

on the fire, or place a lid on the pan to put the fire out. Only put the lid on the pan if you won't get burned. Use a thick, dry, flame-resistant oven mitt.

Never do the following:

- Never try to put the fire out with water. If the food contains fat, the water will make the fat spatter. The spattered fat may spread the fire.
- Never carry the flaming pan to the sink. You may spill the burning food. This can spread the fire and cause you to get burned, too.

This is how to extinguish oven fires.

1. Turn off the oven.
2. Leave the oven door closed. The fire will go out as soon as it uses all the oxygen in the oven. If you open the door, more oxygen goes to the fire. The fire may spread. Microwave oven fires are extinguished in the same way. If you can, unplug the microwave oven if a fire occurs.

If your clothing is on fire, this is how to put it out.

1. Do not run around because this will cause the fire to spread. Instead, stop and drop to the floor.
2. Roll on the floor until the fire is out. If a blanket is nearby, wrap yourself in it. It will reduce the fire's oxygen supply which helps to put out the fire.

Make a fire action plan before a fire starts. A fire action plan can help families be ready for any fire emergency. Here's how to make a fire action plan.

1. Plan an escape route from every room in your home. The whole family needs

to know the fastest way to get out in case of fire.

2. Practice fire drills often. Everyone in the family needs to know what to do if a fire starts.

If you can't bring a fire under control quickly, put your fire action plan into motion. Alert others to get out quickly. If you need to escape from a burning building, keep your head below the smoke. You may need to crawl on the floor. If it's smoky, put a towel or pillow over your mouth and nose. If the door out of the room feels hot, don't open it. Instead, go to a window and let firefighters know you are inside. Once you escape, do not return to the burning building. Go to a neighbor's and call the fire department. If you live in an apartment, pull the fire alarm.

## To Prevent Electric Shock

Electricity powers many kitchen appliances. These appliances save you time and energy and make your work easier. Electricity is helpful, but it can shock, burn, or kill you.

When electricity passes through your body, it creates heat that causes burns inside your body. The electricity may paralyze nerves and muscles and cause you to stop breathing. It may cause your heart to stop, too.

You can prevent accidents with electricity if you keep these points in mind.

- Worn or damaged plugs and cords can cause shocks. Plugs and cords can be damaged if you pull on the cord instead of the plug, 8-7. Also, placing cords under rugs can cause the cord's covering to wear through.