

Video - Causes of fire

KATIE: One thing that can cause fire is carelessness! You should always take extra care if you're cooking in the kitchen and never leave anything unattended on the hob or under the grill.

When your attention stops – that's when fires can start. Never get distracted!

JACK: What if you really have to go to answer the door or get the phone?

KATIE: Then remove whatever it is you're cooking away from the heat and turn off the cooker

KATIE: If you have a chip pan fire, never try to move the pan. And never ever throw water over it!

JACK: Why not?

KATIE: Because this will cause a fireball that could very quickly set the room alight.

Instead you should turn off the heat - but only if it's safe to do so! Then leave the room, close the door and call the Fire and Rescue Service immediately on 999.

JACK: I never realised chip pans were so dangerous!

KATIE: But not only chip pans, Jack – ovens and grills are also kitchen hazards. You should always clean the grill pan after using it. Fires can start from fat or grease that has been left – this can burn after it gets reheated.

JACK: I suppose it's best to use oven gloves when you're using the oven.

KATIE: Yes - but never put oven gloves or tea towels down on the cooker after you've used them – they could ignite and start a fire.

KATIE: If anyone smokes in your house, that's another danger. They should never smoke in bed or leave a cigarette unattended. They should always stub them out in a proper ashtray.

KATIE: Lit candles or scented sticks should never be left in a room that nobody is in.

They should always be placed in secure holders on a surface that doesn't burn or melt - and away from any materials that will burn.

Also, be extra-careful you don't brush past a candle or scented stick if you're wearing a long dress or loose clothing – you could end up getting seriously burnt.

KATIE: And never ever play with matches or lighters! They should always be put away from small children.

If matches or lighters touch your clothes they can very quickly catch fire. If your clothes were to catch fire, don't panic. You should stop, drop and roll

Remember, a small fire can very quickly turn into a big one and you might not be able to put it out.