



Deep fat frying

- Use a thermostat controlled electric, deep fat fryer, they can't overheat.
- Take care when cooking with hot oil, it sets alight easily.
- Do not fill the pan more than a third full of oil.
- Make sure food is dry before putting it in hot oil so it doesn't spit.
- If the oil starts to smoke, it's too hot. Turn off the heat and leave it to cool.

What to do if a pan catches fire:

- turn off the heat if it's safe to do so
- do **not** move the pan
- never throw water or use a fire extinguisher on a hot fat fire
- do not tackle the fire yourself
- call **999**.



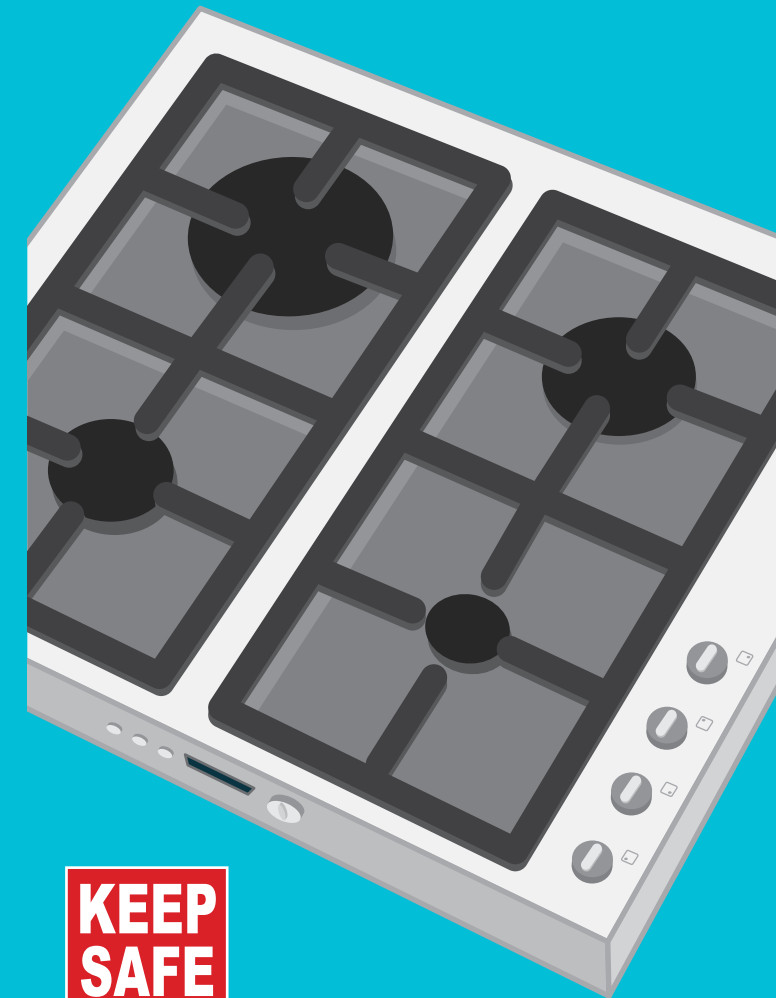
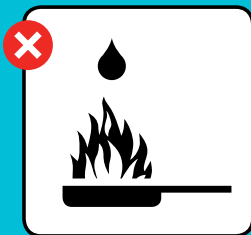
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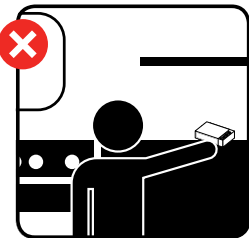
**KEEP
SAFE**
DSFRS

Kitchen and cooking safety

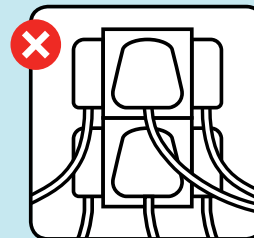
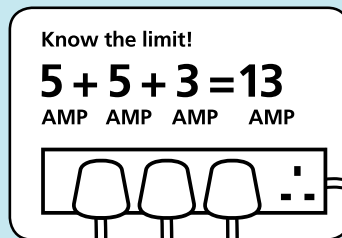
More than half of accidental fires in the home are started by cooking. It is easy to be distracted whilst cooking and leave things unattended.

Follow our safety tips to ensure you cook safely

- Keep the oven, hob and grill clean, a build-up of fat and grease can catch fire.
- Avoid leaving children in the kitchen alone when you are cooking.
- Keep matches and sauce pan handles out of the reach of children to keep them safe.
- Keep tea towels and cloths away from the cooker and hob, take care if you're wearing loose clothing.
- Do not leave saucepan handles sticking out to avoid them getting knocked off the stove.
- Use spark devices to light gas cookers as they are safer than matches and lighters as they don't have a naked flame.



- Never leave cooking unattended.
- Double check the cooker is off when you've finished cooking.
- Don't leave electrical wiring near or on top of the cooker.
- Never overload sockets – use one plug in each socket. If you have to, use a fused adapter and keep the total output to no more than 13 amps (a kettle alone uses 13 amps). Remember, high-rated appliances such as washing machines always need their own socket.
- Make sure plugs have the correct fuse for the appliance being used. If in doubt, refer to the manufacturer's instructions.
- Turn off electrical appliances when not being used and have them serviced regularly.
- Keep electrical leads and appliances away from water.
- Avoid cooking if you are tired, have been drinking alcohol or are taking medication that can make you drowsy.



Toasters

- Check toasters are clean and crumbs emptied out regularly.
- Don't insert metal objects into a toaster.
- Ensure toasters are placed away from curtains and kitchen rolls and do not use directly underneath overhanging cupboards.

Microwave ovens

- Never put anything metal in the microwave.
- Never attempt to sterilise dish cloths or sponges by heating them in the microwave.
- Ensure the turntable is working.
- Never leave a microwave unattended when in use.

