



WHAT'S COOKING FOR TEENS PRESENTATION GUIDE

 <p>Slide 1</p>	<p>Introduction</p> <p>Introduce yourself and welcome the students to the presentation.</p>
 <p>Slide 2</p>	<p>Key Points:</p> <ul style="list-style-type: none"> • Explain you are going to teach the students to cook safely and prevent cooking fires • Teens will be cooking for themselves – fire service wants to make sure they are cooking safely
 <p>Slide 3</p>	<p>Q: What do you think is the number one cause of home fires? A: Cooking.</p>
 <p>Slide 4</p>	<p>Q: What do you think is the number one cause of fire deaths? A: Careless smoking, cooking is a close second!</p>
 <p>Slide 5</p>	<p>Explain that you are going to show the students a series of pictures and ask them to identify what the hazard is in each picture</p>
 <p>Slide 6</p>	<p>Q: What is the hazard? A: Pot handles turned outward.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Pot handles should be turned inward and away from the edge of the stove to prevent anyone from knocking over the pot(s) • Turn handles inward to prevent young children from grabbing the handles
 <p>Slide 7</p>	<p>Correct behaviour</p> <p>Message: Keep pot handles turned inward</p>

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 <p>Slide 8</p>	<p>Q: What is the hazard? A: Combustible items too close to the stove</p> <p>Key Points:</p> <ul style="list-style-type: none">• Items such as curtains, tea towels, oven mitts, pot holders, and paper towels should not be kept too close to the stovetop• Keep things that can catch fire away from your stovetop• Clutter contributes to the spread of fire
 <p>Slide 9</p>	<p>Correct Behaviour</p> <p>Message: Clear the Clutter</p>
 <p>Slide 10</p>	<p>Q: What is the hazard? A: Appliance on the burner.</p> <p>Key Points:</p> <ul style="list-style-type: none">• Electric appliances such as kettles should not be placed on the stovetop• Turning on the wrong burner with the appliance on it can cause a fire
 <p>Slide 11</p>	<p>Correct behaviour</p> <p>Message: Keep appliances off the stovetop</p>
 <p>Slide 12</p>	<p>Q: What is the hazard? A: Electrical cord dangling from countertop.</p> <p>Key Point:</p> <ul style="list-style-type: none">• Make sure electrical cords are not dangling from countertops, where they can be pulled over by small children
 <p>Slide 13</p>	<p>Correct behaviour</p> <p>Message: Keep cords neatly wrapped</p>
 <p>Slide 14</p>	<p>Q: What is the hazard? A: "Octopus" wiring – too many items plugged into the one receptacle.</p> <p>Key Point:</p> <ul style="list-style-type: none">• Multiple appliances plugged into one outlet can overload the circuit, causing an electrical short and a potential fire

 <p>Slide 15</p>	<p>Correct behaviour</p> <p>Message: Plug in one appliance per socket</p>
 <p>Slide 16</p>	<p>Q: What do you think is the number one cause of kitchen fires? A: Leaving cooking unattended.</p>
 <p>Slide 17</p>	<p>Q: What is the hazard? A: Leaving cooking unattended.</p> <p>Key Point:</p> <ul style="list-style-type: none">• The most common fire is COOKING LEFT UNATTENDED! <p>Tips:</p> <ul style="list-style-type: none">• Emphasize that unattended cooking is the leading cause of household fires and fire injuries• Give examples of how people get distracted – answer phone/cell phone, answer the door, watching television, on computer, falling asleep
 <p>Slide 18</p>	<p>Correct behaviour</p> <p>Message: Look while you cook</p> <p>Key Points:</p> <ul style="list-style-type: none">• Look while you cook – stay with your cooking• If you leave the kitchen while cooking with oil or high temperatures, turn off the stove
 <p>Slide 19</p>	<p>Q: Why is this a hazard? A: Leaving cooking unattended.</p> <p>Key Points:</p> <ul style="list-style-type: none">• Emphasize that barbequing is another form of cooking and it should not be left unattended• A fire on a deck can easily spread to the house
 <p>Slide 20</p>	<p>Correct behaviour</p> <p>Message: Stay with your cooking – look while you cook</p>

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Q: What do you think this picture has to do with cooking? Or
 Q: What is the hazard?
 A: People attempting to cook while under the influence of alcohol.



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Key Points:

- Many fires and fire deaths are caused by people trying to cook or smoke while under the influence of alcohol
- Alcohol and fire are a dangerous mix
- People become forgetful, leave the stove on, fall asleep
- Keep a close eye on anyone who is drinking excessively in your household and attempts to cook
- Make sure the stove is off before going to bed



Slide 23

Q: Has anyone had a cooking fire?
 Q: How was it extinguished?

Tip:

- These questions are meant to provoke discussion. If anyone answers “put water on fire” the educator can reinforce the proper way to extinguish a fire and move to the next slide where the consequences of throwing water on a grease fire is demonstrated.



Slide 24

Video Clip: This clip shows a pot of grease that has reached its ignition point. The firefighters put ½ a cup of water on the fire to demonstrate what can happen when you put water on a grease fire.

Tips:

- Talk about the demonstration being in a controlled setting – tell the students to imagine this being a stove in their home with cupboards, curtains, etc. and what the devastating results of that fireball would be
- Emphasize the consequences of putting water on a grease fire
- When water is added to a flaming pot of oil it can spread droplets of flaming oil across the kitchen area and start new fires or cause serious burns
- If appropriate, give examples of a grease fire from your community



Slide 25

Know what to do if you do have a cooking fire.

Key Points:

- Keep a proper-fitting pot lid and oven mitt near the stove when cooking
- Slide the lid over the pan to smother the flame.
- Turn off the burner, and leave the pan covered until it is completely cool
- Do not move the pot

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	<ul style="list-style-type: none"> If the fire does not go out, make sure everyone gets out of the home and call the fire department (9-1-1) from outside <p>Tip:</p> <ul style="list-style-type: none"> Demonstrate the proper method for extinguishing the fire using the oven mitt, pan and lid
 <p>Slide 26</p>	<p>Q: If a fire starts in your oven or in the microwave what would you do? A: Shut the door and turn off the oven.</p> <p>Key Points:</p> <ul style="list-style-type: none"> If there is a fire in the oven, keep the oven door shut and turn off the heat If a fire starts in the microwave or toaster oven, close the door and turn off the appliance Explain that by keeping the oven door shut and turning off the oven/microwave, the fire will be smothered Use only microwave-safe cookware
 <p>Slide 27</p>	<p>Q: Does anyone have younger brothers or sisters? Does anyone baby sit? What do you think "have a kid free zone means"?</p> <p>A: Keeping children away from the stove.</p> <p>Key Points:</p> <ul style="list-style-type: none"> Keep young children at least a metre away from the stove Young children might try to touch hot things on the stove or pull on the oven door
 <p>Slide 28</p>	<p>Prevent Scalds and Burns</p>
 <p>Slide 29</p>	<p>Q: What are some ways you can scald yourself when cooking? A: Steam from boiling water, microwave food.</p> <p>Q: What are some ways you can burn yourself when cooking? A: Touching hot pot handles, touching the oven.</p> <p>Q: How can you prevent scalds and burns when cooking? A: Use oven mitts or pot holders.</p>

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 <p>Slide 30</p>	<p>Message: Use an oven mitt to prevent scalds and burns.</p> <p>Demonstration: Educator can bring prop – show proper oven mitts and pot holders</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Use dry oven mitts or potholders when removing hot food from ovens, microwaves, or stovetops • Do not use tea towels as they can dangle and catch fire • Replace old or worn oven mitts to prevent burns • Open microwave containers slowly, away from you
 <p>Slide 31</p>	<p>Q: What should you do if you burn yourself? A: Cool the burn under cool water.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Cool a burn by running cool water over the wound for 3 to 5 minutes • If the burn is severe, seek medical attention <p>Tip:</p> <ul style="list-style-type: none"> • Explain why not to use lotion or butter on a burn or scald – keeps the heat in
 <p>Slide 32</p>	<p>Q: What is the hazard? A: Wearing loose clothing when cooking.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Avoid wearing loose dangling clothing while cooking • Wear tight-fitting or rolled up sleeves when cooking • Loose dangling clothing can come into contact with the burners and catch on fire • Loose dangling clothing can also catch the pot and knock it over
 <p>Slide 33</p>	<p>Correct behaviour</p> <p>Message: Wear tight-fitting or rolled up sleeves</p>
 <p>Slide 34</p>	<p>Q: Do you know what to do if your clothes catch fire? A: Stop, drop and roll.</p> <p>Key Point:</p> <ul style="list-style-type: none"> • If your clothing catches fire, <i>stop</i>, <i>drop</i> to the ground and <i>roll</i> over and over to put out the fire <p>Tip:</p> <ul style="list-style-type: none"> • You can ask for a student volunteer to demonstrate stop, drop and roll if appropriate

<p>CANDLES: A GLOWING CONCERN...</p> <p>FACT! Fires caused by candles are easily preventable.</p> <p>Slide 35</p>	<p>Q: Does anyone burn candles in their homes?</p> <p>Message: Fires caused by candles are easily preventable.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Buy good quality candles that are smoke-free and drip-free • Make sure lit candles are kept out of reach of children and pets • Keep all combustible materials, including decorative items and wreaths away from lit candles
<p>CANDLES: A GLOWING CONCERN...</p> <p>Secure candles in a sturdy holder, where they can't be knocked over.</p>  <p>Slide 36</p>	<p>Key Point:</p> <ul style="list-style-type: none"> • Secure candles in a sturdy holder, where they cannot be knocked over
<p>CANDLES: A GLOWING CONCERN...</p> <p>Place a glass shade or hurricane chimney over candles.</p>  <p>Slide 37</p>	<p>Key Point:</p> <ul style="list-style-type: none"> • Place a glass shade or hurricane chimney over candles
<p>CANDLES: A GLOWING CONCERN...</p>  <p>When you go out, blow out! Always blow out candles before leaving the room.</p> <p>Slide 38</p>	<p>Key Point:</p> <ul style="list-style-type: none"> • When you go out, blow out! Always blow out candles before leaving the room. <p>Tip: If appropriate give examples of a candle fire from your community</p>
 <p>INSTALL SMOKE ALARMS IT'S THE LAW</p> <p>Slide 39</p>	<p>Educator hold up smoke alarm</p> <p>Q: Can anyone tell me why it is important to have working smoke alarms in your home?</p> <p>A: It's the law and</p> <ul style="list-style-type: none"> • to let you know there is a fire • to provide early warning of a fire.
<p>FACT!</p> <p>Having working smoke alarms increases your chance of surviving a fire.</p>  <p>Slide 40</p>	<p>Key Points:</p> <ul style="list-style-type: none"> • Having working smoke alarms can increase your chance of surviving a fire by 63% • Most people who die in fires, die from smoke inhalation not from the flames
<p>FACT!</p> <p>Ontario law requires working smoke alarms on every storey and outside sleeping areas.</p>  <p>Slide 41</p>	<p>Key Points:</p> <ul style="list-style-type: none"> • Ontario law requires that working smoke alarms be located on every storey of the home and outside all sleeping areas • Clarify Sleeping Areas: Someone sleeping in the basement – require a smoke alarm outside the “sleeping area/bedroom”

 <p>Slide 42</p>	<p>Q: Who sleeps with their bedroom door closed?</p> <p>Key Point:</p> <ul style="list-style-type: none">• In addition to the requirements of the law, the fire service recommends that smoke alarms be installed in every bedroom
<p>FACT! Not having <u>working</u> smoke alarms is an offence under the Ontario Fire Code.</p>  <p>Slide 43</p>	<p>Key Points:</p> <ul style="list-style-type: none">• Every home must have the required number of smoke alarms• The smoke alarms <u>must be working</u>
 <p>The homeowner could get a ticket for \$235, or</p>  <p>A fine of up to \$50,000</p> <p>Slide 44</p>	<p>Q: Does anyone know what the consequences are for not having working smoke alarms?</p> <p>A: The homeowner could get a ticket for \$235. Or a fine of up to \$50,000.</p> <p>Key Point:</p> <ul style="list-style-type: none">• Failure to comply with the Fire Code smoke alarm requirements could result in a ticket for \$235 or a fine of up to \$50,000
<p>Test smoke alarms every month by pressing the test button</p>  <p>Slide 45</p>	<p>Q: Does anyone know how often you should test your smoke alarms?</p> <p>A: Monthly</p> <p>Key Points:</p> <ul style="list-style-type: none">• Test smoke alarms monthly• Test smoke alarms when you return from vacation <p>Demonstration: Test smoke alarm</p>
 <p>Change the battery in each smoke alarm once a year, and if the low battery warning sounds.</p> <p>Slide 46</p>	<p>Q: Can anyone tell me how often you should change the batteries in your smoke alarms?</p> <p>A: Change the battery in each smoke alarm once a year and whenever the low-battery warning sounds (“chirps”).</p> <p>Key Points:</p> <ul style="list-style-type: none">• Change the battery in each smoke alarm once a year and whenever the low-battery warning sounds• Some smoke alarms may be hard-wired to the home’s electrical system, some of these alarms may have a battery back-up <p>Demonstration: Educator can ask a student to volunteer to come up and demonstrate how to insert a battery.</p>



Slide 47

No Time to Spare video clip.

Before showing the clip, share some background information with students, as follows:

A few years ago, a fatal fire occurred in Ontario in which a five-year-old boy died. The mother, father and a second child managed to escape, but the 5-year-old became scared and ran back upstairs, where he perished in the fire.

The home was semi-detached and the adjoining home, although not damaged, was going to be torn down. This gave the Office of the Fire Marshal the opportunity to re-create the fire in identical conditions. Smoke alarms, heat sensors and video cameras protected by thermal glass were installed to monitor and record the conditions and behaviour of the fire.

Ask the students to watch the video carefully and make note of the amount of time that elapses from the start of the fire to the sound of the smoke alarms on each storey. Ask them to make note of the amount of time that has elapsed when flashover occurs.

Double click to start the video.

Following the video, lead a brief discussion with the students.

After video clip ask students:

Q: What are some of the things that surprised you about this film clip?

A: How quickly the fire spread, how hot it got, flaming paint dropping, how little time there was to escape once the smoke alarm sounded.

Q: How much time elapsed from the start of the fire to the sound of the smoke alarms on each storey?

A: 1st storey - 45 seconds
2nd storey - 1 minute, 25 seconds

Tip:

Reinforce the importance of having working smoke alarms on every storey and the importance of home fire escape planning



Slide 48

Q: Does anyone have a home fire escape plan?

Q: Why should you have a home fire escape plan?

A: If there is a fire, everyone must know what to do and where to go.

<p>BE PREPARED!</p> <ul style="list-style-type: none">• Know two ways out of each room, if possible.• 'Get low and go' under smoke to safety• Choose a meeting place outside.• Call fire department from outside.• Once out, stay out.  <p>Slide 49</p>	<p>Key Points:</p> <ul style="list-style-type: none">• Make sure everyone knows two ways out of each room, if possible• Check that all exits are unobstructed and easy to use• Determine who will be responsible for helping young children, older adults or anyone else that may need assistance• If caught in smoke, get low and go under the smoke to the nearest safe exit. Choose a meeting place outside, such as a tree or a lamp post, where everyone can be accounted for• Call the fire department from outside the home, from a cell phone or neighbour's home• Once out, stay out. Never re-enter a burning building
<p>REMEMBER...</p>  <p>Look while you cook - stay in the kitchen when you're cooking!</p>  <p>Have WORKING smoke alarms on every storey and outside sleeping areas!</p>  <p>Develop a home fire escape plan!</p> <p>Slide 50</p>	<p>Wrap up</p> <p>Key Points:</p> <ol style="list-style-type: none">1. Look while you cook – stay in the kitchen when you're cooking2. Have working smoke alarms on every storey and outside sleeping areas3. Develop a home fire escape plan
 <p>Slide 51</p>	<p>Questions</p> <p>Open the floor for questions if time permits</p> <p>This would be a good place to insert your name, fire department contact number and website.</p>