



CITY OF HARRISONBURG  
**FIRE**  
**DEPARTMENT**

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For Immediate Release – Oct. 10, 2023

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## HFD celebrates Fire Prevention Week with reminder that ‘Cooking Safety Starts With YOU’

HARRISONBURG, Va. – As the Harrisonburg Fire Department recognizes Fire Prevention Week over the next few days, members are reminding the community to not let dinner become a disaster.

HFD is teaming up with the National Fire Protection Association (NFPA) to celebrate the 101<sup>st</sup> anniversary of Fire Prevention Week from October 8 to 14. This year’s campaign, “Cooking safety starts with YOU. Pay attention to fire prevention,” works to educate everyone about simple but important actions they can take when cooking to keep themselves and those around them safe.

The easiest thing people can do to cut down on kitchen fires is to not get distracted.

“Unattended cooking is the leading cause of cooking fires and deaths,” Harrisonburg Fire Chief Matthew Tobia said. “That’s why it’s important we all do our part and stay vigilant while cooking in our kitchens.”

HFD offers the following safety tips to reduce the risk of a cooking fire:

1. Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.
2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.
3. Have a “kid- and pet-free zone” of at least 3 feet (1 meter) around the stove or grill and anywhere else hot food or drink is prepared or carried.

“A cooking fire can grow quickly - we’ve seen many homes damaged and people injured by fires that could easily have been prevented,” HFD Public Education Officer Erin Stehle said. “In addition to practicing safe cooking, we want our community to create, and practice, a fire escape plan for everyone in the home.”



*(Above) Sparky the Fire Dog visits the Friendly City Co-op this week to remind visitors about Fire Prevention Week. Practicing cooking safety tips can help keep families safe.*

HFD is hosting/participating in a series of events in support of this year's Fire Prevention Week campaign, including:

- Sensory Friendly Boo Bash on Friday, Oct. 13, from 4 to 7 p.m. at Fire Station 1, 80 Maryland Ave.
- Explore More Discovery Museum Birthday on Saturday, Oct. 14, from 10 a.m. to 2 p.m. off Newman Avenue
- NENA Cookout on Sunday, Oct. 15, from 2 to 4 p.m. at Ralph Sampson Park, 431 E. Washington St.
- The Sweet Sounds of Fire Safety on Wednesday, Oct. 18, from 4 to 6 p.m. at Kline's, 58 E. Wolfe St.
- Meet the Fleet on Oct. 21 from 10 a.m. to 1 p.m. at Valley Mall (East Market Street side)
- Trunk or Treat/Touch a Truck on Oct. 26 from 4 to 7 p.m. at the McNulty Center, 463 E. Washington St.
- Trunk or Treat/Touch a Trunk on Oct. 27 from 4 to 6 p.m. at the Kroger Shopping Center, 1790 E. Market St.
- Touch a Truck on Oct. 28 from 10 a.m. to 2 p.m. at Rocking R Ace Hardware, 1030 S. High St.
- Crossroads Fall Fest on Oct. 28 from 4 to 8 p.m. at Rockingham Park, 1 Rockingham Park Way

Contact HFD at 540-432-7703 for more about Fire Prevention Week programs and activities in Harrisonburg or if you and your family or group would like to schedule a visit. Visit [www.fpw.org](http://www.fpw.org) or [www.sparky.org](http://www.sparky.org) for more general information about Fire Prevention Week and fire prevention in general.

**The Harrisonburg Fire Department** is an ISO-Class II All-Hazards agency providing essential emergency and non-emergency life safety services to the public who live, work and travel in Harrisonburg. More information about the Fire Department is available on-line at [www.harrisonburgva.gov/fire](http://www.harrisonburgva.gov/fire) or on Facebook<sup>®</sup>, Twitter<sup>®</sup> and Instagram<sup>®</sup>.

**The City of Harrisonburg** is centrally located in the Shenandoah Valley of Virginia. It is home to approximately 55,700 people. More information about the City of Harrisonburg is online at [www.HarrisonburgVA.gov](http://www.HarrisonburgVA.gov).

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