



**NOTTINGHAMSHIRE**  
**Fire & Rescue Service**  
*Creating Safer Communities*



# Keep an eye on your cooking

Did you know that distraction is one of the biggest causes of fire in the kitchen?



# Cooking Safety Tips

## When attention stops, fire starts:

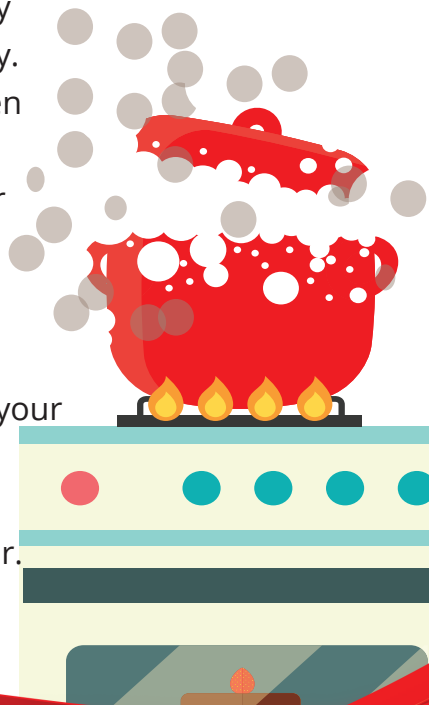
- Distractions kill, so never leave cooking unattended.
- Use a kitchen timer to avoid distractions.
- Avoid cooking if you have been drinking or taken drugs.

## Is it time to tidy up?

- Build-ups of fat and grease can easily ignite, so clean your kitchen regularly.
- Turn saucepan handles inwards when cooking.
- Never leave any items on top of your hob, even when switched off.

## Fires can be fry-tening;

- Hot oil can ignite easily, so never fill your pan more than one third full.
- Never put water on an oil fire.
- Consider a deep fat fryer with a timer.



To find out more, visit our cooking safety page on our website under **YOUR SAFETY**

[www.notts-fire.gov.uk](http://www.notts-fire.gov.uk)



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