

Cooking Fire Safety Tips – Prevent Kitchen Fires

Cooking and chip pan fires are a main cause of home fires in Northern Ireland. In 2014 there were 379 accidental fires of this type. The most common reason for fires in the kitchen is **unattended cooking**. It is important to be alert to prevent cooking fires and to be able to react and escape if a fire breaks out. Impairment through the use of alcohol, prescribed or recreational drugs, or because of a mental health illness (memory problems, dementia, depression, other) or a physical disability can affect your ability to prevent a fire as well as your ability to respond to a fire and greatly (or completely) reduce your ability to escape. **Have a smoke alarm and check it weekly.**

1. **Stay** in the kitchen when you are frying, grilling, or boiling food. If you leave the kitchen for even a short period of time, **turn off the heat**.
2. **Don't cook** if you are tired or if you have taken alcohol drugs or you are not feeling well. **Want to stop smoking? Call 028 3741 5333.**
3. **If you are** simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
4. **Keep** anything that can catch fire — oven mitts, wooden utensils, food packaging, tea-towels, curtains or other electrical wires — away from your hob, cooker and other sources of heat eg toaster.
5. **Keep** the hob, burners, grill pan and oven clean.
6. **Wear** short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner. **Take an extra minute** to ensure you have turned off the power supply (gas, electrical switches and knobs) once you have finished cooking. Do this each time you cook.
7. **If there are children in the home have** a 'child-free zone' of at least 3 feet around the hob or stove and areas where hot food or drink is prepared or carried.
8. **Follow** manufacturer's instructions when installing, cleaning or operating equipment.
9. **Plug** microwave ovens or other cooking appliances directly into a separate socket outlet. Never use an extension cord for a cooking appliances as it can overload the circuit and cause a fire.
10. **Check** electrical cords for cracks, breaks, or damage.
11. **Take care with the electrical products** you buy or use – second hand, counterfeit, old or sub-standard products can cost you more in the long-term.

If you have a cooking fire

- **Just get out!** When you leave, close the door behind you to help contain the fire.
- **Call 999** after you leave. Call 028 9260 0477 for a free Home Fire Safety Check.

Remember

Stand by your pans!

Dirty grills can kill!

Give kitchen grime the elbow!

Switch on to electrical safety!

Always attend to your cooking. ✓

Keep your kitchen tidy and clean. ✓

Keep appliances clean inside and out. ✓

Use your appliances and electrical supply safely. ✓

Visit: www.electricalsafetyfirst.org.uk/ or www.nifrs.org for more information.

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