



Smoke Alarms

- A smoke alarm should be fitted on the landing of every floor of your home and in the bedroom of anyone with impaired mobility.
- Smoke alarms should be tested weekly.
- Interlinked smoke alarms wired to mains electricity, with a battery back-up, provide the greatest level of protection.

Smoking

- Never leave a lit cigarette or pipe unattended – it may fall onto an armchair or carpet which will soon catch fire and give off dense smoke and fumes.
- Never smoke in a chair if you think you may doze off.
- Never smoke in bed.

Alcohol

- Do not cook chips or fried food as you might fall asleep before you finish cooking.
- Take extra care if smoking. Do not smoke in bed or in a comfortable chair; it is too easy to fall asleep.

Electrics

- Do not overload electric sockets or use multiple extension leads.
- If a socket is heat damaged, there is a fault; get an electrician to check it.
- Use the correct fuse.
- Only professional tradesmen should repair faulty electrical appliances or wiring.

Candles

- Never leave a candle unattended.
- Use a suitable holder that will not allow heat to pass through.
- Do not place candles on plastic surfaces or leave near soft furnishings.

Chip Pans and Grill Pans

- Use a thermostatically controlled chip pan.
- Never leave cooking unattended when the heat is switched on.
- Never fill a pan more than one third full of fat or oil.
- Keep your grill pan clean and never leave it unattended.

If your pan does catch fire:

- Do not move it.
- Turn off the heat if safe to do so, but never lean over the pan.
- Never throw water on the fire.
- Get out, get the fire service out, and stay out.

Plan your Escape Route

If a fire occurs in your home you may have to get out in dark and difficult conditions. Escaping from a fire will be a lot easier if you have already planned your escape route and know where to go:

- Involve everyone in the house.
- The normal way out is the preferred choice.
- Keep your escape route clear of obstructions.
- Protect your escape route by closing all doors into it, especially at night.
- Practise using the agreed plan.
- Select a safe meeting place outside.
- Make everyone aware of how to call the Fire & Rescue Service by dialling 999.

If you are unable to use the normal way out, consider alternative routes:

- Rear doors.
- Patio doors.
- Windows.

Make sure everyone is aware of these alternatives. If you discover a fire, or the smoke alarm sounds, you will only have a short time to get out. If possible:

- Close the door of the room where the fire is.
- Get everyone out as quickly as possible.
- Call 999 from a neighbour's house or mobile phone and ask for the Fire & Rescue Service.
- Never go back into a house until a fire officer has told you it is safe to do so.

If you are cut off by fire, try to remain calm:

- Close the door and use towels or sheets to block any gaps.
- Try to make your way to the window.
- If the room becomes smoky, crawl along the floor.
- Open the window and try to attract the attention of others.

Matches

- Keep matches and lighters away from children so that they cannot play with them.

Clutter

- If there is an unreasonable amount of papers, newspapers and magazines, the risk of a fire is increased. Take time to tidy and remove clutter to make your home safer.
- If any exit routes are blocked by stored items these should be cleared so that escape routes are not compromised.

Heaters

- Do not dry clothes close to electric heaters.
- Gas heaters that use a naked flame are much more dangerous than oil-filled radiators. Replace these to improve safety.