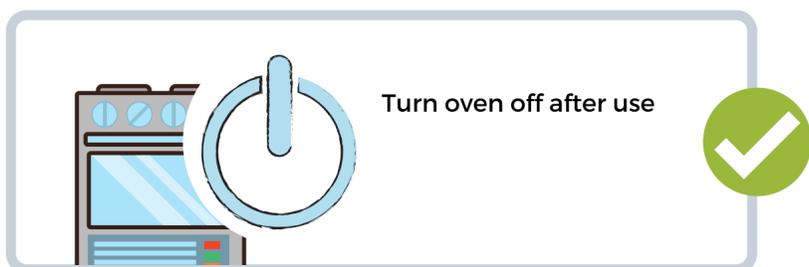
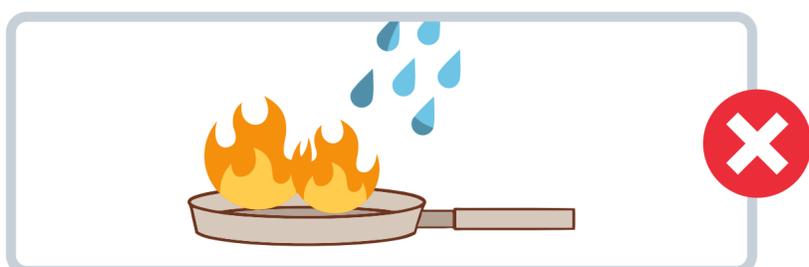


# Fire safety in the kitchen

## Cook safely

Take extra care if you need to leave the kitchen while cooking, take pans off the heat or turn them down to avoid risk.

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out - so they don't get knocked off the stove.
- Take care if you're wearing loose clothes - they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.



## Take care with electrics

Don't put anything metal in the microwave.

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

## Cooking with oil

- Take care when cooking with hot oil - it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke - it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

## What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.



**GET OUT  
STAY OUT  
AND CALL  
9-1-1**