

### ***Cooking safely***

- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan 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 clothing – this can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Double check the cooker is off when you've finished cooking.
- Take care if you need to leave the kitchen whilst cooking – take pans off the heat or turn hobs down to avoid risk.



### ***Take care with electrics***

- 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.

### ***Deep fat frying***

- 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 is safe to do so. Never throw water over it.
- Don't tackle the fire yourself – Get Out, Stay Out, Call 999.

