



Media Release

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For immediate release

Fire Prevention Week – October 8-14, 2023

“Cooking safety starts with you. Pay attention to fire prevention.”

Nelson, BC: The fire departments of the Regional District of Central Kootenay (RDCK) Fire Service are participating in Fire Prevention Week, October 8-14, 2023. This year’s campaign is “Cooking safety starts with you. Pay attention to fire prevention.” The intent of this year’s Fire Prevention Week is to educate the community about simple, but important actions they can take to keep themselves and those around them safer when cooking.

“Cooking fires are the leading cause of home fires and home fire injuries,” said Gord Ihlen, RDCK Fire Prevention Officer. “Unattended cooking can lead to fires and potentially worse. The good news is you can prevent most cooking fires and burns and help keep your family safer with some simple but effective tips.”

The RDCK Regional Fire Service encourages all residents to embrace the 2023 Fire Prevention Week theme.

Here are some important cooking safety tips:

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 you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire:

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire:

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.

To find out more about Fire Prevention Week programs and activities in the RDCK, please contact the local fire department in your area at www.rdck.ca/firedepartments or contact the Regional Fire Service Office at 250.352.1570 or email fireadmin@rdck.bc.ca.

For more information about fire prevention, visit:

- Office of the Fire Commissioner: www.gov.bc.ca/FireSafety
- National Fire Protection Association (NFPA): www.nfpa.org/Events/Events/Fire-Prevention-Week
- Sparky's Fire Safety Club: www.sparky.org

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

-30-

For further information, please contact:

Dan Elliott

Communications Coordinator
Regional District of Central Kootenay
Tel: 250.354.3476
Email: delliott@rdck.bc.ca