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Safe frying pans prevent dying

Cooking accounts for around one third of all house fires in Britain. These are fires which could easily be avoided. In this guide to 'safer cooking' we give you information which if used will make you and your family less likely to experience such a tragedy.



Oil and fat pan fires

The most common type of fire involves deep fat frying. So common it happens 16,000 times a year - 3,000 people are injured - 400 people are killed. Cooking oil is an ideal fuel for a fire and left unattended whilst heating up will catch fire in a few minutes.

Question - How can you avoid having an oil or fat pan fire?

Answer - Use a thermostat controlled deep fat fryer!

A thermostat controlled, electric deep fat fryer is much safer to use because it is fitted with a safety cut out device (a thermostat). This controls the temperature of the oil or fat and does not allow overheating.



If you must use a deep fat frying pan or cooker

Never fill it more than one third full.

Never leave it unattended with the heat on - even for a few seconds.

Make sure the handle is positioned safely to avoid young children pulling the pot of hot fat or oil over themselves.

Never cook with oil or fat if you have been drinking alcohol.



Drinking and frying can KILL!

If your oil or fat pan catches fire - **Do not** move the pan.

If it is safe to do so, turn off the heat then place a damp tea towel over the pan to smother the flames.

Never throw water onto the fire.

Leave the pan to cool down for 30 minutes.

If you cannot control the fire yourself, leave the room, close the door and telephone the fire brigade by dialing 999.

General Cooking Safety Advice

Never leave frying pans or grill pans unattended when in use.

Always clean grill pans after cooking fatty foods.

Position pot handles safely to avoid accidents with children.

Do not dry tea towels, etc. on or near cookers.

Do not trail electrical flexes near cookers.

Do not place anything metallic inside microwave ovens.

If you require further information contact your local fire service.

Don't drink and fry