Cooking Safety for Older Adults

DO

- Use oven mitts, not towels, to handle hot pots and pans
- Use caution when cooking with grease – keep burner on a low to medium setting and keep a pan lid in reach
- Make sure smoke alarms are in place on each level of your home and replace batteries every 6 months
- Have an escape plan if fire breaks out in the home – "two ways out" should always be available

DO NOT

- Wear clothing with loose or large sleeves while cooking
- Leave food cooking on the stove unattended
- Pour water on a grease fire – use a lid to smother the flames
- Cook when you are sleepy or have taken medications that make you drowsy
- Ever heat your home using the warmth from a kitchen oven or stove

THE FACTS

- ✓ Older Adults are at higher risk of suffering an injury from burns
- ✓ Adults ages 65+ are twice as likely to die in home fires
- ✓ Adults 85+ years are four times more likely to die from a burn injury

THE FIX

If a burn injury does happen…

1) Cool the burn with COOL (not cold) water to stop the burning process
2) Remove all clothing and jewelry around the injured area
3) Cover the area with clean, loose bandages
4) Seek medical attention

American Burn Association
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