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Prevent home fires.

It's as simple as paying attention when you are cooking, being careful with your electrical devices, being smart if you smoke, and being cautious with candles. The National Fire Protection Association (NFPA) declared Oct. 5-11 as Fire Prevention Week with "Prevent Home Fires" as the theme.

The Burleson fire marshal and firefighters will be hammering home that theme during the month of October.

Cooking fires are the number one cause of home fires and home fire injuries. Smoking materials (cigarettes, cigars, pipes) are the leading cause of fire deaths in the United States.

How do you prevent kitchen fires? Stay in the kitchen when you are cooking, keep flammables away from the stovetop, don't wear loose clothing when cooking, and always keep an oven mitt or lid handy in case a fire starts in a small pan on the stove.

Lights, light fixtures, light bulbs and extension cords are most often to blame in electrical fires.

Older adults are at the highest risk of death or injury from smoking material fires. Mattresses, bedding and upholstered furniture are most commonly the material that ignites.

The top five days for home candle fires are Christmas, Christmas Eve, New Year's Day, New Year's Eve and Halloween.

To teach children how to prevent home fires and to teach fire safety, log on to www.nfpa.org. To request a presentation about fire prevention, call Fire Marshal Stacy Singleton at 817-447-5400, ext. 220. For fire prevention games for the youngsters in your house, log on to <http://www.nfpa.org/riskwatch/kids.html> and <http://www.nfpa.org/sparky/arcade.html>.