

Safety First



You should only tackle a pan fire if it's in its early stages and you're sure it's safe to do so.

If a Fire has escalated - Don't Attempt to Tackle it Yourself

Get Out Stay Out and call 999

For further advice telephone
Tayside Fire and Rescue on:
01382 322222

Kitchen Safety

What if a Pan Catches Fire?

- If you have a fire blanket, put it over the pan.
- Don't move the pan.
- Never throw water over it.
- Turn off the heat only if it's safe to do so.
- Close the kitchen door, leave the house and call the Fire Service.

Be Prepared - Prevention is Better than Cure.

- Fit smoke alarms on every floor of your home and test 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'. If it goes off by mistake you can silence it.
- Purchase and install a fire blanket in the kitchen (near the door).

Kitchen Safety

People are killed or injured
in kitchen fires everyday



Designed and produced at the Directorate of Public Health
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It's easy to see why most fires in the home start in the kitchen - all it takes is a moment's distraction while cooking or being careless with domestic appliances

Kitchen Fire Safety



Cookers

- Keep electrical leads, tea towels and cloths away from the cooker.
- Take care if you are wearing loose clothing, it can easily catch fire.
- Keep the oven, hob and grill clean. A build up of fat and grease ignites easily.

Cooking Safely

- Don't leave pans unattended. Take off the heat if you 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.
- Keep the oven door shut.
- When you've finished cooking, double-check the cooker or oven is turned off.
- Don't leave children on their own in the kitchen. Keep matches and saucepan handles out of reach.

All it takes is a moment's distraction!



Electrics and Electrical Appliances

- Keep electrical leads and appliances away from water.
- Check the toaster is clean and away from curtains and paper towel rolls.
- Turn off electrical appliances when not in use and service them regularly.
- Don't put anything metallic inside the microwave.
- Don't overload sockets - use one plug per socket. If you have to, use a fused bar adaptor and keep total output to no more than 13 amps.
- Remember - high rated appliances like washing machines always need their own socket.



Most kitchen fires occur between 10 pm and 4 am



Take care late at night

It's easy to be careless when you're **tired** or if you've been **drinking alcohol**

People are killed or injured in kitchen fires every day.



Deep Fat Frying

- Dry food before putting it in hot oil.
- Never fill the pan more than one third full.
- If the oil starts to smoke - it's too hot. Turn off the heat and leave it to cool.
- Use an oil with a high 'smoke point' such as corn oil, sunflower oil or peanut oil. (These oils can be heated to a higher temperature before smoking occurs.)
- Preferably - use a thermostatically-controlled electric deep fat fryer. **It will not overheat.**

Tips for Healthier Frying

- Use unsaturated oils rather than saturated for frying.
- Good choices would include polyunsaturated fats such as sunflower or corn oil, and monounsaturated fats such as rapeseed oil. (Olive oil, although a healthier option, is less suitable for **deep** frying as it has a relatively low smoke point.)
- Regularly check and renew the oil you use.
- You can re-use cooking oil providing you turn off the heat immediately after you finish frying, allow the oil to cool completely, then strain and filter it into a sealable/airtight container.
- The ability to re-use an oil will depend on a variety of factors. You will know that your cooking oil needs to be replaced if you find foaming on the oil's surface, excessive smoking when the oil is heated, or if the oil becomes very dark in colour, fails to bubble when food is added or starts to smell rancid or 'off'.