



## Follow these guidelines and reduce the risk

- Keep the oven, toaster, microwave, hob and grill clean. A build up of crumbs, fat and grease could easily catch fire.
- Keep electrical leads, tea towels, clothing, paper, curtains etc away from cookers, grills and toasters.
- Do not wear loose clothing when cooking, i.e. saris and nightwear.

- Never leave any cooking unattended fire starts when your attention stops.
- Never fill a pan more than one third full of fat or oil.
- On't use chip pans. As an alternative use oven chips they are much safer to cook and better for you as well.
- If you have had a drink, consider not cooking at all - eat out or order a takeaway.



If a fire starts while you are cooking, remember get out, call the fire service out and stay out

For free home safety advice, call us now on freephone **0800 555 815** 

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