



**GREATER
MANCHESTER**
FIRE AND RESCUE SERVICE

Cooking Fire Safety

**Cooking is the
top cause of
accidental fires
in the home.**



We provide home fire safety advice to keep you safe at home.

If you are concerned about your fire safety, or the fire safety of others, please visit our website below to complete our online assessment for personalised advice or to find out if you are eligible for a Home Fire Safety Assessment.

manchesterfire.gov.uk

Most of us cook or use kitchen appliances.

To stay safe from fire, follow our advice below.

- Never leave your cooking unattended on a hob or stove. Fire starts when your attention stops.
- If you have to leave the kitchen while cooking, take pans off the heat and turn off the hob/grill.
- Kitchen timers are a useful way to make sure you don't cook your food for too long.
- Turn off your cooker and cooking appliances when they're not in use.
- Keep your oven, toaster, microwave, hob and grill clean. A build-up of grease or crumbs can increase your risk of having a cooking fire.
- If you keep your toaster under kitchen units, pull it out from under them when you use it to prevent the units getting hot or catching fire.
- Keep electrical leads, tea towels, clothing, paper, curtains and other items away from cooking.
- Don't allow electrical equipment or leads near to the sink/water in the kitchen.
- Don't wear loose clothing when cooking. It can easily catch fire if it comes in contact with a flame or heat source. If you do wear loose clothing, roll up your sleeves and take extra care.
- If your clothes catch fire, don't run. Remember 'stop, drop and roll'.
- Never use oxygen equipment while cooking or near a naked flame.

- Don't cook under the influence of alcohol or drugs. You're more likely to have a fire and less likely to be able to respond safely. If you have been drinking or using drugs, make a cold meal or a sandwich instead of cooking.
- Use microwaves safely. Don't put anything metal in them or cover vents or grills.
- Children and pets should be supervised in the kitchen at all times. Saucepan handles should be kept out of their reach and matches and lighters should be put away.

Frying food in oil

- Take care when cooking with oil/fat. Hot oil or fat sets alight easily.
- Make sure food is dry before putting it in hot oil/fat.
- If the oil/fat starts to smoke, it's too hot. Turn off the heat and leave it to cool.
- Never fill a pan more than one third full of fat or oil.
- Don't use chip pans. Try shallow frying or use a thermostat controlled electric deep fat fryer, as they can't overheat.
- As an alternative to deep fat frying chips, use oven or microwavable chips – they are much safer to cook and better for you as well.

If a pan catches fire, don't tackle the fire yourself. Never throw water over a pan with fat or oil in. Turn off the heat if it's safe to do so. Leave the room and close the door. Get out, stay out and call 999.

Smoke and heat alarms

- Heat alarms are available to fit in your kitchen, to provide an early warning of fire. They will detect the increase in temperature caused by a fire but should not be set off by cooking fumes.
- In addition to installing alarms, if you or a family member are more at risk when cooking, for instance, when a person has an illness that makes them more likely to forget, we advise looking into further safety technology, such as cooker cut off devices.

Fit a smoke alarm on every level of your home and a heat alarm in your kitchen. Test your alarms at least monthly.

A working smoke alarm can buy you valuable time to get out, stay out and call 999.



Greater Manchester Fire and Rescue Service

Protecting communities, working together, saving lives

manchesterfire.gov.uk | [@manchesterfire](https://www.instagram.com/manchesterfire)    

If you do not have access to the internet, call **0800 555 815**