> COOKING & ALCOHOL – A RECIPE FOR DISASTER

Cooking is the biggest cause of house fires in Scotland.

If you're tired, have been drinking, or taking drugs, you will be less alert to the signs of fire.

You are more likely to fall asleep.

You are less likely to wake up if a fire does start, particularly if you don't working smoke and heat alarms in your home.

If fire does break out, alcohol or drugs can heighten feelings of disorientation, making it difficult for you to escape.

Buy food on the way back from the pub, rather than attempting to cook when you get home. Or prepare cold food at home.

If you're tired, or have been drinking alcohol or taking drugs, don't cook.

FIRES START WHEN YOUR ATTENTION STOPS

> KEY TIPS

The best way to avoid having a fire involving hot oil is to use a thermostat–controlled, electric deep-fat fryer.

Never throw water over a pan that is on fire.

Keep grill pans clean.

Fires start when your attention stops.

Never walk away while you're cooking.

Take extra care if you suffer from any illness, disability or are taking prescribed medications that makes you careless or forgetful.

If you've been drinking alcohol or taking drugs, don't cook.

In the event of fire, a smoke or heat alarm will alert you and give you time to react safely and sensibly. Make sure you have working smoke alarms. Fit a heat alarm in your kitchen. All smoke and heat alarms should be ceiling mounted and interlinked.

Visit **www.firescotland.gov.uk** for practical fire safety advice. Or talk to your local firefighters. You'll find contact details on the website, in your local library and in the phone book.

If you would like a copy of this document in a different format or a version in another language, please contact **0800 0731 999**.

TO BOOK A FREE HOME FIRE SAFETY VISIT
Call **0800 0731 999**   Text **'FIRE'** to **80800**
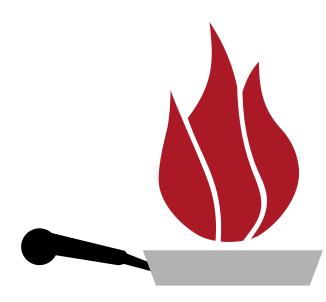or visit **www.firescotland.gov.uk**

SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

v2.2   February 2021

To book a **FREE HOME FIRE SAFETY VISIT**
Call **0800 0731 999**
Text **'FIRE'** to **80800**
or visit **www.firescotland.gov.uk**

@SFRSYourSafety

Fact.

More fires start in the **kitchen** than any other room in the house.

SCOTTISH
FIRE AND RESCUE SERVICE
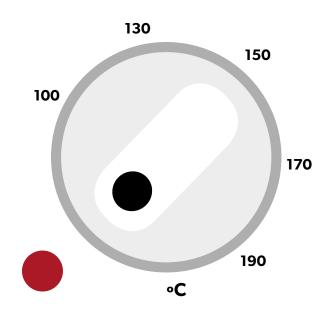Working together for a safer Scotland

There are over 5,000 house fires in Scotland every year. (National Statistics, Scottish Government, 2013-2014). More fires start in the kitchen than in any other room in the house. Deep frying – using fat or oil, such as a chip pan – remains a major risk. Here are a few tips to help you stay safe.

DEEP FRYING MAJOR RISK

130
150
100
170
190
°C

❯ SAFE FRYING

The best way to avoid having a fire involving hot oil is to use a thermostat–controlled, electric deep-fat fryer.

- They're safer to use – the safety cut-out (the thermostat) controls the temperature of the fat or oil

If you cook with oil and it catches fire:

- **If the fire is well developed GET OUT, STAY OUT, DIAL 999!**
- Never try to move the pan
- Never throw water over the pan as it will react violently with the hot oil

If you're not concentrating, cooking the simplest meal can cause a fire.

Never walk away while you're cooking.

It's easy to be distracted when cooking. It's easy for a cooking fire start. It only takes a minute.

If the fire is in its early stages, and if it is safe to do so:

- If you can, turn off the heat
- Get out of the kitchen
- Close the door
- Phone the Fire and Rescue Service

It's not just deep frying pans that are a risk when you're busy cooking:

- Don't leave cooking unattended
- Always clean grill pans when you've been cooking fatty food
- Turn all pan handles to the side so they're not spilled by accident
- Don't leave children or pets unattended in the kitchen
- Never dry tea towels or cloths on – or above – the cooker
- Never trail electrical flexes near cookers
- Never put any metal objects inside microwave ovens

If you use a chip pan:

- Turn the pan handle to the side so that fat or oil doesn't get spilled by accident
- Never fill the pan more than one-third full of fat or oil
- Make sure chips are dry before putting them into hot fat or oil
- Never walk away when the pan's on the heat
- Never deep fry with fat or oil when you've been drinking alcohol