



Fire prevention is

# YOUR RESPONSIBILITY!

## THE MAIN DISTRACTIONS TO AVOID IN THE KITCHEN



### BEING PREOCCUPIED OR RUSHED

- Use a timer to remind you of the cooking time.
- Check to see if you've turned off the stove and oven before leaving the room or your home.
- Don't leave any object on the stove.



### DEALING WITH CHILDREN

- If another adult is present, ask him or her to look after the children while you cook.
- Stay close to the stove at all times when using it.
- Do homework with your children before or after you finish preparing the meal.



### PLAYING VIDEO GAMES

- Always keep an eye on the food on the stove.



### GOING OUT TO SMOKE OR VAPE

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



### DOING TELEWORK

- If you're preparing a meal, set aside a time slot to give full attention to the task.
- Avoid answering emails or phone calls while the food is cooking.



### HAVING A CONVERSATION WITH YOUR GUESTS

- Accept the help you're offered in the kitchen so that you're not the only person supervising the different steps.
- Before leaving the kitchen, make sure the cooking appliances are properly turned off.



### MULTI-TASKING

- Focus on your task in the kitchen; the rest can wait.
- When you use the stove and barbecue to prepare a meal, do so consecutively, not concurrently. Otherwise, delegate use of the barbecue to someone else.



### CHECKING YOUR PHONE OR TABLET

- Leave your smartphone or tablet out of reach when you cook.
- Concentrate on the kitchen task at hand when using a cooking appliance.
- Avoid using social media, answering emails, or talking on the phone while food is cooking.

**For a fire emergency, dial 9-1-1.**

In collaboration with your fire safety service

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