



## GET SMART!

Get the information that could save your life.

## GET EQUIPPED!

Invest in the equipment you need to keep you safe.

## GET OUT!

Make a plan and 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 extra information for those with eyesight problems or problems getting around.

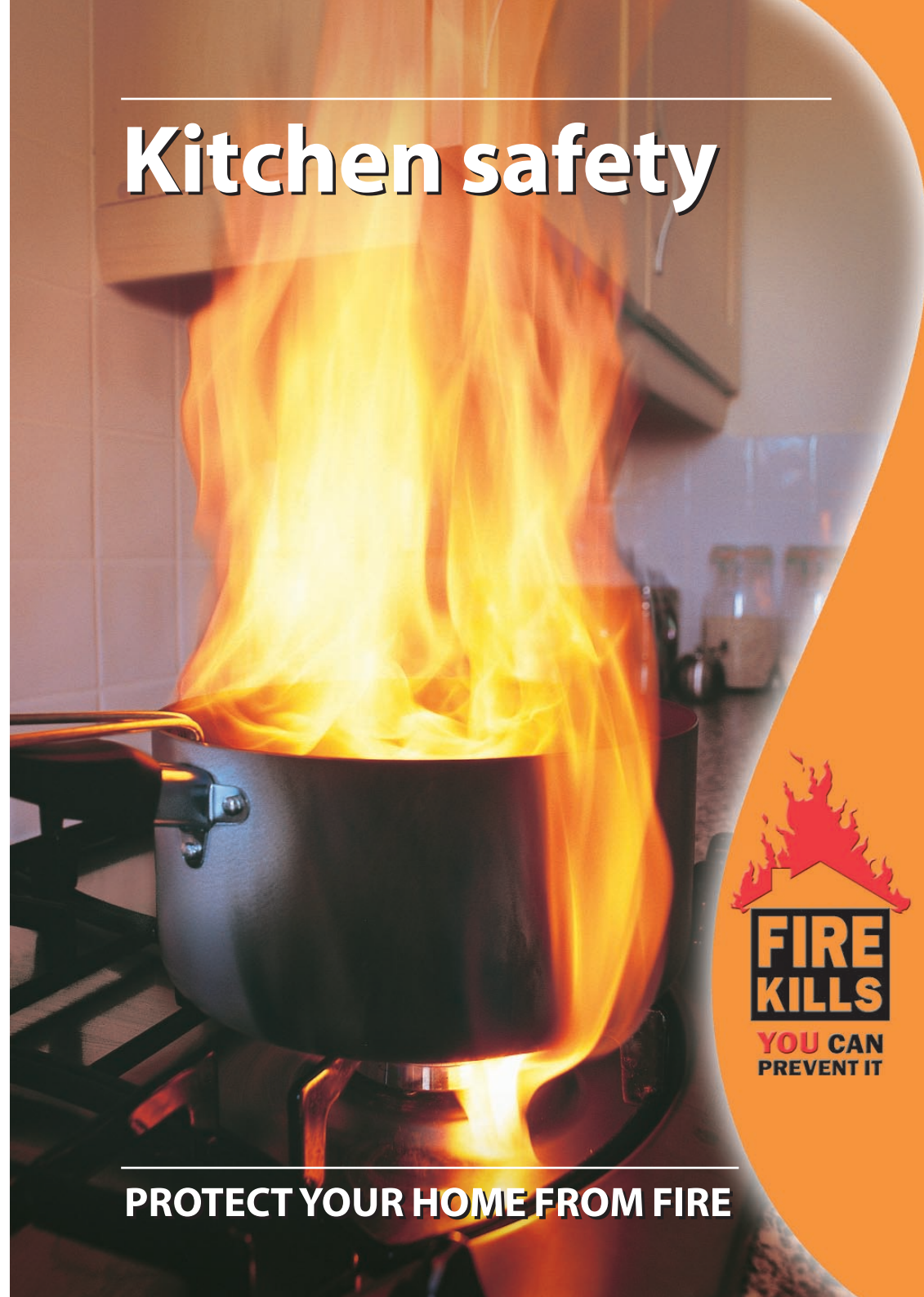
Translations and alternative formats are also available.

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# Kitchen safety



**PROTECT YOUR HOME FROM FIRE**



## Over 20 people a day are killed or injured in kitchen fires.

A moment's distraction while cooking, being careless with kitchen 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!

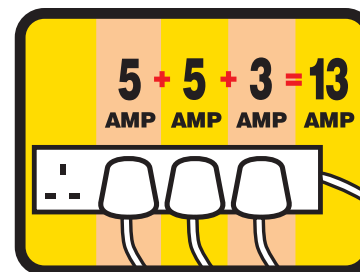
## KITCHEN FIRE SAFETY – THE BASICS

### COOKERS AND MICROWAVES

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

## ELECTRICS

- ! Keep electrical leads and appliances away from water.
- ! Check the toaster is clean and is away from curtains and kitchen rolls.
- ! Turn off electrical appliances when they are not being used and service them regularly.



Don't overload sockets - use one plug in each socket. If you have to, use a fused adaptor and keep the 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 them off the heat if you have to 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 from the hob.
- Keep the oven door shut.

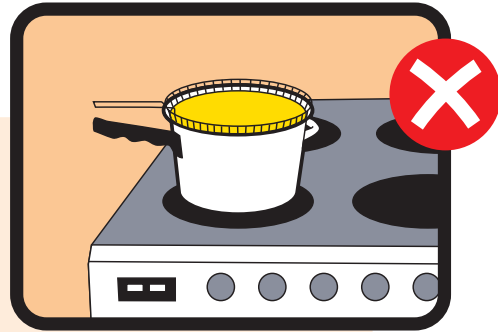
- ! When you've finished cooking, make sure the cooker or oven is turned off.



## DEEP FRYING

- Dry the food before you put it in hot oil.

- ✗ Never fill the pan more than one-third full of oil.



- If the oil starts to smoke, it's too hot. Turn off the heat and leave it to cool.
- Use a thermostatically controlled electric deep-fat fryer. They can't overheat.

**Most kitchen fires start 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 for you to prevent fire than to fight it. Tackling fire is a job best left to professional firefighters.

### What if a pan catches fire?

**You should only ever tackle a pan fire if it's in its early stages and you're completely sure you can put it out and stay safe.**

- If you have a fire blanket, put it over the pan.
- Don't move the pan.
- Turn off the heat to the pan (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.

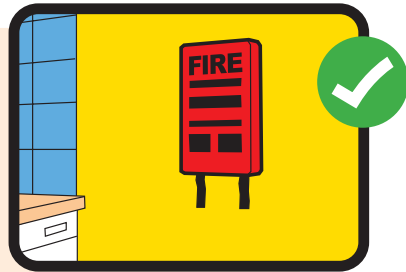


- **Never throw water over the pan.**

## GET EQUIPPED!

- ! Fit smoke alarms on every floor of your home and test the 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'. Then you can stop it if it goes off by mistake.

- ! 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 the pain reduces.
- Cover the burn with clean non-fluffy material.
- If the burn is bigger than a postage stamp, get proper medical advice.

***The kitchen isn't a play area.***

***Don't leave children on their own in the kitchen.  
Keep matches and saucepan 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.**