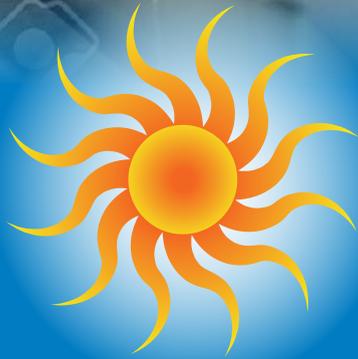




Barbecuing can be a great activity all year-round, but especially when the weather starts to get warm.



As with any cooking, safety and fire prevention should be front of mind. While it is important to follow the manufacturer's instructions to learn how to use, clean and maintain your barbecue, the NB Trauma Program also encourages you to be informed about how to reduce the risk of injury with this type of activity by learning more about the following important, yet simple recommendations.



The NB Trauma Program, and our provincial stakeholders, would like to remind you that most injuries can be prevented!

We encourage everyone to learn more about how to stay safe.

For more information on this and other injury prevention topics, for people of all ages, please visit www.NBTrauma.ca.



NB Trauma Program
Programme de traumatologie du NB

Horizon Health Network Réseau de santé Horizon | Vitalité Health Network Réseau de santé Vitalité | Ambulance NB | New Brunswick Department of Health Ministère de la santé du Nouveau-Brunswick

www.NBTrauma.ca

 @TraumaNB

Be aware and take care.

BARBECUE SAFETY



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Choose a safe place to barbecue

It is important to keep barbecues on an even surface to reduce the risk of it tipping over especially when cooking on a patio or deck. Barbecues should also be kept away from windows, doors and any combustible materials such as overhanging tree branches in order to further reduce the risk of spreading the fire. Before starting, tenants are recommended to check with their building manager about grilling on the apartment's balcony as it may be prohibited.



Keep your barbecue outside

While it may be tempting to use your barbecue in your garage during colder months, they are designed for outdoor use in a well-ventilated area to prevent any potential carbon monoxide build up. Carbon monoxide is a harmful gas that has no colour, smell or taste which can cause serious health problems or death if inhaled. This is why it's important to keep in mind that cracking open a window or a garage door a few

inches while operating a grill indoors is not enough

to provide sufficient ventilation to prevent carbon monoxide poisoning.

Keep children and pets at a safe distance and never leave a lit barbecue unattended

Charcoal Barbecue Safety

Before use

It is important to only use approved briquettes or lump charcoal for your grill. Charcoal lighter fluids specifically manufactured for this purpose may also be used after allowing it to soak in the charcoal for about 10 minutes before ignition. When ready, it is recommended to light your charcoal with a long match or a mechanical lighter designed for barbecues. Never add additional fluid after igniting your barbecue and avoid using gasoline or any other flammable liquid as a charcoal lighter fuel.

After use

Before storing your charcoal barbecue, make sure the charcoal has cooled down completely before you get rid of it. Never dump hot coals into a garbage or trash can since even a little ember can cause a fire. It is recommended to dispose of the ashes by soaking them with water and placing them in a covered metal container.

Gas Barbecue Safety

Before use

Follow the manufacturer's instruction to learn how to check for any gas leaks before using your barbecue for the first time each year. It is recommended to call a qualified technician to help you replace defective parts. Once you are ready to start cooking, follow these 5 steps to help light your gas barbecue:

1. Keep the lid open when lighting your barbecue to prevent gas build up
2. Open the shut-off valve on your tank to turn on the gas
3. Turn the burner controls on the barbecue to the appropriate position
4. Use the igniter button or insert a long match or barbecue lighter through the side burner hole to light your grill. Never ignite a gas grill with a match or pocket lighter.
5. Make sure not to lean over the burners when attempting to light your barbecue

If the barbecue does not light right away, turn off the gas and wait a few minutes for the gas to go away before re-lighting

After use

Once you are done using your gas barbecue, make sure to begin by shutting the gas valve off to allow any remaining gas in the connecting hose to burn off safely. Afterwards, close the burner controls and allow for enough time for the barbecue to cool before closing the lid and/or covering it.

Use safe barbecue cooking utensils and equipment

When cooking on your barbecue, it is recommended to use long-handled cooking utensils and heat-resistant mitts to reduce the risk of burns. It is also important to inspect your barbecue brush since metal bristles on the brush can become loose over time and stick to the grill. The bristles can also stick to food and could be inadvertently swallowed, possibly causing serious throat or digestive injuries. If any of the bristles come loose or stick to the grill, you should throw your brush away immediately. Consider replacing your brush regularly to help avoid problems associated with wear. Keep in mind that alternative brushes that do not have metal bristles are also available for you to purchase.



Refill and store your tank safely

When it's time to refill an empty tank, you should avoid leaving a tank in an enclosed space such as the trunk of your car. It is recommended that you go directly to the closest refill station with your gas tank sealed with its safety plug and return home as soon as possible. Once at home, it is important to keep the tank in an upright position at all times. Remember to never store a gas barbecue indoors with the tank still attached.



Did you know?

In Canada, propane cylinders must be replaced or inspected every 10 years. It is against the law to fill an expired or damaged cylinder.