



GET SMART!

Information that could save your life.

GET EQUIPPED!

Investing in your own safety.

GET OUT!

Make a plan. Be prepared.

This is one of a series of leaflets in the 'Get Smart! Get Equipped! Get Out!' fire safety range available from your local brigade. Other leaflets in the series provide advice on fire safety equipment, fire safety for parents and children, and additional information for those with mobility problems and the visually impaired.

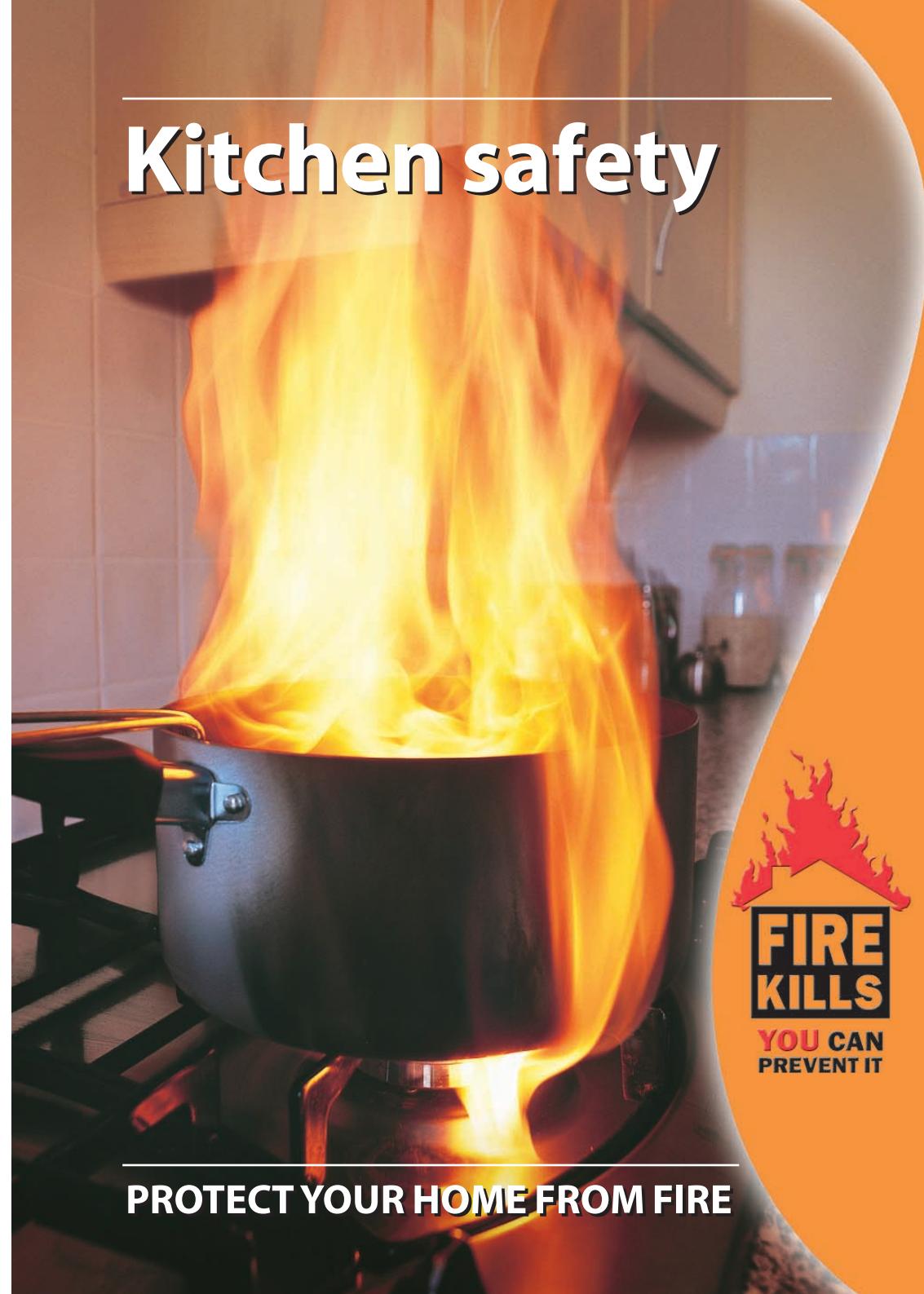
Translations and alternative formats are also available.

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For further information visit our website at: www.firekills.gov.uk

Kitchen safety



PROTECT YOUR HOME FROM FIRE



Every day over 20 people are killed or injured in kitchen fires.

A moment's distraction while cooking, being careless with domestic appliances – it's easy to see why most fires in the home start in the kitchen.

Don't be another statistic – stop fire before it starts!

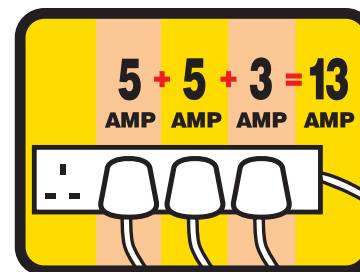
KITCHEN FIRE SAFETY – THE BASICS

COOKERS AND MICROWAVES

- ! Keep electrical leads, tea towels and cloths away from the cooker.
- ! Take care if you are wearing loose clothing, it can easily catch fire.
- ! Keep the oven, hob and grill clean. A build up of fat and grease ignites easily.
- ! Don't put anything metallic inside the microwave.

ELECTRICS

- ! Keep electrical leads and appliances away from water.
- ! Check the toaster is clean and away from curtains and paper towel rolls.
- ! Turn off electrical appliances when not in use and service them regularly.



Don't overload sockets - use one plug per socket. If you have to, use a fused bar adaptor and keep total output to no more than 13 amps.

Remember – high rated appliances like washing machines always need their own socket.

COOKING SAFELY

- Don't leave pans unattended. Take off the heat if you leave the room. Fire starts when your attention stops.
- Don't use matches or lighters to light gas cookers. Spark devices are safer.
- Turn saucepan handles so they don't stick out.
- Keep the oven door shut.

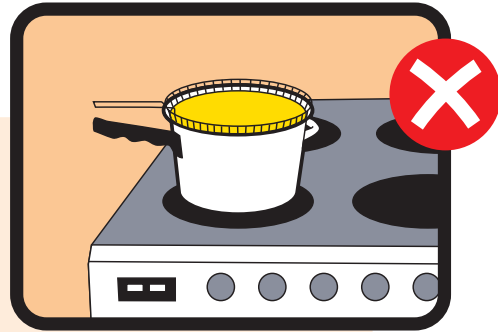
- ! When you've finished cooking, double-check the cooker or oven is turned off.



DEEP FAT FRYING

- Dry food before putting it in hot oil.

- ❌ Never fill the pan more than one third full.



- 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.

Most kitchen fires

occur between 10pm and 4am.

- ❗ **Take care late at night**
It's easy to be careless when you're tired or if you've been drinking.

❗ Don't take risks

**There is no such thing as a safe fire.
It's better to prevent fire than to fight fire.**

What if a pan catches fire?

You should only tackle a pan fire if it's in its early stages and you're sure it's safe to do so.

- If you have a fire blanket, put it over the pan.
- Don't move the pan.
- Turn off the heat if it's safe to do so.
- If you don't have a fire blanket, run a cloth under the tap, wring it out carefully, and cover the pan.
- Leave the pan to cool completely.

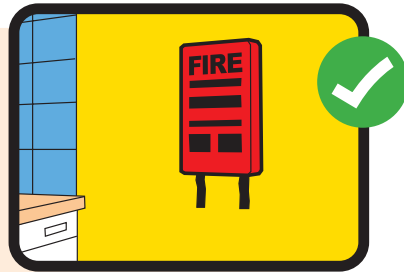


- **Never throw water over it.**

GET EQUIPPED!

- ! Fit smoke alarms on every floor of your home and test batteries regularly.
- ! Don't put a smoke alarm in the kitchen where it can be set off accidentally. Put it out in the hallway.
- ! Buy a smoke alarm with a 'hush button'. If it goes off by mistake you can silence it.

- ! Keep a fire blanket in the kitchen. It can be used to cover burning pans or to wrap around someone whose clothes have caught fire.



TREATING MINOR BURNS

- Run cold water over the burn until pain subsides.
- Cover area with clean non-fluffy material.
- If the burn is bigger than a postage stamp, seek proper medical advice.

The kitchen isn't a play area

***Don't leave children on their own in the kitchen.
Keep matches and sauce pan handles out of reach.***



**IF THERE'S A FIRE... Get Out
Stay Out
and call
999**

Real Life – Quiet Night In



A typical Friday night after work – Mark Brenner was cooking his dinner.

"I only left the kitchen to answer my mobile and came back to metre-high flames above the cooker".

The fire brigade put the fire out before it spread, but the kitchen was destroyed.

"It was the grill pan" says Mark. "I wish I'd listened to my mum and cleaned it. The build up of fat just went up in flames."



Don't let food remains build up – keep cookers, toasters and grills clean.