Cooking related fires are more frequent on campus than those caused by any other source. Yet they can easily be prevented.

On average, cooking-related fires cause an estimated 185,600 structure fires, 80 civilian deaths, 3,875 injuries, and $481 million in property damage, according to the U.S. Fire Administration.

Several straightforward and easily implemented steps can be taken by individuals to prevent cooking-related fires and to protect themselves from injury should a cooking fire occur.

First, care should be taken when cooking with oil, butter, or other greasy foods that are highly flammable and can easily splatter or spill from pots and pans.

Do not attempt to extinguish grease-based fires with water as it reacts violently when poured on hot grease or oil. Small grease fires can be extinguished by placing a cover on the pan or using a fire extinguisher.

Inattention is the leading cause of kitchen fires. Never leave your cooking unattended, whether it be to leave the room, answer the phone or chat with others. In addition, always remember to turn your burner or oven off when the food is done.