

Learn don't burn



Cooking safety



Sponsored by
The Australian
Professional Firefighters
Charity Foundation.



If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.



www.ausgoal.gov.au/creative-commons

© Department for Health and Ageing,
Government of South Australia. All rights reserved.
First printed 5/10. Reprinted July 2017.(Digital Media 4839)



Government
of South Australia

SA Health



Government
of South Australia

SA Health

The key to safe cooking in your home

- > Stay with the food while it is cooking.
- > Young children should stay out of the kitchen during meal preparation.
- > Turn off appliances after use.
- > Keep kettles, jugs and teapots away from the edge of benches and tables.
- > Avoid using table cloths – toddlers may pull on the material to assist them to stand and the items on the table (ie a hot mug of coffee) can then fall onto the child.
- > Keep your oven and microwave clean. Grease and food can build up on the surfaces and catch fire easily.

Teach your children the basic rules of fire safety

- > Teach your children what 'hot' means.
- > Stay away from the stove.
- > Don't play with matches.
- > Keep back from open fires.
- > Don't play with electricity or appliances.

If a fire occurs

In your microwave, unplug and turn the microwave off and leave the door shut.

In your oven, turn it off and keep the door shut. If the fire continues to grow, use your fire extinguisher.

On your stove, slide a lid over the pan and turn off the burner or element/hot plate. Do not attempt to take the pan to the sink. If the fire continues to burn you can use your fire extinguisher, fire blanket, or baking soda. Never put water on a grease fire, water will splatter and will spread the fire.

Microwaves

Place microwaves at a safe height, within easy reach for all users.

Never heat baby bottles in the microwave, as the heat distributed may not be even and can scald your child.

Steam in containers can reach up to temperatures greater than 200 degrees. Puncture plastic wrap, or use vented containers to allow steam to escape, or wait at least one minute before removing the cover.

Foods heat unevenly in microwaves. Remember, jelly and cream fillings pastries may be extremely hot, even though outer parts only feel warm.

Microwaved foods and liquids may reach temperatures greater than boiling without the appearance of bubbling. Stir and test food thoroughly before drinking or eating.

First aid for all burn injuries

- > Remove any clothing and jewellery. Clothes hold in the heat and can make a burn worse.
- > Never use ice, butter, toothpaste or creams.
- > Apply 20 minutes of cool running water.
- > Cover with a clean cloth or clean plastic cling wrap (do not use cling wrap for the face).
- > Seek medical advice if the skin is broken or the burn area is larger than a 20 cent piece.

Where can I get more information?

SA Health

Women's and Children's Hospital Burns Service
Phone (08) 8161 7000

Royal Adelaide Hospital Burns Unit
Phone (08) 8222 4000

Parent Helpline (24 hr service)
Phone 1300 364 100

Search for 'burns' on these websites:

- > www.wch.sa.gov.au
- > www.cyh.com

Kidsafe SA

Phone (08) 8161 6318

Plumbing Industry SA

For information about regulating hot water temperature, contact the Plumbing Industry Association of SA.

Phone (08) 8292 4000