



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

**Stop fire before it starts**

**Cook Safely!**





**Over 20  
people a day  
are killed or  
injured due to  
a kitchen  
fire**

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# Be Prepared

**It only takes a moment's distraction or carelessness whilst cooking to start a fire in the kitchen. Never cook after you've been drinking and never leave your cooking unattended - this could be a recipe for disaster!**

It's easy to see why most fires in the home start in the kitchen. Don't be another statistic - **stop fire before it starts!**

Here is how you can make sure you are equipped and prepared to help make your home safer from fire:

- Use the test button to test your smoke alarm batteries once a week and remember to change the battery at the recommended time indicated i.e. 1 year, 10 years etc.
- Don't put a smoke alarm in the kitchen where it can be set off accidentally.
- For more advice and to help make your home safer from fire, call **0800 169 1234** for a FREE home fire safety check from your local Fire and Rescue Service.



**Test  
Weekly**

# Cookers

- Leaving cooking unattended is a recipe for disaster. If you have to leave the room then take any cooking off the heat.
- Don't use matches or lighters to light gas cookers. Spark devices are safer.
- Always make sure that any handles are turned away from the edge of the cooker and don't stick out from the hob.
- Keep the oven, hob and grill clean. A build up of fat and grease can easily catch fire.
- Never hang anything above the cooker to dry.
- Take care if you are wearing loose clothing, it can easily catch fire.
- Keep electrical leads, tea towels and cloths away from the cooker.
- When you've finished cooking, make sure everything is turned off.



**What's  
missing?...  
the cook!**

# Electrical Appliances

- Don't put anything metallic inside microwaves or toasters.
- Keep electrical leads and appliances away from water and make sure there are no trailing leads overhanging your worktops.
- Check the toaster is clean and is away from curtains, kitchen roll and overhead cupboards.
- Turn off electrical appliances when they are not being used and service them regularly.
- Don't overload sockets - use one plug in each socket. If you have to use a fused adaptor make sure you keep the total output to no more than 13 amps.
- Remember - high rated appliances like washing machines always need their own socket.



# Deep Frying

- Dry food before you put it in hot oil.
- Never fill your cooking pan with more than one-third full of oil.
- If the oil starts to smoke, it's too hot. Turn off the heat and leave it to cool.
- Use a thermostatically controlled electric deep-fat fryer. They can't overheat.
- Keep loose flowing clothing and long hair away from the cooking flame - both are very flammable.



# Barbeques

**Nothing tastes better than food cooked outside, but unfortunately many people are injured each year because they haven't taken a few simple safety measures. The information below will make sure that your barbeque is a safe success.**

## How to site the Barbeque

- Place on a firm, level base of non-combustible materials such as a patio.
- Keep well away from buildings, sheds, fences, trees and shrubs.
- Keep out of the wind if possible.
- Don't position the BBQ under awnings or gazebos.
- Make sure that the grill can't be knocked over by children or dogs.
- Keep doors and windows closed to prevent burning particles being blown into the house by the wind.



**Make  
sure your  
barbeque is  
a SAFE  
SUCCESS!**

## Lighting your Barbeque

- Keep a bucket of water, sand or garden hose nearby in case of accidents.
- Use recommended lighting fluids or fire lighters and follow the instructions on the packet.
- Never use petrol, paraffin or other flammable liquids to light or revive your BBQ.
- Take extra care with self lighting charcoal BBQ packs as they tend to flare up on ignition, and ensure they are cool before disposing of them.
- For gas BBQ's check joints for leaks with soapy water before use, especially after winter storage.
- Once lit, NEVER leave a BBQ unattended.
- After cooking, allow the embers to cool down completely before disposing of them.

## Gas cyclinders

- Keep full or empty gas cylinders outside your house and away from frost and direct sunlight.

## Alcohol

- Remember alcohol can seriously affect your judgement - drink responsibly and cook carefully.



# **“I am lucky to be alive. I will never, ever cook after a night out again!”**

On the night of 1st of August 2003, Lee Brown of Tredegar, South Wales (then 19 years of age) returned home from a night at the pub with his best friend. Feeling hungry he decided to put the chip pan on.

He then settled down in the living room in front of the television while his food was cooking. The next thing Lee remembers is waking up with the sensation that he couldn't breathe. The chip pan had ignited and by the time Lee had come around the room was full of smoke.

In a desperate bid to escape, Lee got on his knees and crawled around the room to find his way out. Pictures taken after the fire show his hand prints all over the walls where he had tried to feel for the door, unfortunately for Lee his attempts failed and he ended up on the opposite side of the room.

It was Lee's younger sister Lucy, who raised the alarm after hearing a loud bang and immediately called the fire and rescue service. She then woke her mum Kay and twin sister Emma and they all attempted to get downstairs to rescue Lee. Unfortunately getting



past the dense smoke that now filled the stairwell was impossible.

All four were brought out of the house by Firefighters wearing breathing apparatus but the aftermath was traumatic and the experience will always stay with them. The family had to stay with relatives for months whilst several thousand pounds worth of damage caused was repaired.

***Lee, who suffered nightmares for some time afterwards, says: "I'd much rather wait until the morning after and have a good breakfast".***



**Lee's  
mum and  
sisters**

# Treating Minor Burns

- Run cold water over the burn for between 10 and 30 minutes.
- Cover the burn using cling film, but do not wrap it around the limb.
- A clean, clear plastic bag is suitable for burns on the hand.
- If the burn is very painful or seems to be getting worse, call NHS Direct on 0845 4647, or visit your GP for advice.



**In the event of  
a fire - get out,  
stay out and  
phone**

**999**

**For a free home fire safety check from your local  
Fire and Rescue Service**

**please call**

**0800 169 1234**

**[www.fireflash.org](http://www.fireflash.org)**