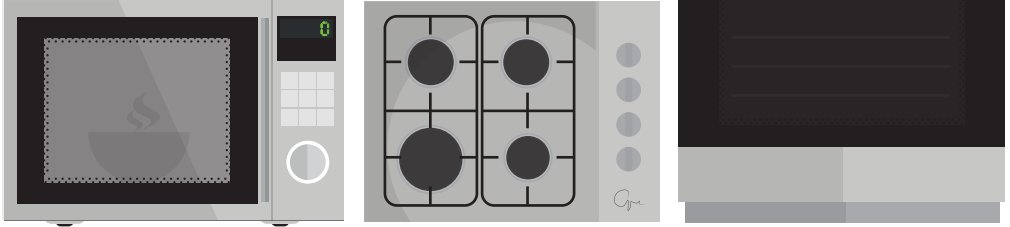


Give food a thought...

being careless in the kitchen can cost lives

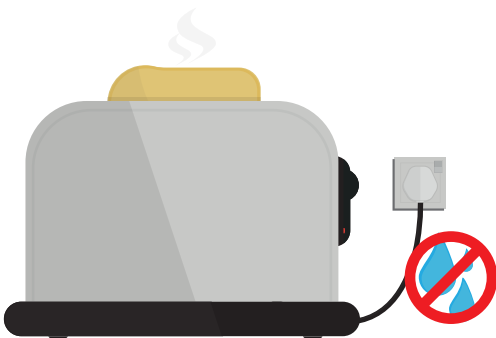
Most house fires the fire service are alerted to start in the kitchen, please help us to keep you safe by reading the information below.



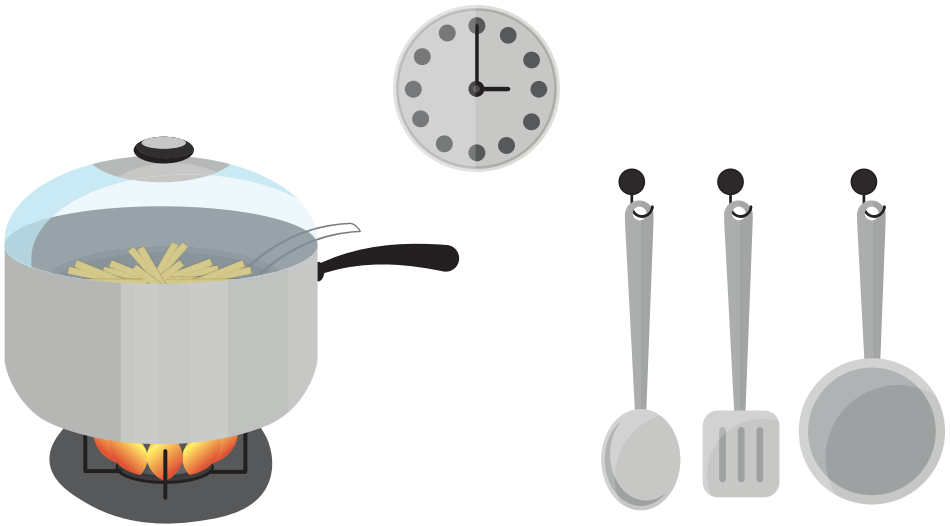
Cookers and microwaves

- Keep electrical leads, tea towels and cloths away from your cooker
- Keep your oven, hob and grill clean. A build up of fat and grease can easily catch fire
- Don't put anything metallic, such as cutlery or tin cans inside the microwave
- Never put a sponge or dishcloth in the microwave to sterilise it - it could catch fire
- Take care if you are wearing loose clothing - this can easily catch fire

Electrics



- Keep electrical leads and appliances away from water
- Check the toaster is clean and away from curtains and kitchen rolls
- Turn off electrical appliances when they are not being used
- Don't overload sockets - only use one plug in each socket



Frying food/chip pans

- Remember any type of pan can catch fire - this includes a wok, a grill or a frying pan
- When deep frying, always dry the food before you put it in the oil
- Never fill a 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 down
- Swap your chip pan for an electric deep fat fryer - thermostatically controlled electrical deep fat fryers that plug into the wall are much safer to use

If your pan catches fire:

- Don't panic and don't take risks
- Don't move the pan
- Never throw water on a hot fat fire
- If it's safe to do so - turn off the heat, but never lean over the pan to reach the controls
- Leave the kitchen, close the door behind you, tell everyone else in your home to leave and don't go back inside for any reason
- Call 999.

Finally... remember a working smoke alarm will give you those precious seconds to escape.

