

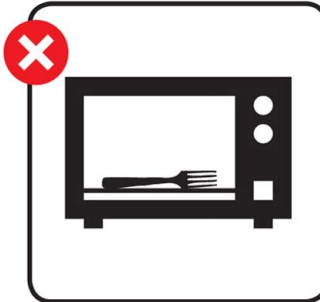
WATCH WHAT YOU HEAT!



Never leave cooking unattended. Don't start cooking if you are tired or have been drinking.



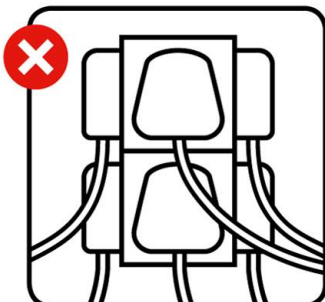
Don't throw water over a fire involving a pan of overheated oil – it can turn into a fireball.



Don't put anything made of metal into a microwave oven. Always follow the manufacturer's instructions.



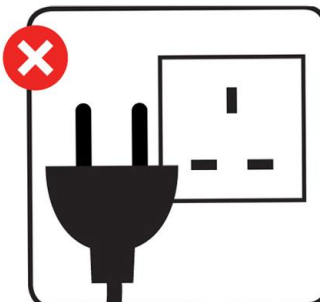
Keep pans out of children's reach, and don't leave children alone in the kitchen when you are cooking.



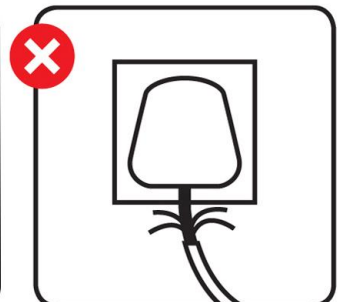
Don't overload plug sockets and adaptors. Each kitchen appliance should have its own socket.



Keep plugs, electrical appliances and electrical leads away from water.



Use a proper adaptor when using a non-UK electrical appliance. Never put two-pin plugs into three-pin sockets.



Check that plug leads are not torn or frayed, and try to keep to one plug per socket.



Make sure your cooker is turned off after use and that it is clean and in good working order.



Fit smoke alarms on every level of your home at ceiling level, but not too near the kitchen.



Check your smoke alarms every week by pushing the "test" button.



If a fire breaks out, get everyone out, stay out and call 999. Practise your escape plan.

Visit www.bucksfire.gov.uk for more safety information