

6th grade Kitchen Fires and Safety Demo
1 hour class

Materials Needed

Pan Fire Demo

Baking Soda	Oil
Salt	Pan
Water	Lid
Extinguisher	Matches/lighter
Pepper	Burnt pan
Alcohol	Hot pads
Flour	“In an instant”
“Fire Power”	

I. Introduction.

- A. Self. Explain about a firefighter job of only seeing people when it a bad day, a very bad day, and for some it's even their last day
- B. Quote from Eleanor Roosevelt “You should learn from the mistakes of others, because you won't live long enough to make them all yourself”
- C. Two meanings, 1) some mistakes you don't live through, and 2) the list of mistakes is so long you wouldn't have time to get through the list.
- D. Why are you here? To talk to you about cooking and how to do it safely since many of you are starting to cook at home.

II. Fire is like a triple threat.

- In a house fire the first threat is the smoke. It goes everywhere. You cannot hide. It even goes past doors. The poisons rob your brain of oxygen and make escape impossible.
- The second threat is the heat. Following the smoke is the heat that goes everywhere. The heat moves slower than the smoke. The heat can reach temperatures of over 1,500 degrees killing everything in its path.
- And the last wave is the flame. People have been known to hide in the shower, fully dressed with the water running to protect themselves from the flames. But long before the flames reached them, the smoke and heat moved right in.

III. Movie clips

A. Movie clip “Fire Power”

- 1. Discuss how fast that fire moved
 - a. the more open ended questions the better the discussion prior
 - 1. How long do you think you have if a fire were to start in a trash can to be able to safely get out?
 - 2. How hot do you think the fire will get?
 - 3. How long will the fire go until the smoke alarm goes off?
- 2. Discuss temperatures and times of the fire/smoke went through the house
 - a. Discuss Firefighters do not survive in our full gear with temperatures of 1,500 degrees.
 - b. You bake cookies at 375 degree think how hot that is how long into the fire was it that hot?

- c. 1 min 50 seconds till that smoke alarms went off
- d. Less then 2 min to get out of the house after the smoke alarm went off

B. Movie clip with Lindsey from “In an instant”

1. Talk about that fact that we all know right now that she should not have picked up a pan that was on fire, but that is what she did. Why? The only thing that was going through her head was “My parents are going to kill me and I need to get this fire out of the house!”

2. Lindsey was not thinking about her safety but she did not have a class like today to know what to do.

3. What should Lindsey have done? We will get back to that later and I will show you what to do if a fire started while you were cooking. You will need to teach your family b/c I would bet most of your family does not have the correct information and would make the fire worse.

IV. Cooking Safety

HOW DO YOU COOK SAFELY AT HOME?

A. Cooking is the number one cause of residential fires (fires that occur at home)

1. It is also the least reported call as well

2. In 2005, U.S. fire departments responded to **146,400** home1 structure fires that involved cooking equipment in 2005. These fires caused 480 civilian fire deaths, 4,690 civilian fire injuries, \$876 million in direct property damage.

B. How many of you cook at home? Many will say that they don't even thought they are using a toaster or microwave

C. Use a microwave?

1. What is the fire departments number 1 reason we are called to a false business fire alarm? Burnt popcorn.

2. What do you do if a fire were to start in your microwave?

3. Turn it off, leave the door shut, and if you can unplug it.

4. You can stop a fire from happening in your microwave by cleaning it and making sure you are putting in only microwavable safe materials

D. Oven Fires

1. What do you do if you are making cookies and the oven catches on fire?

2. Turn it off and leave the door shut. Remember that ovens are made to handle a great deal of heat.

3. You can stop fires in your oven by cleaning them and making sure you put a pan/cookie sheet under pies and other foods that could leak onto the heating element.

E. Here are some ways you can prevent fires in the kitchen: (Safety Tips)

1. Never leave the kitchen when you are cooking with Grease or oil

2. Unplug appliances and turn off the stove when they are not being used.

3. Wear close-fitting sleeves when you cook.

4. Pull long hair up

5. Tuck in or take off necklaces, hoddie strings, or other loose items

6. Keep flammable objects away from the stove. What might be a flammable object? (dish towel, curtains, etc.)
 7. Turn pot handles in. -try to use back burners. Many pets and children get burned every year by grabbing or bumping into a pot of hot food and spilling it on themselves.
 8. Keep small children out of the cooking area when you are cooking. (3 feet rule)
 9. Don't overload your outlets with appliances.
 10. Use the proper containers when heating food in the microwave. What shouldn't go in the microwave? metal
 11. If you are making cookies do you need to stay in the kitchen? No but stay close enough to hear the timer. Take a timer with you
 12. If you are boiling water do you need to stay in the kitchen? No but just make it a quick if you have to leave. Take a pot holder with you so you do not forget you are cooking.
- F. First aid for a burn
1. If you do burn yourself, what should you do? What shouldn't you do?
 2. Cool water not cold and not ice. Run cool water over the area for 10 min.
 3. If you are questioning calling 9-1-1 then do!!
- G. What should you do if a fire starts in the kitchen?
1. Get out of the house, go to the neighbors and call 9-1-1.
 2. Wait for the firefighters to arrive – Do NOT go back inside
 3. If it is a grease of a pan fire...

V. Pan Fire Demo

- A. I have some things here that you may have heard that you can use to put out a fire. What do you see here that you could use to extinguish this fire?
1. Baking Soda.
 - a. Look at the package. Does it say anywhere on it that it puts out fire.
 - b. If very lucky it can work but it is not recommended because to use it you must endanger yourself. The flames must be covered with the powder and to do that you will probably be burned.
 - c. You could also push the fire out of the pan by the force of the baking soda coming out will make it spill over.
 2. Salt.
 - a. Same as Baking Soda. Not labeled for extinguishment
 - b. Very dangerous to use and will not put fire out
 - c. Again could make fire go over the edge of pan.
 3. Water
 - a. Will cause a steam cloud that will never reach the fire and will seriously burn you.
 - b. Water and oil do not mix and if the water were to make it to the pan then it would only push the oil/grease to the top of the pan and cause the oil/grease to overflow
 - c. Again could make fire go over the edge of pan.
 4. Fire Extinguisher

- a. Is too powerful for a pan fire. Can blast burning oil around the kitchen and spread the fire to other parts of the kitchen.
5. Pepper and Flour
 - a. Are foolers. They can accelerate the fire.
 - b. Flour is made of wheat; wheat is a type of a grass. Grass burns and so does wheat
6. **BEST thing to do for a small pan fire is to put a lid onto the pan and remove the heat.**

B. Light the fire and demo

Would you like to see this in real life?

Always have a lid and pot holder on the counter near by when cooking!!!

1. Light fire
2. Hold lid as a shield wearing pot holder
3. Approach and slide on the lid
4. Fire goes out TOO EASY!
5. Remove heat (turn off the oven) and wait until cool to inspect.
6. Can those of you that are sitting close feel the heat?
7. If you came into your kitchen with a fire this big would you panic?
8. Who would like to try?
 - a. I pick 1 boy and 1 girl if time allows. I am looking for kids who are meeting the safety guidelines, no hoodie, hair back... Also I am looking for a kid who may be a little timid to put the lid on it.
 - b. This is an important step to show since the instructor makes it look easy when in reality it does not always go so smoothly.
9. Can you see why Lindsey panicked? Now that you know the correct thing to do if a pan catches on fire go home and teach your family because many of them do not know the correct thing to do.

QUESTIONS?