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Make safety your key ingredient



Indoor Cooking

Recipe for a safe kitchen

Overheated oil or fat in chip pans, deep fat fryers or grill pans are the main cause of kitchen fires.

A moment's distraction and you could find yourself with a serious fire.

Did you know:

- A third of all deep frying injuries occur between 10pm and 4am
- About half of all fires are caused by cooking
- You are more likely to die if you do not have a working smoke alarm

Safe cooking

- Never leave the pan or grill unattended, when the heat is switched on
- Use only a thermostatically controlled deep fat fryer
- Clean hobs regularly to prevent a build up of fat which can catch fire
- Drinking alcohol and cooking is a mix that can end up in disaster

If a pan catches fire

- Do not move it - it could cause burns which last a lifetime
- Turn off the heat if it is safe to do so - but never lean over the pan to reach the cooker controls
- Never throw water on it - this will make it worse
- Close the kitchen door on your way out
- Call 999

Remember - outdoor cooking appliances should never be used indoors, in a tent or an enclosed space! There is risk of Carbon Monoxide poisoning even when extinguished

Outdoor Barbecue

Having a barbecue should be a safe and enjoyable experience for everyone. But cooking over hot coals can be hazardous.

- Be aware of what you're doing, it's easy to be distracted when you have family and friends around you whilst cooking
- Make sure that your barbecue is in good working order
- Keep a bucket of water, a bucket of sand or a garden hose nearby in case of emergencies
- Make sure your barbecue site is flat and well away from sheds, fences, trees and shrubs
- Keep children and pets away
- Never leave the barbecue unattended
- Remember this barbecue will become very hot do not move it during operation
- Do not use spirit or petrol for lighting or relighting use only recognised firelighters
- Never put ashes straight into a dustbin or wheelie bin. If they're hot, they can melt the plastic and cause a fire

Do not use as a source of heat as you run the risk of Carbon Monoxide poisoning

Gas barbecues

- Bottled gas barbecues need special care when being turned on and off
- Make sure the tap is turned off before changing the gas cylinder
- Change gas cylinders in the open air
- When you've finished cooking, turn off the gas cylinder before the barbecue controls, to ensure any gas in the pipeline is used up