



Let's keep our kitchens fresh

How to use your
kitchen appliances



Student
Accommodation

Intro

Your kitchen is kitted out with appliances that we've electrically tested and approved for your safety.

This guide helps you to safely use your

Cooker hood

Oven and hob

Kettle

Toaster

We want you to be safe. We also want our appliances to last. Let's use them safely (and avoid using them if under the influence of alcohol or other substances).

General precautions

There are general etiquette tips and safety standards you should follow when using your kitchen.

- 1 Clean up after yourself each time you use something
- 2 Clean up any spills as they happen
- 3 Be careful of hot surfaces
- 4 **Don't** leave items cooking on the hob unattended – this is how most kitchen fires start
- 5 **Don't** use appliances for purposes other than those they're meant for
- 6 **Don't** use appliances that seem faulty – report these to your iQ team as soon as possible

Disclaimer

This is a guide only. iQ does not assume any liability for misuse of these appliances or any statements made in these notes.

Further information

If you're unsure how to use an appliance, you can speak to your iQ team who will be happy to demonstrate or instruct you.

You can find useful information on [how to prepare and cook food safely](#) on the NHS website.



Cooker hoods

All kitchens and studios have a cooker hood, which usually also has lighting and controls for two speeds of extraction. Your cooker hood helps to remove steam and smells from your kitchen. It's best to switch it on whenever you cook.



Tips for use

- Always switch the cooker hood on when cooking - otherwise, condensation can corrode the hood.
- Never use a naked flame beneath the cooker hood. Do not flambé or grill over a naked flame - this can draw flames into the filter.
- Avoid overheating a pan (e.g. when using a wok). Excessive heat can damage the cooker hood.
- **Don't** leave pans or an open grill unattended. Overheated oil and fat can ignite and set the cooker hood on fire.
- **Don't** use the cooker hood without its filters - these prevent grease and dirt getting into the hood. iQ staff will regularly clean the filters but let them know if your filters seem clogged.
- **Don't** touch the hood or filters until they've cooled after cooking.

Toasters

Toaster controls vary. Generally, they'll include a browning dial, additional controls for frozen bread and an emergency release function. Don't use toasters to cook anything other than bread.



Tips for use

- Stale bread toasts faster than fresh bread. Use a lower setting than usual for stale bread.
- Allow your toaster to cool fully before you put it away.
- **Don't** put thick breads or slices in the toaster that will cause burning or jamming. If your toaster does jam, disconnect it at the socket, allow it to cool, then remove what's inside.

Cooker hobs

For safety, and as part of Think Green, iQ has a policy of replacing cooker hobs with induction models. They can reduce heat loss by as much as 40%, so they're very energy efficient.

The hob unit has controls to switch it on and operate each individual hob. They'll have either 2 or 4 rings plus graduated electronic controls from low to high heat.

Induction hobs are also often fitted with a 15-minute timer. You'll need to press a reset button to continue cooking, which will either be on a wall-mounted unit or the hob itself.



Tips for use

- You can only use steel or steel-bottomed pans with induction hobs. Aluminium and other materials won't work.
- Induction hobs only work when there's a pan on the ring.
- Make sure your pan contains enough liquid to prevent it boiling dry before your food is cooked as you can cause damage to your cookware.
- Leave a clear space around your hob. If objects or cookware fall on the glass ceramic, the surface can be damaged.
- **Don't** cover any parts of the unit with aluminium foil.
- **Don't** put flammable liquids, plastic or foil near the appliance.
- **Don't** cover the ventilation space between the worktop and unit below it.
- **Don't** tamper with the unit – you could get an electric shock or cause a fire.

Important

If there's a crack on the surface, disconnect the power supply by switching it off at the wall switch to prevent an electric shock. Report it to your iQ team immediately.

Electric ovens

Electric ovens are installed using the manufacturer's instructions. We run electrical safety tests every five years.

Electric ovens are fitted with controls that allow you to change the temperature, usually in degrees Celsius.



Tips for use

- Always pre-heat the oven before use.
- Refer to the cooking instructions on packaging when cooking pre-packed foods.
- Make sure frozen food is properly thawed before cooking, unless instructions advise otherwise.
- Place cooking trays in the centre of the oven and allow gaps when using more than one tray to allow air to circulate.
- Use heat-protecting gloves when rearranging shelves or removing items from the oven.
- Keep the oven door closed at all times except when using the built-in grill.
- When using residual heat to keep food in the oven warm, do not switch the oven off. High moisture content and condensation in the oven can cause corrosion damage to the interior, controls, worktop or housing unit. Instead, set the temperature to the lowest setting and allow the fan to dissipate the moisture.
- Stir and turn foods to ensure that food has been cooked with even heat distribution.
- Make sure that nothing gets trapped between the door and oven cavity – this can damage the oven.
- Clean the oven after use if there have been spills.
- **Don't** heat up food in the oven in closed containers as pressure build-up within the container can lead to explosions.
- **Don't** use unapproved plastic containers in the oven as they will melt at high temperatures – only use plastic containers that are declared oven safe by the manufacturer.
- **Don't** use aluminium foil to cover the grill pan or wrap food when using the grill.
- **Don't** sit or lean on your oven door – they can only support a maximum weight of 15kg.

Conventional hobs

Conventional electric hobs work differently from induction hobs, but the same safety precautions apply. Conventional electric hobs rely on the ring being heated to a set temperature which then cooks food in a pan by heat transference from the ring.

Be careful when using conventional hobs – it's not always clear when they're switched on. You can always ask your iQ team for help.



Tips for use

- **Don't** leave tea towels or other inflammable material such as pizza boxes on a hob as they may catch fire.

Electric kettles

Electric kettles can either be corded or cordless. They're checked for electrical safety on an annual basis, and faulty appliances are replaced.



Tips for use

- Think Green – only fill the kettle with the amount of water you need.
- Be careful when pouring our hot liquid to avoid spills and scalds – if you do spill hot water on your skin, immediately run it under cold water and seek medical assistance.
- Avoid getting water into the base unit if your kettle is cordless.
- Wipe the kettle with a damp cloth from time to time to keep it clean.
- If your site is in a hard water area, we recommend using bottled or filtered water to avoid limescale build-up. Ask your site team for help if limescale does appear.
- **Don't** fill the kettle beyond the marked limit.
- **Don't** switch on the kettle with no water inside.
- **Don't** leave the kettle unattended if it's not fitted with a safety cut out.

Microwave ovens

Generally, our microwave ovens are combination ovens as they combine a conventional oven (and sometimes grill) with a microwave.

Some locations may have a dial-controlled microwave which doesn't include a grill function.



Tips for use

- Keep the wave guide cover clean at all times. Wipe the interior with a soft, damp cloth after each use. Any grease or fat in the microwave may overheat, smoke or catch fire when next used.
- Only use containers and utensils suitable for microwave ovens – **don't** use metal in the microwave.
- Avoid touching heating elements inside the oven as they may be hot.
- **Don't** use the oven for any reason other than food preparation.
- **Don't** use the oven when empty to avoid damage.
- **Don't** use the oven without the metal or glass tray in place, if fitted. Make sure the tray is sitting properly before use.
- **Don't** heat oil or fat for deep frying as you can't control the temperature of the microwave so you may cause overheating and a fire.

Having difficulties? Let us know.

Our iQ teams will be happy to help. Head to reception or drop us a message via the iQ app and we'll be in touch.

