

THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS

Winter is a time for celebration! Thanksgiving and winter holidays are a time for family gatherings, and are celebrated with special foods, customs, and decorations in your home. Without safety precautions, these observances may increase the risk for fire and burn related injury. Whether your family celebrates Christmas, Hanukkah, Kwanzaa, or another winter holiday, the same basic safety principals apply to keep your family and your home safe from fire and burns!

IN THIS ISSUE

-  Kitchen & Cooking Safety
-  Candle Safety
-  Holiday Guests
-  Cooking with Your Kids



GREAT COOKBOOKS FOR HEALTHY, KID FRIENDLY RECIPES • Page 4

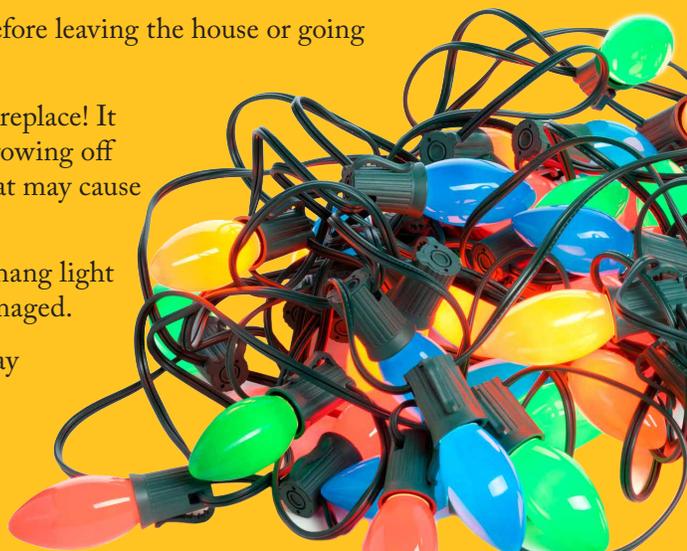
SPONSORED BY



EVERYTHING YOU NEED TO STAY SAFE THIS HOLIDAY SEASON

DECORATIONS

- Use only non-flammable decorations. Keep them a safe distance from heat sources – nearly half of decoration fires happen because they are placed too close to a heat source!
- Do not place Christmas trees near a heat source. Be sure to keep your tree stand filled with water at all times.
- Inspect your holiday lights each year for frayed wires or other wear. Replace any lights that show signs of wear. Never use indoor lights outdoors!
- Do not overload outlets and read the manufacturer's instructions for number of light strands to connect.
- Always turn off holiday lights before leaving the house or going to bed.
- Never put wrapping paper in a fireplace! It can result in a very large fire, throwing off dangerous sparks and embers that may cause a chimney fire.
- Use clips, not nails or staples to hang light cords so that they do not get damaged.
- Make sure trees and other holiday decorations do not block exits.



KITCHEN & COOKING SAFETY

Winter holidays often revolve around food and feasts! Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve. During these times there can be increased traffic in the kitchen. Increased activity and excitement can often make people less careful just when they should be more cautious!

COOKING FIRE SAFETY TIPS:

- When cooking, do not become distracted by attending to children, ringing doorbells, or answering phone calls. Unattended cooking is by far the leading contributing factor in cooking fires and fire deaths!
- Create a “kid-free zone” of at least 3 feet around your stove.
- Keep the cooking area free of towels, paper, or anything that could burn.
- Turn pot handles to the back of the stove to prevent burns caused by overturning or spills.
- Be sure electric cords from the coffee pot, electric knife, or mixer aren’t dangling over the edge of the counter within reach of a small child.
- Make sure the kids stay away from all hot food and liquids – The steam and/or splash from things like gravy, coffee, or vegetables can cause serious burn injuries.
- Remember to never use metal objects or aluminum foil in the microwave! They can cause a fire and damage the microwave.
- Before you start to cook, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire.
- Do not use a tablecloth or placemats if very young children are in the home. If children pull on the tablecloth, hot liquid and food can come down and burn them.



COMMON KITCHEN FIRES

- If there is a fire in the oven, leave the door closed and turn off the heat until the fire department arrives.
- If there is a fire in the microwave, close the door and turn it off until the fire department arrives.
- If a pan catches on fire, smother the flames with a lid or flat cookie sheet. NEVER try to move a burning pan or try to carry it outside or to the sink.
- If your sleeves catch on fire, cover the burning material with a potholder, mitt, or towel. Go to the sink and run cool water to put out the fire and cool the burn.
- If other parts of clothing are burning, stop, drop and roll to put out the flames. Cool with water, and seek medical attention.
- Keep a fire extinguisher in your kitchen and know how to use it!!

THE MOST FLAMMABLE FOODS?

Be extra cautious when cooking with these flammable foods and foods like them:

- Garlic (high natural oil content)
- Bacon (or any protein product with high fat content)
- Flour (or other powdered goods, when placed into a hot pan with nothing else in it)
- Alcohol-based sauces (like Marsala or sherry)
- Peanut brittle (or any other ultra-sugary foods)
- Cup-a-soup (not a fire hazard, but the steam that builds when you microwave this is an extreme scald hazard!!)



CANDLE SAFETY

More than 33 percent of candle fires occur when candles are left unattended. Nearly HALF of holiday decoration fires are started by candles!

- Keep all candles out of the reach of children!! Do not place candles where they could be knocked over by a pet.
- Do not leave candles unattended...make sure you blow them out before leaving the room, leaving the house, or going to bed.
- Keep all candles away from curtains, blankets, or anything flammable.
- Put candles in a sturdy, non-tip candle holder before you light them. Use only flame-protective, non-combustible shades or globes.
- Never put candles on a Christmas tree!
- If possible, use the safest option.....battery operated, flameless candles. They are available in numerous shapes, sizes, and colors.

HOLIDAY GUESTS

Often around the holidays, you will not only have guests, but they may end up spending the night! You need to take special precautions when you have overnight guests to ensure everyone's safety!

- Make sure everyone is aware of your family's escape plan, and knows two ways out of each guest room.
- Make sure guests' purses and bags are out of the reach of children, especially if they might contain matches or lighters!
- Ask smokers to smoke outside, and provide them with large, deep, sturdy ashtrays.
- Make all guests aware of where your fire extinguisher is and how to use it.
- Show guests where your emergency numbers are posted.



KIDS CORNER

COOKING WITH YOUR KIDS!

As long as careful safety measures are taken into consideration, cooking during the holidays can be a fun and educational experience for you and your child! Fine motor skills are enhanced with motions like pouring and stirring; counting ingredients and amounts teaches simple math skills; and working as a team reinforces socializing, learning how to share, and taking turns.

BEFORE STARTING A COOKING PROJECT WITH YOUR CHILD:

- Make sure you have a fire extinguisher and fire escape plan. Test your smoke alarms.
- Teach your children about the dangers in the kitchen. Talk about what is hot, sharp, etc.
- Always make sure you and your child wash your hands!

AGE APPROPRIATE TASKS

1 CHILDREN UNDER TWO YEARS OLD:

Allow infants and young toddlers to explore various textures of vegetable, fruits, etc. (Always supervise to ensure small pieces don't turn into choking hazards!)
♦ Give infants pots, pans, wooden spoons, measuring cups, etc. to explore

2 TWO YEAR OLDS:

Clean vegetables with brushes ♦ Clean tables ♦ Tear, break, or snap foods (lettuce, beans, etc.) ♦ Dip foods into dips ♦ Mix with hands - make sure the bowl or container is about twice the size of the amount of mixture to help avoid spills

3 THREE YEAR OLDS:

Wrap foil around food ♦ Press dough into baking pan or wrap dough around meat or vegetable fillings ♦ Pour from small plastic pitchers ♦ Mix with hands or wooden spoon ♦ Shake small jars of food (dressings, etc.) ♦ Spread foods using a plastic knife or small spatula

4 FOUR YEAR OLDS:

Use fingers to peel eggs, oranges, corn, etc. ♦ Roll and flatten food ♦ Mash foods (potatoes etc.)

5 FIVE YEAR OLDS:

Measure ingredients ♦ Cut soft food with a plastic or dull knife (always teach knife safety first—show how to hold and use the knife safely) ♦ Grate food ♦ Beat an egg with a manual egg beater



DOES YOUR CHILD LOVE HELPING IN THE KITCHEN?

Here are some great books full of healthy, kid-friendly recipes to try!

The Toddler Cookbook

by Annabel Karmel

Pretend Soup and Other Real Recipes

by Mollie Katzen & Ann L. Henderson

Salad People

by Mollie Katzen

Mom and Me Cookbook

by Annabel Karmel

A First Cookbook for Children

by Evelyne Johnson

New Junior Cookbook

by Better Homes and Gardens



For more information, visit:

WWW.BURNPREVENTION.ORG