



Fire Prevention

THE FIRST PERSON RESPONSIBLE IS YOU!

KEY DISTRACTIONS TO AVOID IN THE KITCHEN



BEING PREOCCUPIED OR HURRIED

- Use a timer to remind you of the cooking time.
- Check that the stove and oven are closed before leaving the room or home.
- Do not leave any objects on the stove.



HELPING CHILDREN

- If another adult is present, ask them to look after the children while you cook.
- Stay close to the stove at all times when in use.
- Do homework with your children before or after you've finished preparing dinner..



PLAYING VIDEO GAMES

- Always keep an eye on food on the stovetop.



GOING OUT TO SMOKE OR VAPE

- Always stay in the kitchen when using the stove.
- When outdoors, always extinguish your cigarette butts in an ashtray, never in a flowerpot, in the mulch or on the ground.



WORKING FROM HOME

- If you're preparing your meal, set aside a time to give it your full attention.
- Avoid answering e-mails or the telephone while food is cooking.



MAINTAINING A CONVERSATION WITH YOUR GUESTS

- Accept the help you're offered in the kitchen, so you're not the only person supervising the various stages.
- Before leaving the kitchen, make sure all cooking appliances are securely closed.



MULTI-TASKING

- Concentrate on your task in the kitchen; the rest can wait.
- When using the stove and barbecue to prepare a meal, take turns, not at the same time. Otherwise, delegate the use of the barbecue to someone else.



CHECKING YOUR PHONE OR TABLET

- Keep your smartphone or tablet out of reach when you're cooking.
- Concentrate on the task in hand when using a cooking appliance.
- Avoid checking social media, answering e-mails or talking on the phone while food is cooking.

For fire emergencies, dial 9-1-1.

In collaboration with your fire department

[Québec.ca/prevention-incendies](https://quebec.ca/prevention-incendies)

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