping area, as per manufacturer's instructions.

## TESTING AND REPLACING ALARMS

- Test alarms once a month by pressing the test button.
- Replace the batteries in every alarm at least once a year or according to manufacturer's recommendations.
- Replace smoke alarms after 10 years.
- Replace carbon monoxide alarms according to manufacturer's instructions.
- For alarms that have 10-year lithium batteries, test the unit once a month, and replace according to manufacturer's recommendations.



## Home escape plan

Develop a home escape plan with everyone who lives in your home so that everybody knows what to do if there is a fire.

### What to include in your plan

- Two ways out of every room; the door is the first way out and a window is the second.
- A home escape ladder for every second- or third-storey bedroom.
- A meeting place outside your home where everyone gathers after leaving the house.

### Remember

- Practice your home escape plan at least twice a year.
- If there is a fire in your home, get out and stay out.
- Phone 9-1-1 to report a fire in your home after you are safely outside.

Visit [calgary.ca/homeescapeplan](http://calgary.ca/homeescapeplan) for more information.



## Home escape ladders

If you have a second- or third-storey bedroom, you should have a home escape ladder.

- Home escape ladders can be purchased at local hardware stores.
- Follow instructions for using home escape ladders on your windowsill.
- Only use the ladder in a real emergency and make sure everyone knows how to use it properly.

### If you don't have a home escape ladder or it's unsafe to use:

- Keep the door closed and use blankets, towels or clothing to block the space under the door and cover vents to keep smoke from entering the room.
- Go to the window, open it and make lots of noise to let people know you're trapped inside.
- If you have a phone, phone 9-1-1 and let them know where you are. Continue to make noise and wave items such as clothing, blankets or sheets out the window.

**Remember to always phone 9-1-1 to report a fire or emergency. Make sure everyone in your home knows your address, including children.**