

## COOKING SAFETY TIPS

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[WWW.ALPHAOMEGAPROS.COM](http://WWW.ALPHAOMEGAPROS.COM) or call 406-628-0178

Cooking is a daily activity that, while often enjoyable and necessary, can pose significant risks if not done carefully. For restoration companies specializing in water, fire, and smoke damage restoration, educating clients on cooking safety is a crucial aspect of prevention. Here, we outline essential tips that can help mitigate these risks, ultimately reducing the frequency and severity of incidents that require restoration services.

### GENERAL COOKING SAFETY TIPS

- » **Never Leave Cooking Unattended:** Always stay in the kitchen while cooking, especially when frying, grilling, or broiling. If you must leave, turn off the stove.
- » **Use Timers:** Utilize kitchen timers to remind you of cooking times and prevent overcooking or burning.
- » **Keep Flammable Objects Away:** Ensure no flammable materials (e.g., oven mitts, wooden utensils, towels) are near the stove.
- » **Regularly Clean Cooking Surfaces:** Built-up grease and food particles can ignite easily. Clean your stove and oven frequently.
- » **Install Smoke Detectors:** Ensure your kitchen has a working smoke detector and test it monthly.

### PREVENTING FIRE AND SMOKE DAMAGE:

- » **Stay Alert:** Avoid cooking when you are tired, have consumed alcohol, or are under the influence of medications that cause drowsiness.
- » **Control the Heat:** Always start with the lowest necessary heat setting and increase gradually.
- » **Keep a Fire Extinguisher Handy:** Know how to use a fire extinguisher and keep one within easy reach in your kitchen.
- » **Practice Safe Frying:** When frying, slowly heat the oil and never leave the pan unattended. If a grease fire occurs, cover the pan with a lid and turn off the burner.
- » **Maintain Electrical Appliances:** Regularly inspect cords and plugs for damage and replace any worn-out appliances.



### MITIGATING WATER DAMAGE RISKS:

1. **Check for Leaks:** Regularly inspect under the sink for leaks and address them promptly.
2. **Know Your Water Main:** Know where your water main is located and how to shut it off in case of an emergency.
3. **Use Appliances Properly:** Only use dishwashers and similar appliances according to the manufacturer's guidelines.
4. **Monitor Water Pressure:** Excessive water pressure can lead to leaks or bursts. Consider installing a pressure regulator.
5. **Address Spills Immediately:** Clean up spills on the floor promptly to prevent slipping hazards and potential water damage to flooring.

By adhering to these safety tips, homeowners can significantly reduce the risk of water, fire, and smoke damage originating from the kitchen. As a restoration company, we want to help you stay safe but also help you in your home maintenance journey. Remember, prevention is always better than restoration.