

Ohio Division of State Fire Marshal
Fire Safety Lesson Plan

Course Title: Preventing Kitchen Fires
Target Audience: Middle/High School Students or General Public
Learning Level:
Time Needed: 40 – 45 mins
Prerequisites: None
Instructor Qualifications:

Terminal Objective:

Following this training, the student shall be able to demonstrate safety practices in the kitchen and prevent fires and burn injuries. ^(p)

Enabling Objectives: After this lesson, students will be able to:

- Know the leading cause of fires in the United States ^(c)
- Know the actions that lead to unattended cooking ^(c)
- Recognize hazards that lead to fires in the kitchen ^(a)
- Demonstrate the safest ways to extinguish a cooking fire ^(p)
- Talk about ways that burn injuries can happen while cooking ^(c)
- Show how to initially treat a burn injury ^(p)

Domain Legend: Cognitive (c), Affective (a), Psychomotor (p)

Materials, Resources and Media:

Skillet, Pan, Cookie Sheet, Baking Soda, Flour, Salt, Dish Towel, Oven Mitt, Couple of Lids
 Vision 20/20 Videos: *Be Safe and Prepared When You Cook* and *Watch What You Cook*, Cooking Safety Handouts.

| Clock Time | Main Points | Methods, Media, Notes |
|------------|---|--|
| 00:15 | <p>Preparation (Motivation):</p> <ul style="list-style-type: none"> • Introduction • Objectives <p>Presentation:</p> <ul style="list-style-type: none"> • Talk about causes of home fires in the United States • Talk about possible causes of kitchen fires in the home • Talk about injury concerns when cooking <ul style="list-style-type: none"> - talk about how what you wear while cooking could increase your risk of burn injury | <p><i>Introduce yourself, talk about class objectives</i></p> <p><i>Tailor this to the student's level of understanding.</i></p> <p><i>Remember one very good message outweighs many messages that may get lost.</i></p> |

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| <p>00:30</p> | <ul style="list-style-type: none"> - show how turning in cook wear handles while cooking could prevent burn injury -Talk about the risk of children in the kitchen while cooking • Talk about cooking fire prevention <ul style="list-style-type: none"> - keeping cooking areas clean and why it's important - keep flammables away from hot surfaces -Explain what using water to put out a grease fire can do - Talk about never leaving while something is cooking on the stove top and what to do if you need to step away for a moment. <p>Application:</p> <ul style="list-style-type: none"> • Show video of proper kitchen safety. (Covers reasons for fires in the kitchen) • Demonstrate how to properly put out a kitchen fire. <p>Evaluation:</p> <ul style="list-style-type: none"> • Observe demonstrations by students • Administer post test | <p><i>Depending on the learning level of the students and class type, utilize application as the educator sees appropriate.</i></p> <p><i>If students are not physically in class, a post test can be used for evaluation.</i></p> <p><i>If students are in class, the post test can also be given as overhead questions.</i></p> <p><i>Use positive reinforcement, we want them to feel comfortable with their decisions.</i></p> |
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Kitchen Fire Prevention Post Test

1. The leading cause of fires in the kitchen is:
 - a. unattended cooking
 - b. oven fires
 - c. microwave oven fires
 - d. burnt toast

2. If you leave the kitchen for even a short time while cooking, broiling, or frying you should:
 - a. turn the stove down to low
 - b. leave the food cooking as is
 - c. turn off the stove
 - d. cover food with aluminum foil

3. If you are simmering, baking, roasting or boiling food, you should:
 - a. check it regularly and stay in the home
 - b. Its safe to go outside and get the mail
 - c. stay in the kitchen and watch the stove
 - d. its safe to leave the home for a short time

4. When children are present:
 - a. use the back burners
 - b. use front burners so they can be reached faster
 - c. have children sit quietly on the floor so they can't reach the stove
 - d. have children stay behind you when the stove is being used

5. Spilled food or grease on the stove top should be:
 - a. cleaned up to prevent a fire
 - b. kept to a minimum
 - c. covered with a paper towel to soak up the grease and food
 - d. left to harden

6. If a small grease fire starts in a pan:
 - a. Use baking soda to put the fire out
 - b. smother the flames by carefully sliding the lid over the pan (make sure you are wearing an oven mitt)
 - c. pour water on the fire
 - d. move the pan to the sink and run water over it

7. When heating food in the microwave:
 - a. use any container that will easily fit in the microwave

- b. cover the container with aluminum foil to prevent spills and splattering
- c. use only microwave safe containers or dishes to heat food
- d. avoid wearing clothing with loose sleeves

8. If you have a fire in the microwave:

- a. turn it off immediately
- b. turn it off immediately and keep door closed
- c. open the door and attempt to put out the fire
- d. get a lid from a pot or pan to cover the fire

9. Keep kids _____ft away from the cooking area

- a. 3
- b. 1
- c. 2
- d. 1 foot to the right or left of the stove

10. You should treat a burn with cold water for:

- a. 7 to 10 minutes
- b. 5 to 7 minutes
- c. 3 to 5 minutes
- d. cold water isn't good for a burn

Answer Key

1. B unattended cooking
2. C turn it regularly off stove
3. A check, and stay in the home
4. B use the stoves back burners
5. A clean up to prevent fires
6. B smother the flames by carefully sliding the lid over the pan
7. C use only microwave safe containers or dishes to heat food
8. B keep the door closed
9. A 3 feet around the stove
10. C 3 to 5 minutes