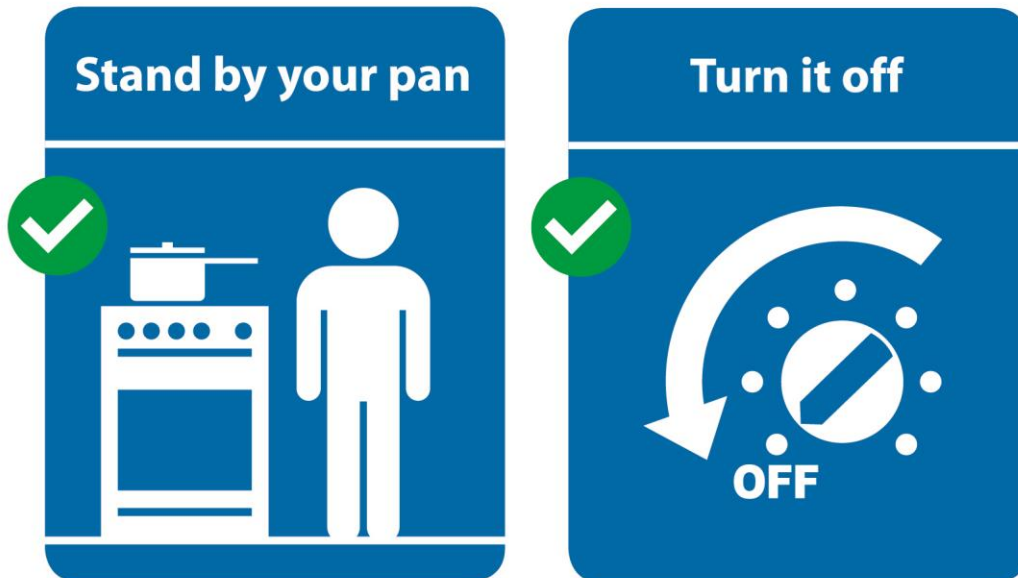


# Cooking Safely

## Good habits, safer kitchen



**It is important not to get distracted when cooking. It only takes a moment for a hot pan or grill tray to catch fire.**

- Do not leave pans unattended. Stand by your pan. Take them off the heat if you have to leave the room.
- Never leave a child unattended when cooking.
- When you have finished cooking, ensure your oven is turned off.
- The safest way to deep fry is to use a thermostat – controlled electric deep fat fryer. The thermostat stops it from overheating.
- Do not cook when tired or if you have had alcohol. Have a takeaway or cold snack instead.

### **Good habits to reduce the risk of fire in your home**

- Keep the oven, hob and grill clean. A build up of fat and grease can easily catch fire.
- Never use water on, a hot oil or chip pan fire.
- Check toasters are clean and placed away from curtains and kitchen roll.
- Keep your microwave clean and do not put metal in it.
- Keep electrical leads, tea towels and clothes away from the cooker.
- Turn off electrical appliances when they are not in use.



**If a pan does catch fire, do not take risks – GET OUT, STAY OUT AND CALL 999**