

Cooking safely in the home

Cooking fires are the main cause of fire in the home so please take care in the kitchen and follow these tips.

- If you need to leave the kitchen whilst cooking, take the pans off the heat to prevent them overheating and catching fire;
- Keep tea towels and other flammable items away from the cooker and hob as they can easily catch fire;
- Make sure pan handles don't stick out when cooking;
- Make sure there is enough water in the pan to prevent it from boiling dry;
- Use a kitchen timer to alert you that cooking time has ended;
- Be extra careful with hot water, steam and oil as these can easily lead to burns;
- Take care if cooking with hot oil as it can self-ignite. If it starts to smoke, it's too hot – turn off the heat and leave it to cool. Better still, use a thermostatically controlled electric deep fat fryer instead – it's safer;
- Don't put anything metal in the microwave;
- Double check the hob is turned off when you have finished cooking.



To offer extra peace of mind, Cadent can fit a locking cooker valve on hobs and ovens completely free of charge.

When the valve is locked, it stops the flow of gas to the cooker or hob. The carer can easily turn the valve on and off, controlling when the gas can be used.

For more information or to apply for free fitting, visit www.cadentgas.com/lcv

Or call 0345 835 1111



See if you can spot the 6 hazards and differences between these two pictures:



Hazards and differences

1. The gas ring at the front on the right has been turned on accidentally with no saucepan on top. The handle on the pan behind is across this burner and would have got very hot creating a risk of burn.
2. The pan handles on both pans should be turned to the sides so that they can't be knocked off the hob.
3. The tea towel has been moved away to a safe place.
4. The wooden spoon has been moved away from the hob to a safe distance.
5. The electrical cable for the kettle has been moved off the hob and the kettle has been moved back to a safe position.
6. A kitchen timer has been placed by the hob to set to remind that food is cooking.

If you would like to receive a visit to your home or receive advice by telephone, please contact us with your name, address and telephone number mentioning 'Dementia Safety First'.

By email safeandwell@bedsfire.gov.uk

By telephone 0333 399 0031



Bedfordshire
Fire and Rescue Service