



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

DON'T

- 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 from the injured area
- 3) Cover the area with clean dry sheet or bandages
- 4) Seek medical attention



American Burn Association

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