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Health and wellness tips for your work, home and life



HOME GRILLING SAFETY TIPS

As warmer weather hits, the smell of food on the grill fills the air. According to the National Fire Protection Association, nearly 9,000 home fires involve grills each year. With this in mind, it's important to brush up on barbeque safety. Consider the following grilling safety tips:

- Do not let children or pets play near the grilling area until the grill is completely cool.
- Place your grill at least 3 feet away from other objects—including your house, trees and outdoor seating.
- Do not use your grill directly below your roof or any low-hanging tree branches, as these items could catch fire.
- Only use starter fluid for barbecue grills that use charcoal. Do not use starter fluid for gas grills.
- Before using a gas grill, check the connection between the propane tank and the fuel line to make sure it is not leaking and is working properly.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting it. Never use a match to check for leaks.
- If your propane grill's flame goes out, turn off the grill and the gas. From there, wait at least five minutes before relighting the grill.
- Do not bring your grill into an unventilated or enclosed space—such as the garage or inside of your home. This is not only a major fire hazard, it is also a carbon monoxide hazard.

Take Steps to Avoid Burns

Not only can grills start fires, they can also cause burns. That's why it's important to exercise caution as you flip foods on the grill to ensure your hands and arms do not get burned.

Specifically, be sure to use long-handed utensils to help keep your hands at a safe distance from the flames. Lastly, store baking soda near the grill to quickly put out potential grease fires.

Reach out for more home and safety tips.



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