

Swansea University Residential Services

Cooking and the Safe Use of Cooking Equipment

Living in student accommodation means you'll likely be cooking for yourself — whether it's a quick snack, a full meal, or just making toast. Here's how to stay safe in the kitchen while keeping your flatmates happy too!

Kitchen Safety Basics

- **Never leave cooking unattended** – Especially when using hobs, ovens, or microwaves. Fires can start in seconds.
- **Keep it clean** – Grease, oil, and food crumbs can catch fire. Wipe surfaces and clean appliances regularly.
- **Use the right pans** – Only use pans suitable for the hob type in your flat (ceramic, induction, gas).
- **Watch your clothing** – Avoid wearing loose sleeves or scarves that could catch fire while cooking.

In Case of Fire

- **Don't use water on oil fires!** – This can cause dangerous flare-ups.
- **Use a fire blanket** (if provided) to smother small pan fires — and only if it's safe to do so.
- **Raise the alarm** – Evacuate the flat and call emergency services. Don't try to fight a large fire yourself.

Appliances and Equipment

- **Microwaves** – Never put metal or foil inside. Keep it clean and follow cooking times to avoid overheating food.
- **Toasters and kettles** – Keep away from flammable items like tea towels and kitchen roll.
- **Deep fat fryers** – Not allowed in student residences. Use oven chips or an air fryer instead.
- **Rice cookers and slow cookers** – Only use approved appliances and never leave them on when you're not in the kitchen.

After You Cook

- **Turn everything off** – Double check the hob and oven are off before you leave.
- **Clear up after yourself** – Not only is it polite, but it also helps prevent pests and fire risks.
- **Top Tips**
 - Don't overload plug sockets.
 - Use extraction fans or open windows to reduce smoke and smells.

Cooking equipment Failure

- Let someone know if your equipment isn't working properly — [report faults here](#).