



Lancashire Fire
and Rescue Service

Kitchen safety during Ramadan





Aims:

To provide information on kitchen safety that will save your life!

Objectives



**To identify hazards
in the kitchen**



**To state how to
keep safe when
cooking**



**To identify how
serious fires start
in the kitchen**



**To state what action
to take if a fire starts
in your kitchen**



Did you know?





Cooking related fires cause one in five of all accidental house fires in the UK.

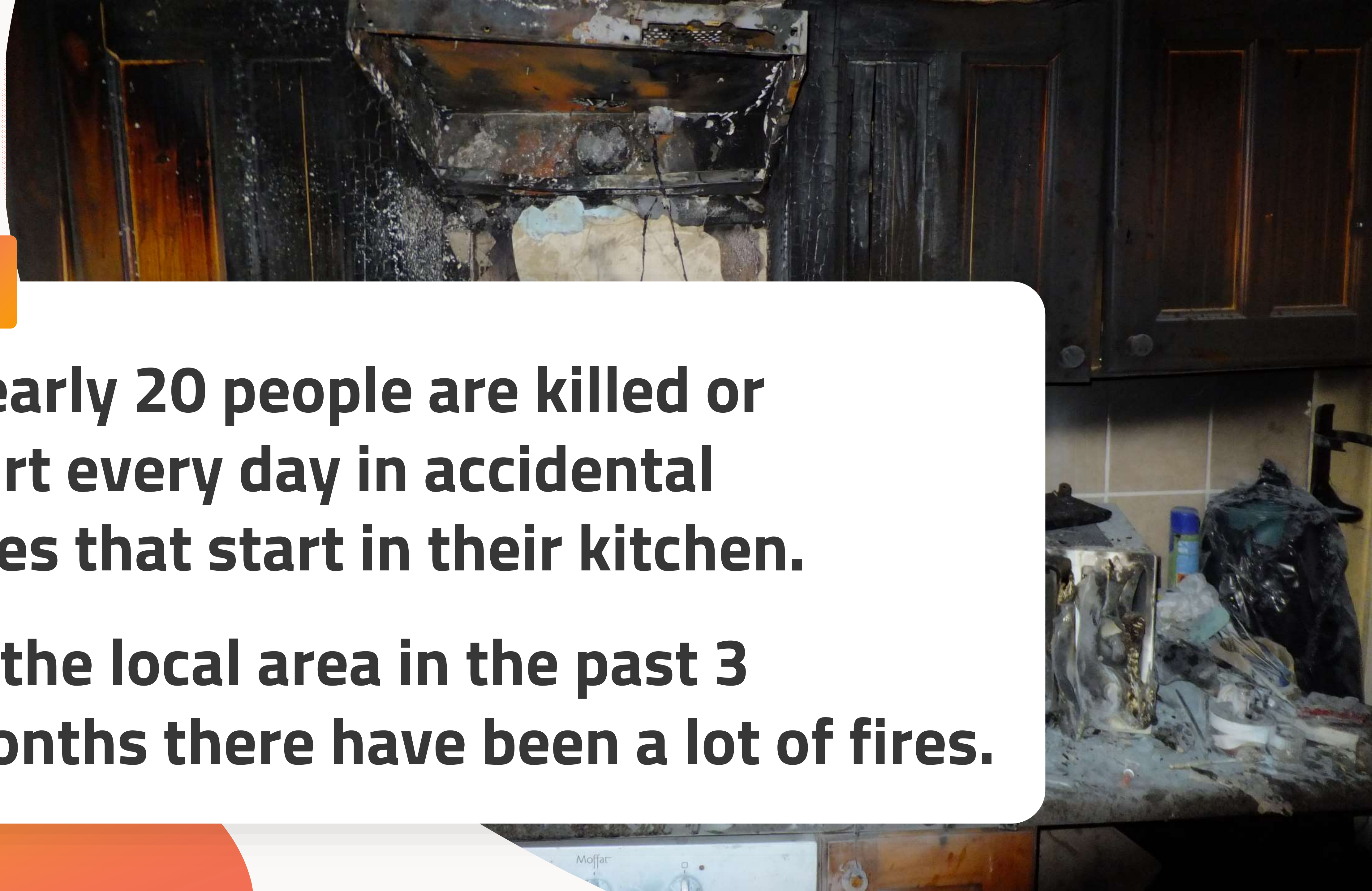
Kitchen fires injure about 7,000 people each year.

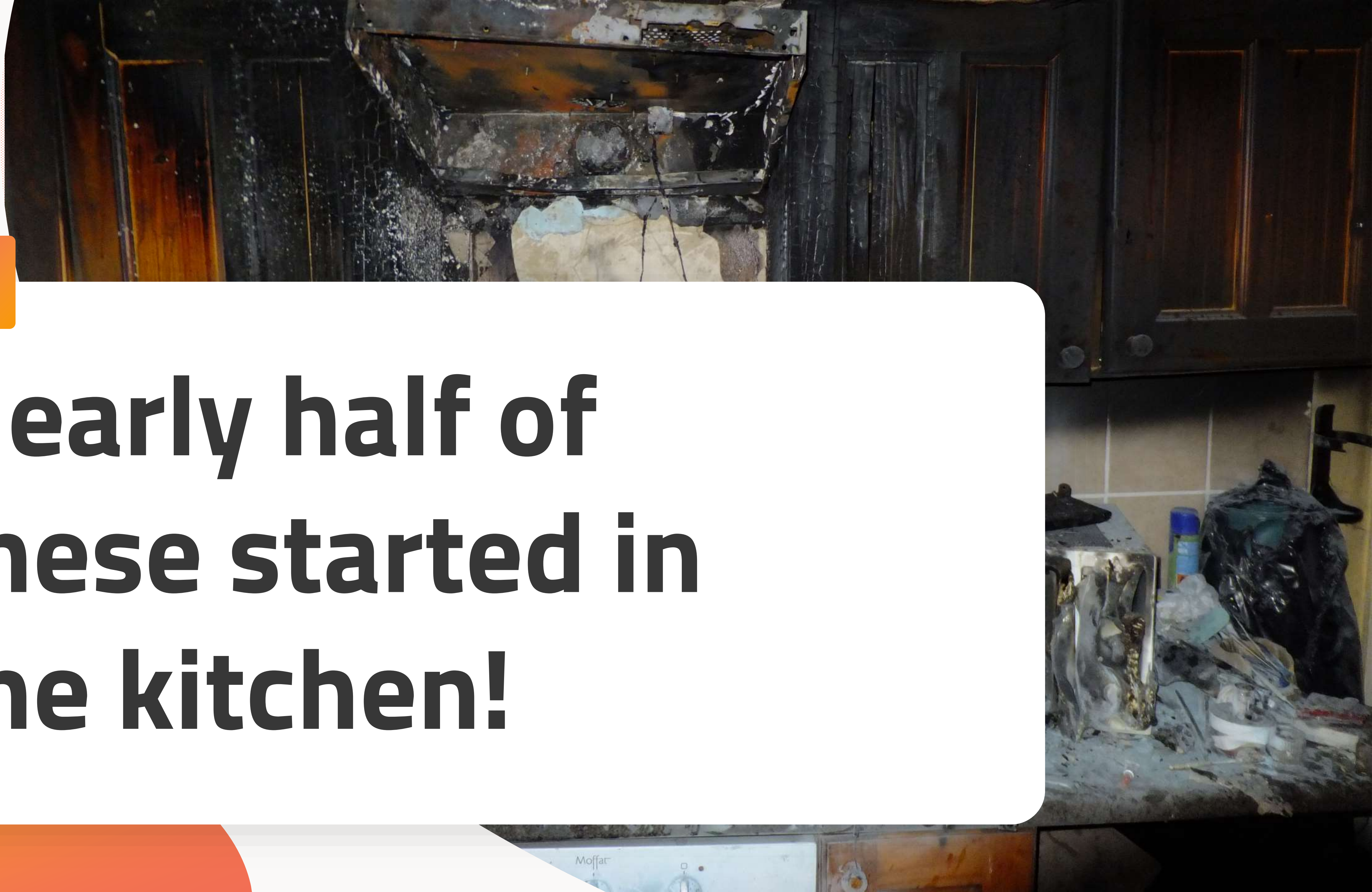




Nearly 20 people are killed or hurt every day in accidental fires that start in their kitchen.

In the local area in the past 3 months there have been a lot of fires.





**Nearly half of
these started in
the kitchen!**

Kitchen hazards



**Keep electrical leads
away from water**



**Do not put too many plugs
in the sockets – one plug
per socket is the rule**



**Check the toaster is
clean and well away
from curtains**

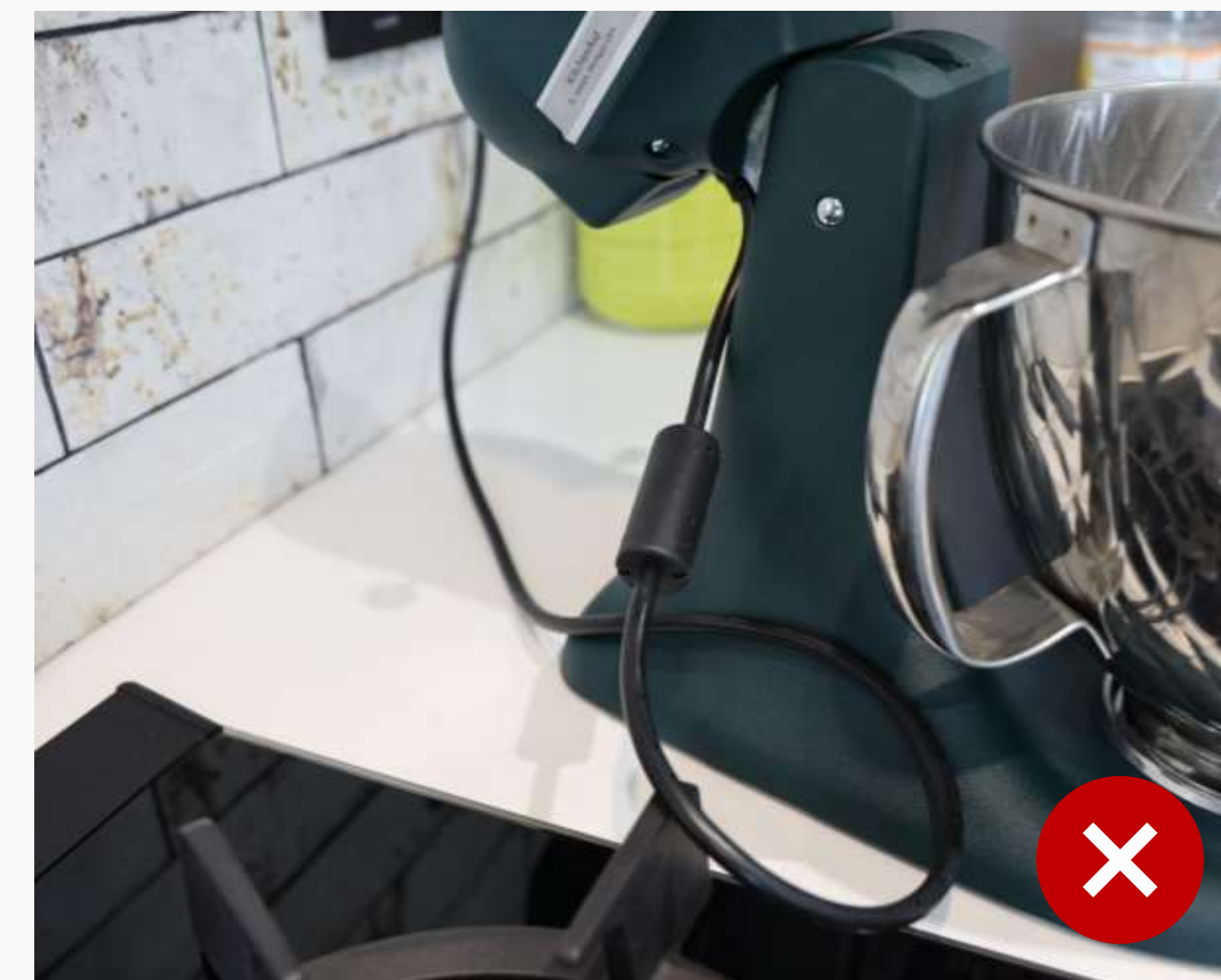
Kitchen hazards



Do not leave appliances such as washing machines or dishwashers on at night



Is the kettle leaking? This can be dangerous



Keep electrical leads from trailing over or going near the cooker

Kitchen hazards



Do not hang tea towels or cloths on or over the cooker



Keep the oven, hob and grill clean. A build-up of fat and bits of food can start a fire



Keep handles of pans away from the edge of the cooker

Kitchen hazards



Make sure you use the back burners/rings first. This reduces the risk of knocking pans off



Air fryers can become very hot, ventilation, avoid foils and grease paper inside, clean regularly.

Cooking safely



A very important point about cooking safely is to avoid being distracted



Most kitchen fires happen when people leave things unattended

Cooking safely



If you are called away from the kitchen – by the phone, or by someone at the door - take pans off the heat



It is the easiest thing in the world to forget about them

Cooking safely



Children running around you are a big distraction



Don't let yourself be distracted while cooking



Cooking safely

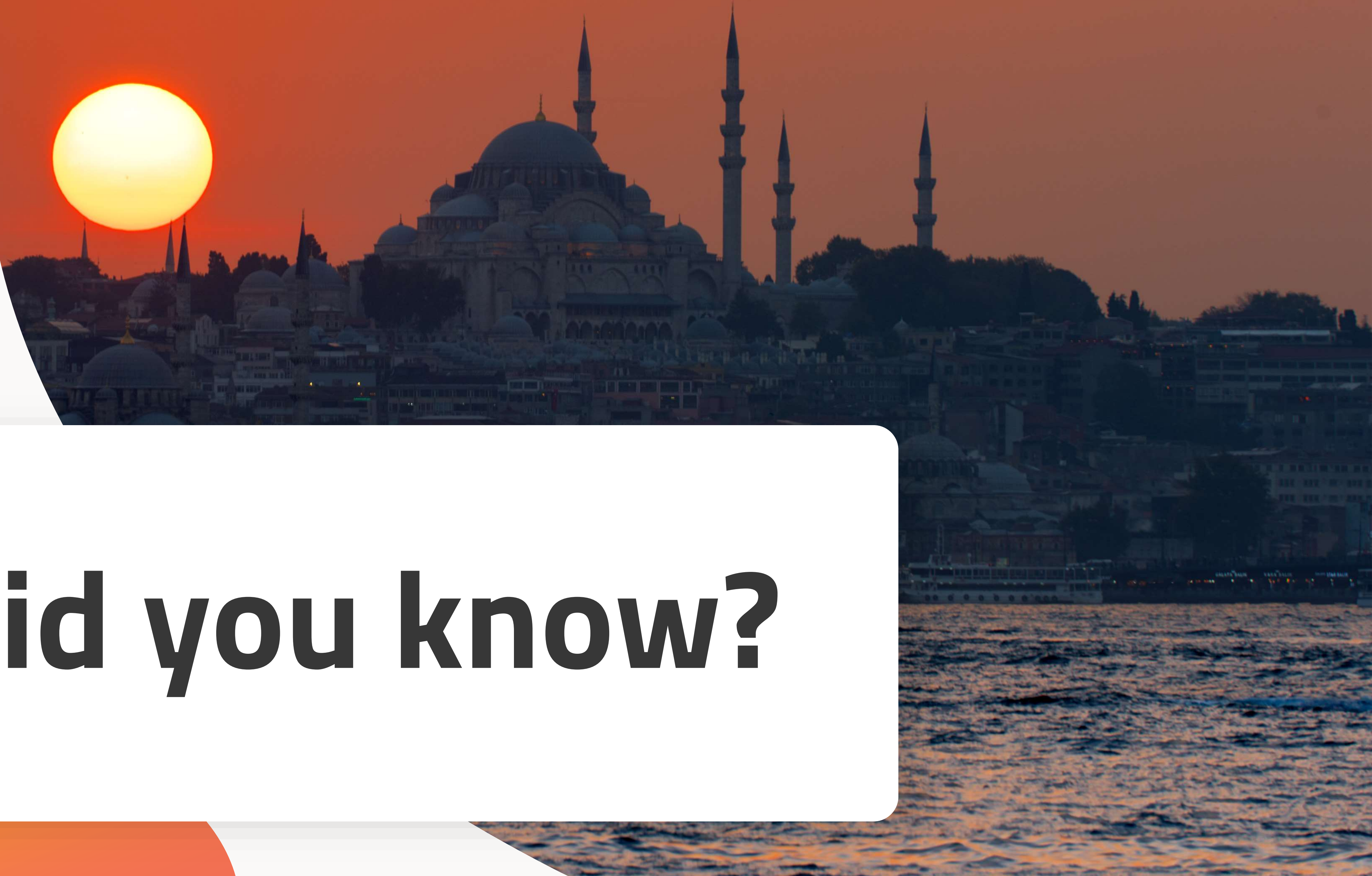


Don't cook if you are affected by prescription drugs



Don't put oven gloves or tea towels down on the cooker after you have used them





Did you know?



**The hour before Iftari (sunset)
is the busiest time in the
kitchen during the month of
Ramadan**

Cooking safely



Take extra care when there are many pans of hot oil on the stove



The hour before Suhoor (sunrise) can also be a hazardous time in the kitchen

Take extra care when cooking when you are tired

Cooking safely



Make sure that all samosa, kebabs and pakoras are fully defrosted and patted dry before putting them in very hot oil

If they are not dry the oil could flare up

Deep fat frying

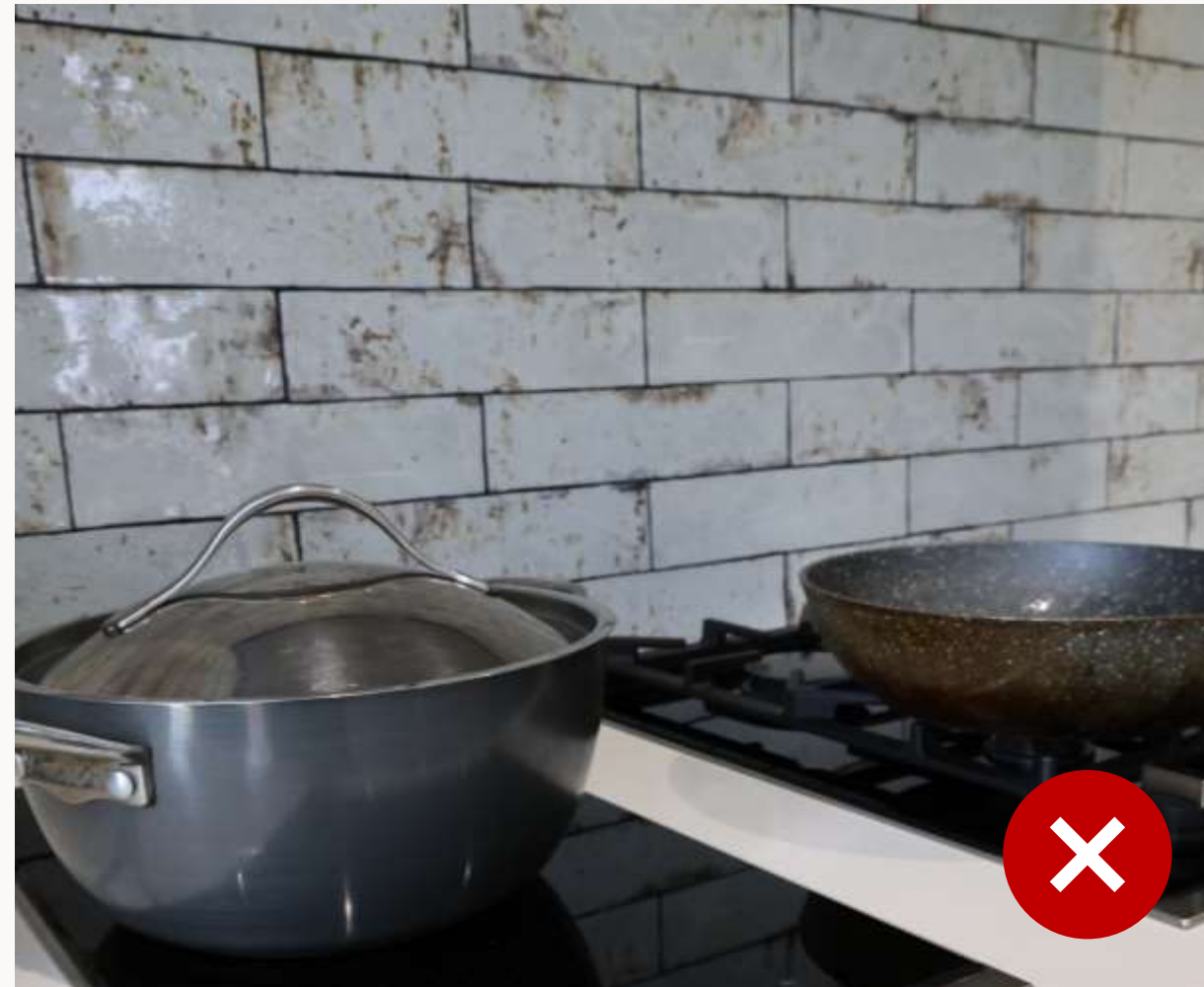


Never fill the pan more than one third full



Test the temperature with a small piece of bread or potato. If it crisps quickly, the oil is hot enough

Deep fat frying



Do not leave the pan unattended



If the oil starts to smoke, do not put the food in. Turn off the heat and leave it to cool



If there are flames, never throw water over the pan. It will explode

Deep fat frying

There are about 16,000 hot oil pan fires a year!

Look what happens when you put water on burning oil



Turn off the stove (if safe to do so) and use the lid to cover the flame.



Never Use Water to put a fat or oil fire.

**GET OUT, STAY OUT,
CALL 999**



Clothing



There have been times where clothing has caught on fire



Try and keep loose clothing (sleeves, scarves etc) tied back



Clothing



Possibly wear an apron or head scarf that is close fitting around the head and neck (hijab)



If you have a kitchen fire



Never move the pan



Turn off the heat (if it is safe to do so). NEVER lean over the pan to the controls



Never try and pick up a pan that has caught fire, or attempt to fight the fire

If you have a kitchen fire

- ✓ **Call the Fire and Rescue Service on 999 immediately**
- ✗ **Do not take risks**
- ✓ **Have a clear escape route**



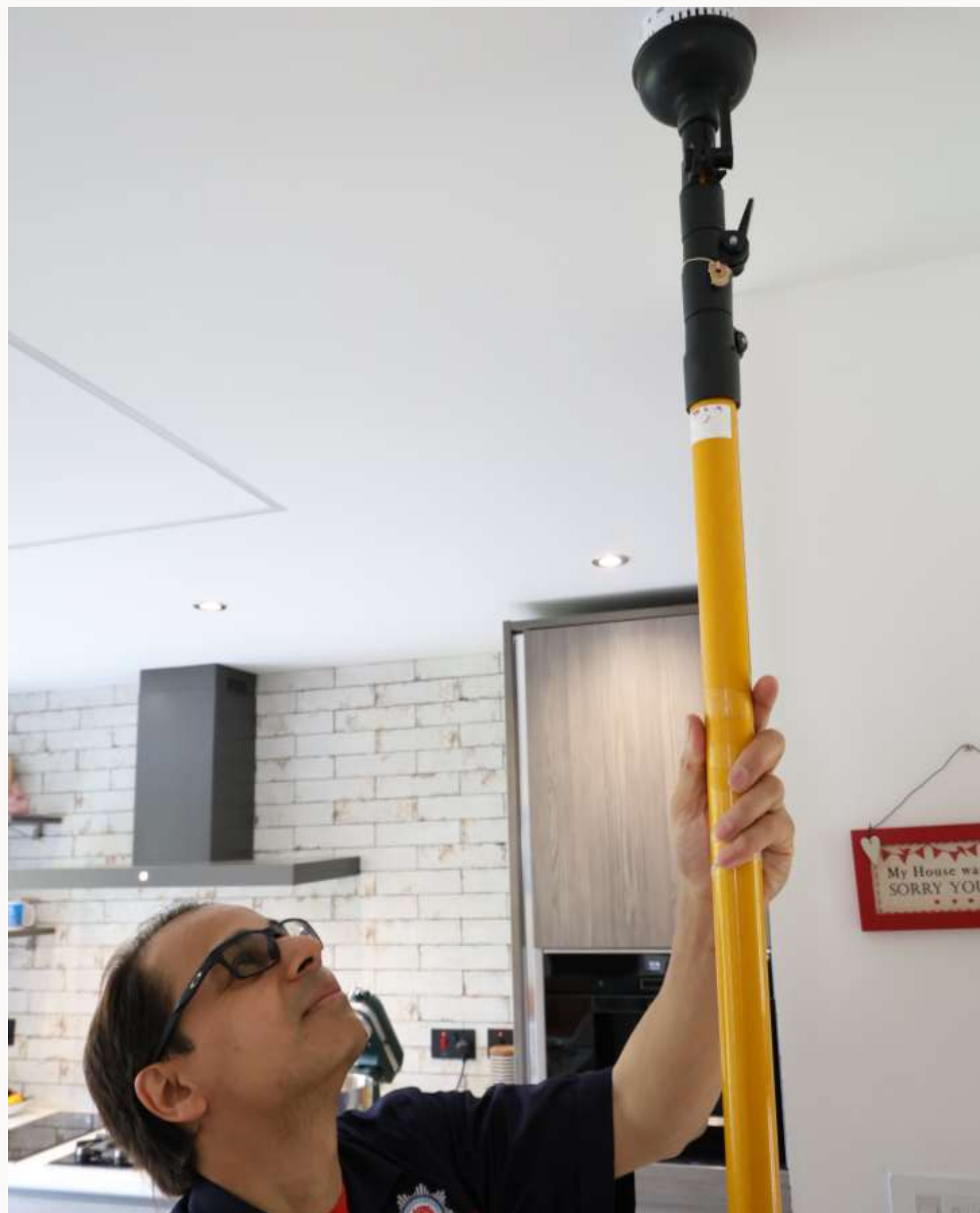
Lancashire Fire
and Rescue Service

Be prepared!

- ✓ Ensure you have adequate content and building insurance
- ✓ Use reputable/reliable tradesperson
- ✓ Routine gas and electric safety checks/ registered inspectors



Smoke alarms



Make sure you have smoke alarms in the house on each floor and fitted on the ceiling

The fire service fit FREE smoke alarms

Smoke alarms



Make sure you have smoke alarms in the house on each floor and fitted on the ceiling

The fire service fit FREE smoke alarms

Every week

Test your smoke alarm – use the test button to check that it works properly

Every year

Change your smoke alarm battery

Vacuum dust from inside the detector

Service major gas and electrical appliances

Every 10 years

Replace your smoke alarm

Contact LFRS contact centre to replace your smoke alarm



Scan for more information on our Home Fire Safety Check service



How to escape in case of fire



Tell everyone, shout "FIRE" and get everyone together



Do not delay, you can not afford to waste any time



Shut doors, only open the doors you need to





How to escape in case of fire



Before you open a door, check it with the back of your hand. If it is warm, do not open it



If there is smoke, crawl on the floor – the air is cleaner near the floor. It is the smoke that kills you!



Get everyone out – NEVER GO BACK IN!



Call 999 using a mobile, a neighbour's phone, or a phone box – 999 calls are FREE

How to escape in case of fire



If the fire is downstairs and you cannot use the stairway to escape:

- ✓ **Get everyone into one room**
- ✓ **Block the base of the door with bedding, coats etc**
- ✓ **Stay by the window, making sure people can hear and see you**



**Lancashire Fire and Rescue
Service wish you a safe
Ramadan and Happy Eid**





Any questions?

Free Home Fire Safety Check

Freephone 0800 1691125

www.lancsfirerescue.org.uk

