

COOKING SAFETY STARTS WITH YOU!

PAY ATTENTION TO
FIRE PREVENTION



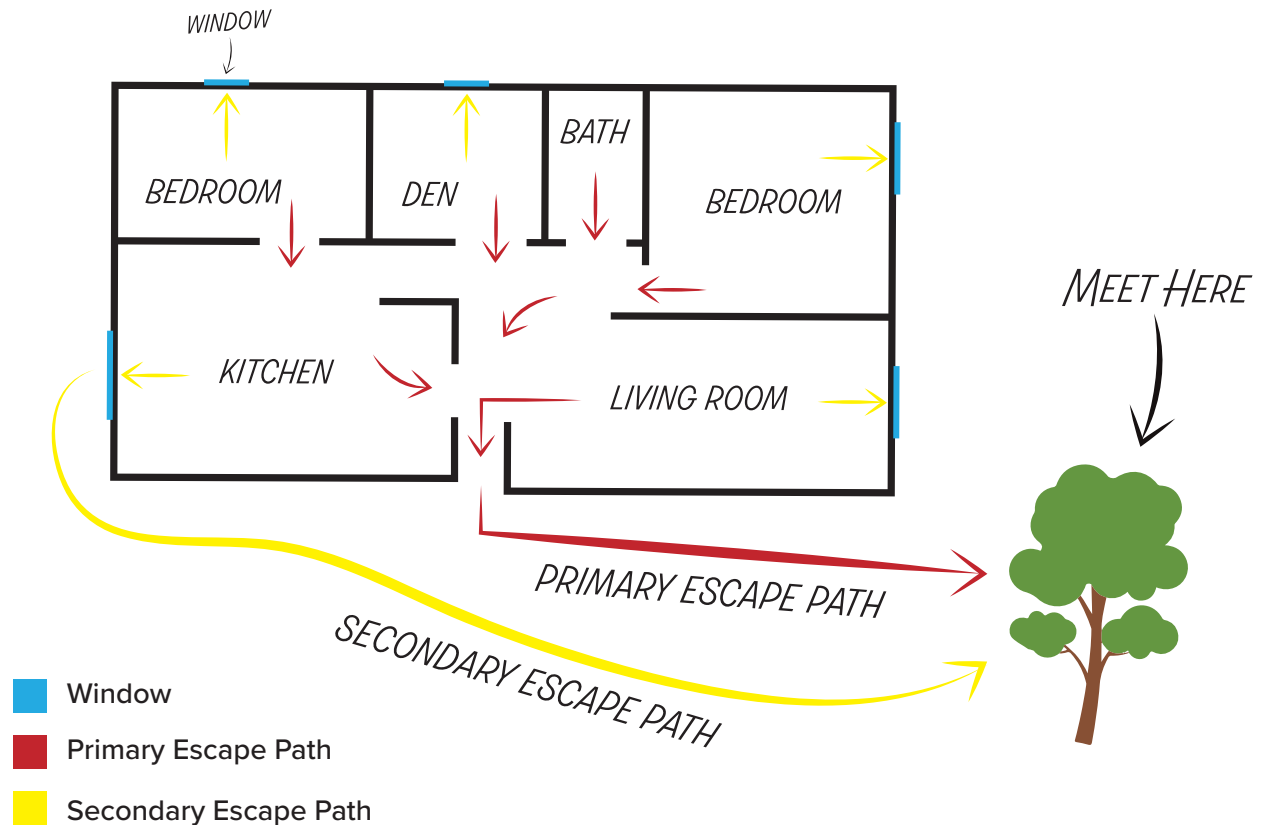
“COOK WITH CAUTION”

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind yourself that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.



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FIRE RESCUE SERVICE
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HOME ESCAPE PLANNING:



1. INSTALL WORKING SMOKE ALARMS

Install working smoke alarms on every level of your home and test your smoke alarms monthly to ensure they are working properly.

2. DRAW A FLOOR PLAN OF YOUR HOME

Make an outline of each floor of your home and label each room. Identify at least two exits from each room.

3. CHOOSE A FAMILY MEETING PLACE

Your family meeting place should be a safe distance from your home. All family members should be taught to report to the meeting place after escaping from a fire. Try for a meeting place at the front of your home or building.

4. SCHEDULE A HOME FIRE DRILL

Practice getting out of your home through various exits by holding fire drills. Practice your escape plan at least twice a year.



SCAN &
CONNECT





#ABBOTSFORDROCKS

Painting fire safety rocks is for everyone! Abbotsford Fire Rescue Service (AFRS) is encouraging everyone in the community to help spread fire safety messages by painting rocks and placing them around the community.


The theme for 2023 is “Cooking safety starts with YOU! Pay attention to fire prevention”, check out our list of cooking safety messages and let’s get painting!



Painting ‘Cooking Safety Rocks’ is a fun activity involving schools, families, and firefighters in creating lasting messages and reminders about fire safety!

FOLLOW THESE STEPS:

- 1 Pick a fire safety message from the list below.
- 2 Paint your fire safety rocks and place them around the community in public spaces (i.e. outside fire halls, along walking paths, in local parks, around school grounds, etc.).
- 3 Take a photo of your rocks and upload them to social media! Be sure to tag and follow the City of Abbotsford and use the hashtag **#AbbotsfordRocks**.

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COOKING SAFETY MESSAGES:

- Be Aware Take Care
- Be Prepared, Not Scared
- Better to Be Safe Than to Be Sorry!
- Call 9-1-1 and Help Will Come
- Have A Burn-Free Cooking
- Keep your kitchen safe, clean your kitchen
- Make safety a way of life
- Matches/lighters are Tools NOT Toys
- Meals Cooked With Care
- Practice Fire Safety Everyday
- Put a lid on Cooking Fires
- Safety – It’s a choice, not a chance
- Safety never goes out of style
- Smoke Alarms Save Lives
- Stop, Drop & Roll
- Test Smoke Alarms Monthly

JOIN US FOR A FAMILY NIGHT OPEN HOUSE ON WEDNESDAY, OCTOBER 11

FIRE PREVENTION WEEK: **OCTOBER 8 - 14, 2023**

Join your local firefighters at the following Fire Halls from **6:00pm - 8:00pm** for an evening of fun, learning, and activities. Take a tour, sit in a fire truck, learn how to use a fire hose, try on some firefighter gear, and so much more!

Firefighters will share their experiences with you and answer your questions about fire safety and survival.

Fire Hall Locations:

- **Fire Hall 3** (Aberdeen) 28455 Fraser Highway
- **Fire Hall 4** (Matsqui Village) 5775 Wallace St
- **Fire Hall 5** (Mt. Lehman) 30373 Merryfield Ave
- **Fire Hall 6** (Abbotsford) 2427 West Railway St
- **Fire Hall 7** (Sandy Hill) 34989 Old Clayburn Rd
- **Fire Hall 8** (Blueridge) 30811 Blueridge Dr



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