



**Northern Ireland
Fire & Rescue Service**

Protecting Our Community

COMMUNITY INFORMATION BULLETIN NO. 30

Bedtime Routine

A bedtime routine is one of the most important fire safety measures you can perform to protect you and your family. When you go to bed you want to know that you and your family are safe and sound. Ensure all of your family know the bedtime routine and that they know the obvious dangers of fire in the home.

Fires and heaters – Put a guard around coal fires, turn off heat sources (gas, etc) and unplug supply to electric heaters.

Smoking materials – Empty ashtrays safely, extinguish cigarettes properly and remove matches and lighters to a safe place out of the reach of children. Reduce the risk of fire by smoking outside.

Candles – Extinguish candles properly, place them in a safe location away from flammable materials.



Electrical appliances – Unplug electrical appliances that are not meant to stay on overnight. Do not leave phone chargers or e-cigarette chargers on overnight.

Doors – Close all doors at night, lock external doors but leave keys in an accessible place where everyone in the home knows where to find them should they be needed.

Smoke alarm – It's a life saver; without one you have little or no chance of surviving a fire in the home. Ensure it works and keep a spare battery in the house for the smoke alarm for when it needs replacing. Most modern smoke alarms have a life span of ten years.

Phone – It's advisable to keep a phone in your bedroom for emergency calls. Dial 999 and ask for the fire service.

Escape routes – Keep all hallways and stairs clear from obstructions as items in the escape routes may stop you from getting out due to trips and slips. This is especially important if someone has mobility issues. Ensure mobility aids are close to hand for those who require them. Remember Get Out, Stay Out and Get the Fire Service Out.

For further information phone NIFRS HQ 028 9266 4221 or visit www.nifrs.org   **#STOPfire**