SET THE TABLE FOR SAFETY

Whether testing out a new dish or whipping up a family classic, there's one recipe that should also be included on the menu this holiday season: **safety**. Follow this *"Recipe for Kitchen Safety"* and help this year's festivities create memories instead of danger.

INGREDIENTS FOR SAFETY

FUNCTIONING SMOKE ALARMS

FUNCTIONING GROUND FAULT CIRCUIT INTERRUPTERS (GFCIs)

VIGILANCE

CLEAN APPLIANCES

KITCHEN TIMER

DIRECTIONS

1 Smoke alarms should be installed in **every bedroom, outside each sleeping area, and on every level of the home**. For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds.

2 Test the batteries in each smoke alarm **every month**, replace them **once a year**, and replace the unit every **10 years**.

3 GFCIs are electrical safety devices that trip electrical circuits when they detect ground faults, or leakage currents, that could shock or electrocute someone. GFCIs should be installed where **electricity and water may come in contact**, such as the kitchen. GFCIs should also be tested **every month**. Additional instructions for testing can be found at **www.esfi.org**.

4 Prevent fires by making sure your oven and stovetop are **clean and free of grease and dust**. You should also clean the exhaust hood and duct over the stove regularly. Lastly, vacuum the refrigerator coils every **three months** to prevent potentially dangerous dirt build-up.

KITCHEN SAFETY

5 **Never leave cooking unattended**. You should not cook if you are sleepy or under the influence of alcohol. Children should also be closely supervised and kept at least **three feet away** from all cooking appliances.

6 It's easy to forget about something that's cooking, especially when you're entertaining guests. **Use a kitchen timer** to make sure your dish doesn't become a fire hazard.

7 **Enjoy!** Being proactive about safety will give you peace of mind and allow you to enjoy your time with loved ones.

ESFi **For more information about cooking and holiday safety visit www.esfi.org**

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