


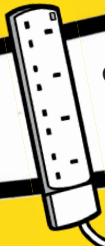
# Be a hero

**Stop a kitchen fire before it starts**

**Do these 5 easy checks to keep yourself,  
your family and friends safe**

**1** 

**Check you've turned the cooker off**  
When you've finished cooking, double check the cooker is switched off. If you're called away from the kitchen, make sure you turn the heat off under the pans.

**4** 

**Check your plug sockets**  
Too many electrical appliances in one socket can lead to overheating.

**2** 

**Check that your fridge-freezer is defrosted at least once a year**  
To defrost, take out all perishable items, unplug the unit and leave the door open. Do not use a heater to defrost the inside of the fridge-freezer.

**5** 

**Check your wiring**  
Make certain that wires are not exposed, damaged or frayed and that they are kept away from heat or water or where they could be tripped over.

**3** 

**Check that your oven is clean**  
Fat builds up quickly and can cause a fire. So be sure to clean your oven regularly.

For more information, visit:  
[www.esc.org.uk/kitchensafety](http://www.esc.org.uk/kitchensafety)

ELECTRICAL  
  
SAFETY  
COUNCIL

In the event of a fire: get out, stay out, call 999

  
**FIRE  
KILLS**  
**YOU CAN  
PREVENT IT**