

KITCHEN *NIGHTMARES*



Derbyshire
Fire & Rescue Service
Making Derbyshire Safer Together

*1 in 2 accidental
house fires start
in the kitchen*

Don't have a kitchen nightmare of your own!

Since April 2023, firefighters have attended 327 accidental house fires across Derbyshire. Nearly half of these started in the kitchen.

Follow these tips to keep you and your family safe:

- **Distractions when cooking cause accidents** – if you need to step away, turn off the heat!
- **Keep it clean** – keep your hob, oven and grill clean of any fat or grease and in good working order.
- **Keep it clear** – make sure your hob and surrounding area is clear of clutter with nothing left on top.
 - **Don't cook after drinking alcohol** – order a takeaway instead.
 - **Take extra care when cooking with oil** – only fill your pan one-third full.
- **If a pan catches fire** – don't throw water over it.

**In the event of a fire, remember:
Get Out, Stay Out, Call 999.**

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Visit our website www.derbys-fire.gov.uk to complete a DIY Home Fire Safety Check or for more fire prevention advice.