

IF THERE IS A FIRE



Alert everyone. Make sure everyone in the house knows about the fire.

If there's a lot of smoke, crawl along the floor where the air will be clearer.



Get everyone out

- **Don't** delay for valuables.
- **Don't** investigate the fire.

Before you open doors check them with the back of your hand. If they're warm don't open them - the fire is on the other side.



Call 999

Use a mobile phone, a neighbour's phone or a phone box.

Give the address. **Don't go back in**

Not for anything, even pets

WHEN YOU CAN'T GET OUT BY THE ESCAPE ROUTE



If you're on the ground or first floor, go out of a window. Throw bedding, cushions, etc, onto the ground to break your fall.



Lower yourself by your arms from the window ledge before dropping.



Lie down and lower children as far as possible before letting them drop. Get an adult below to break their fall if you can. If you can't open the window, use a heavy object to break it at the bottom corner. Make the jagged edges safe with a towel or blanket.



If you can't get out, get everyone into one room

Choose a room with a window if you can.



Put cushions, bedding, etc, round the bottom of the door to block smoke.



Open the window and call for help. Let the fire-fighters know you're there.

Think now about which room might be best for this - you need a window that can be opened, and if possible a phone for calling 999.

The information is taken from the Government web-site www.firekills.gov.uk

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Safety at Home

P.A.U.S.E
For thought



Fire Safety

• Have you fitted a smoke alarm?

A smoke alarm is the simplest single step you can take to cut the risk of dying from fire. It costs less than £5, and you can get it in the supermarket or high street stores. There are no excuses for not having one. If your home is on more than one floor, you should fit at least one smoke alarm on each floor.

• How good are your electrics?

Fit just one plug per wall socket, unless you're using a bar adapter on a lead. Check that the fuses in the plugs to your TV, video, hi-fi and computer are rated correctly. Are any of your electric cables worn or taped up? They aren't safe and they should be replaced.

• Is your upholstered furniture fire-resistant?

If it was made before 1988 then it's not fire-resistant, it can be set alight easily and it will produce clouds of poisonous smoke. You can check the label to be sure.



• Is your cooker clear of inflammable objects?

Keep wires, cloths and oven gloves away from the cooker top. Don't let fat and other remains build up - they can go up in flames.

• Is your toaster clean and away from curtains?

Your toaster ought to be cleaned out from time to time. And make sure it's positioned well away from curtains.



• Has your chimney been swept?

If you have an open fire, you should sweep your chimney once a year.

• If you have an electric blanket, is it damaged?

Fraying, scorch marks, dampness and loose connections are all dangerous. Don't leave it on all night unless it has thermostatic protection.

• How good is your ventilation?

Without working vents, a gas leak can easily cause an explosion.

• Have you got an extinguisher and fire blanket?

Don't hide them away in a cupboard.



Safety Awareness

Fire Safety Code

Get Smart !

- Cooking safety
- Smoking safety
- Candle safety
- Electrical safety
- Check your home
- Celebration safety

Get Equipped !

- Smoke alarms
- Fire protection

Get out !

- Your Escape Plan
- Stay out
- Call 999

TOP 10 SAFETY TIPS

How to make your house a safe home:

- Fit a **smoke alarm** and check it regularly.
- Make a **fire action plan** so that everyone in your house knows how to escape in the event of fire.
- Take care when **cooking** with hot oil and think about using thermostatically controlled **deep fat fryers**.
- Never leave lit **candles** unattended.
- Ensure **cigarettes** are stubbed out and disposed of carefully.
- **Never smoke in bed**
- Keep **matches** and **lighters** away from children.
- Keep **clothing** away from heating appliances.
- Take care in the **kitchen!** Accidents whilst cooking account for 59% of fires in the home.
- Take special care when you are **tired** or when you've been **drinking**. Half of all deaths in domestic fires happen between 10pm and 8am.

Good Habits



- **Turn off and unplug electrical appliances**
When you're not using electrical appliances such as the television, switch them off at the wall and unplug them (unless the appliance is designed to be left on, like a video player that displays the date and time).
- **Check your smoke alarm**
It takes a few seconds to test a smoke alarm, yet people die each year because their alarm had a battery missing or the battery was dead.



- **Make an escape plan**
 1. Include everyone who lives in your home. Everyone, including old people and children, should know exactly what to do if there's a fire.
 2. Choose an escape route - the easiest way out. Pick a second escape route in case the first is blocked by fire
 3. Always keep the door and window keys in the same place, and tell everyone where that is.
 4. Keep the escape route clear of obstacles.



Before going to bed



- Switch off and unplug **electrical appliances**.
- Check the **oven** and **cooker** are turned off.
- Turn **heaters** off, and put a guard in front of **fires**.
- Make sure any **candles** are fully extinguished and lights are turned off.
- Make sure all **cigarette butts** are put out, wetting them to be sure, and throw them away into a bin outside the house.
- Close interior **doors** - they slow down the spread of fire..
- Check the **escape route** is free of obstacles.

Dangerous Mistakes



- **Smoking in bed**
Every year people fall asleep smoking and start a fire. They're often killed. It's also dangerous to smoke when you're feeling sleepy or if you've been drinking.



- **Leaving cigarettes burning**
- **Underestimating the risk of candles**
Candles should be put in a proper holder that won't fall over. They need to be on a heat-resistant surface, especially if they're tea lights. Never leave candles burning in a room without anyone there. Extinguish them carefully, and make sure they're completely out.



- **Overfilling chip pans**
It's dangerous to fill them more than a third full. If the oil starts to smoke don't put food in - leave the pan to cool. Make sure the food you're cooking is dry. *Every week nearly 90 people are injured by chip pan fires.*



- **Leaving saucepans unattended**
If you're called away from the cooker, don't leave pans on the heat. It's the easiest thing in the world to forget about them.
- **Getting too close to heaters and fires**
It's dangerous to sit nearer than one metre (three feet) from a heater or open fire. Put drying clothes a safe distance from heaters or fires - at least a metre. Don't dry clothes on heaters or fire guards. Also, avoid putting a portable heater where it can be knocked over.