



Northern Ireland  
Fire & Rescue Service

Protecting Our Community

## COMMUNITY INFORMATION BULLETIN NO. 27

### COOKING AND KITCHEN FIRE SAFETY

More accidental fires and fire injuries occur in the kitchen than anywhere else in the home. Many kitchen fires happen when people become distracted and leave cooking unattended. Fires can also occur whilst cooking under the influence of alcohol, or medication that makes you drowsy.

Northern Ireland Fire & Rescue Service would like you to follow these simple measures which can make all the difference in preventing a fire starting in your home:

- Avoid leaving cooking unattended; if you have to leave the kitchen, turn the cooker off and take the saucepans off the heat;
- Don't cook if you are tired, have been drinking alcohol or have taken medication that could make you drowsy; you could easily fall asleep;
- Keep flammable items such as oven mitts, tea towels and cables away from the cooker top;
- Be careful not to lean over cooker tops as loose clothing and aprons can catch fire;
- Keep the oven and grill pan free from a build-up of oils and grease; this could ignite and cause a fire;
- Never use a barbeque indoors; burning or smouldering fuel can cause carbon monoxide poisoning;
- Supervise children and pets in the kitchen at all times; keep matches and saucepan handles out of reach; and
- Make sure the cooker or hob is turned off when you have finished cooking.

#### Deep fat frying

It is much safer to use an electronically controlled deep fat fryer than a chip pan. The built-in thermostat controls the temperature and prevents the oil overheating. If you continue to use a chip pan, then follow this safety advice to prevent a fire starting:

- Take care when cooking with hot oil; it can easily overheat and catch fire;
- Never fill the chip pan more than one third full of fat or oil;
- Make sure any food is dry before putting into hot oil;
- If the oil starts to smoke, it's too hot; turn off the heat and leave to cool;
- Do not attempt to move a chip pan that is on fire or is smoking; and
- Remember, never throw water on an oil fire as it could create a fireball.

#### Dealing with a fire in your kitchen

As most fires start in the kitchen, it is good to be prepared in case of an emergency:

- Don't tackle the fire yourself and don't attempt to move the grill pan or any saucepans;
- Turn the cooker off, if it is safe to do so; it may be safer to do this at the wall isolation switch;
- Leave the kitchen and close the door behind you;
- Shout a warning to others in the property and call 999 for the Fire & Rescue Service; and
- Get Out and Stay Out until a Fire Officer has stated it is safe to return to your property.

For further information phone NIFRS HQ 028 9266 4221 or visit [www.nifrs.org](http://www.nifrs.org)



#STOPfire