

FIRE SAFETY **IN THE HOME**





Did you know...?

- You're four times more likely to die in a fire if you don't have a smoke alarm that works.
- 21 people die each year because the battery in their smoke alarm was flat or missing at the time of the fire.
- Around half of home fires are caused by cooking accidents.
- Three fires a day are started by candles.
- Every five days someone dies from a fire caused by smoking materials.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 6,000 fires in the home across the country every year.

PROTECT YOUR HOME WITH SMOKE ALARMS



The easiest way to protect your home and family from fire is with a working smoke alarm.

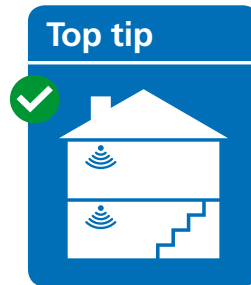
Get it. Install it.
Check it. It could save your life.

Choosing your smoke alarm

- Fit smoke alarms on every level of your home.
 - Smoke alarms are cheap and easy to install.
 - They are available from DIY stores, electrical shops and most high street supermarkets.
 - There are a variety of different models to choose from. Your local fire and rescue service will be happy to give you advice on which one is best suited for you.
 - Look out for one of these symbols, which shows the alarm is approved and safe.
- Consider installing a 10 year battery smoke alarm. They are slightly more expensive, but you save on the cost of replacing batteries.



British Standard Kitemark



Fit smoke alarms

A WORKING SMOKE ALARM COULD SAVE YOUR LIFE

How to make sure your smoke alarm works

Test the batteries in your smoke alarm every week. If necessary change the batteries.

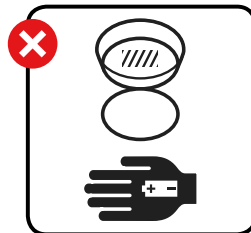
- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- A lot of people forget to test the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replaceable batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Action on Hearing Loss Information Line on **0808 808 0123** or textphone **0808 808 9000**

Top tip

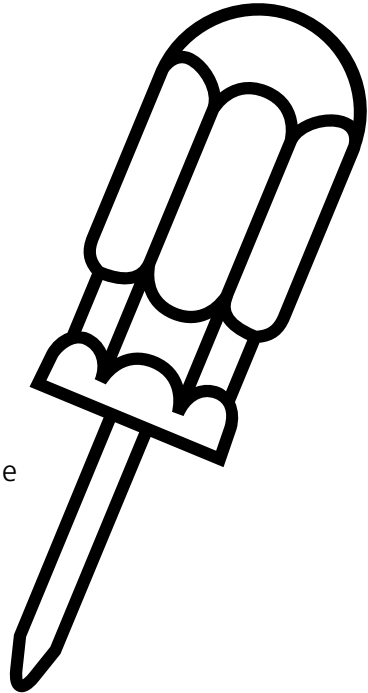


Test it



Fitting your smoke alarm

- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear the alarm throughout your home.
- If it is difficult for you to fit your smoke alarms yourself ask a family member, friend or neighbour if they can help or to find out if you are eligible for a home fire safety visit by one of our technicians please phone 0845 6012495.



Looking after your smoke alarm

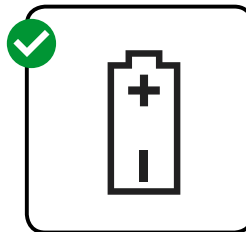
- Make testing your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis it may be faulty or the battery may need replacing.
- If it is a ten year alarm, you will need to replace the whole alarm at least every ten years.

Other equipment you could consider

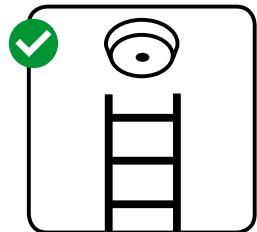
- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.



Test it







Change it



Replace it

HOW TO PREVENT COMMON FIRES



IN THE KITCHEN
ELECTRICS
CIGARETTES
CANDLES

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, candles and cigarettes.

In the kitchen

How to cook safely

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.

- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.

- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.

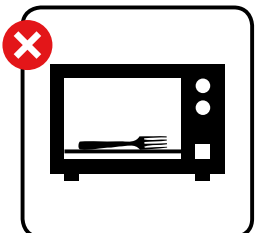
Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave.



Keep out of reach



Deep fat frying

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

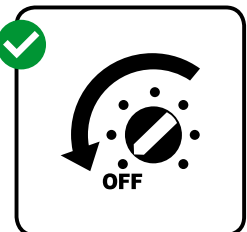
What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

**GET OUT
STAY OUT
AND CALL
999**

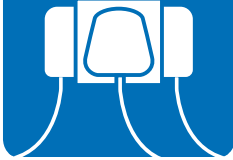


**Take care
with hot oil**



Electrics

Top tip



Don't overload

How to avoid electrical fires

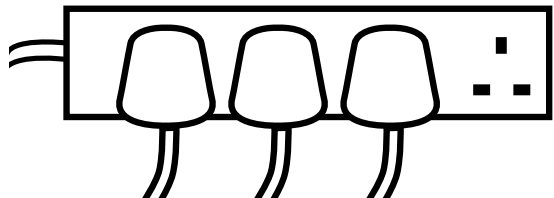
- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

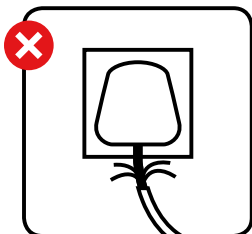
Know the limit!

$$\begin{array}{cccc} 5 & + & 5 & + & 3 & = & 13 \\ \text{AMP} & & \text{AMP} & & \text{AMP} & & \text{AMP} \end{array}$$



Keep electrical appliances clean and in good working order to prevent them triggering a fire.

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Some appliances are designed to be left plugged in eg. fridge.
- Unplug appliances when you're not using them or when you go to bed.



Furniture

- Always ensure that your furniture has the fire-resistant permanent label.

Using an electric blanket

- Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Cigarettes

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!

- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired, taking prescription drugs, using paraffin, petroleum, oil based creams or if you've been drinking. You might fall asleep and unknowingly cause a fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and match boxes.

Matchboxes now carry this warning label



Top tip

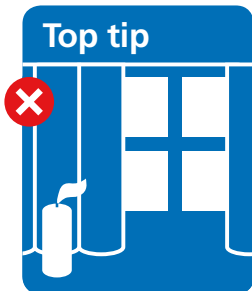


**Put them out.
Right out!**

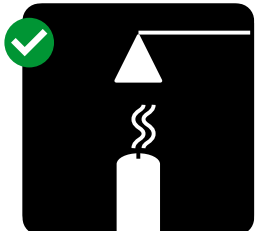
Candles

Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.

- Put candles out when you leave the room, and make sure they're put out completely at night.
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly.
- Children shouldn't be left alone with lit candles.
- Keep pets away from lit candles.



**Be careful
with candles**





**PLAN
A SAFE**

ESCAPE

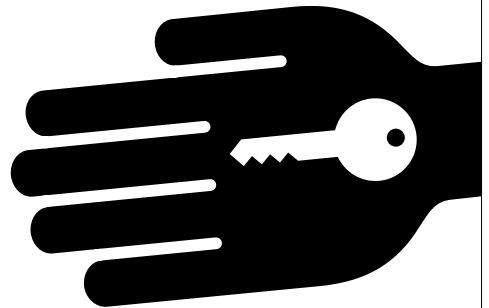
Fitting a smoke alarm is the first crucial step to protecting yourself from fire. But what would you do if it went off during the night?

This section will help you make a plan ready for an emergency.

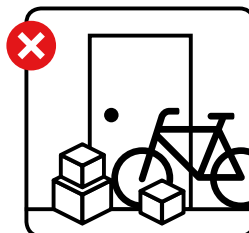
Be prepared by making a plan of escape

- Plan an escape route and make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practise your escape plan.
- Review your plan if the layout of your home changes.

Keep door and window keys where everyone can find them



Plan an escape route



What to do if there is a fire

Don't tackle fires yourself. Leave it to the professionals.

- Keep calm and act quickly, get everyone out as soon as possible.
- Don't waste time investigating what's happened or rescuing valuables.
- If there's smoke, keep low where the air is clearer.
- Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.
- Call 999 as soon as you're clear of the building. 999 calls are free.

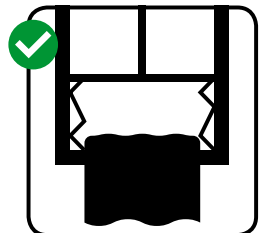
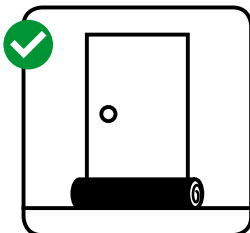


Get out, stay out and call 999

What to do if your escape is blocked

- If you can't get out, get everyone into one room, ideally with a window and a phone.
- Put bedding around the bottom of the door to block out the smoke, then open the window and call "HELP FIRE".
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.



What to do if your clothes catch fire

- Don't run around, you'll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!



STOP!



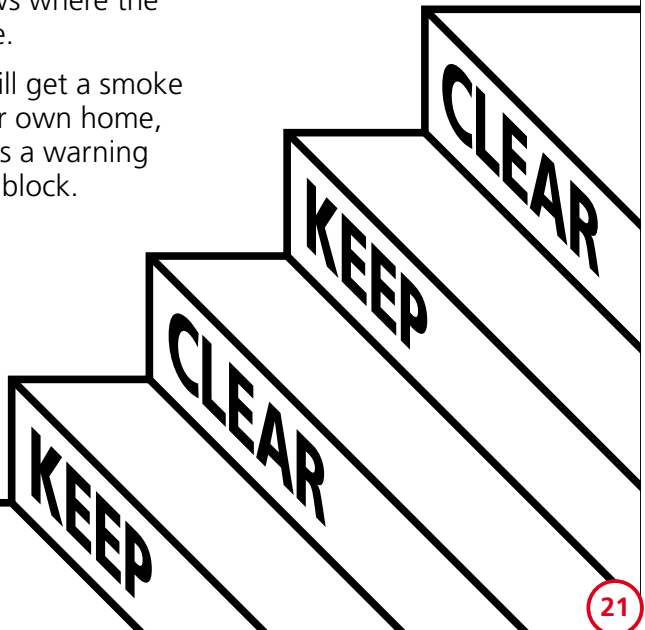
DROP!



ROLL!

How to escape from a high level building

- As with all buildings, you should plan and practise an escape route.
- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
- Make sure doors to stairways are not locked.
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.



MAKE A BEDTIME CHECK



You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

Check list

Close inside doors at night to stop a fire from spreading.

Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.

Check your cooker is turned off.

Don't leave the washing machine on.

Turn heaters off and put up fireguards.

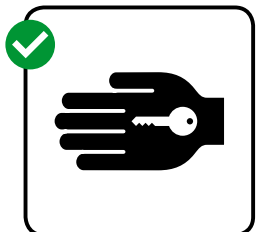
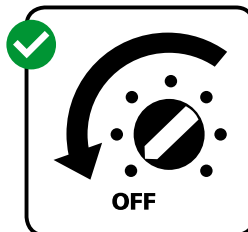
Put candles and cigarettes out properly.

Make sure exits are kept clear.

Keep door and window keys where everyone can find them.



Close inside doors at night



The Dangers of Carbon Monoxide

What is Carbon Monoxide?

- Carbon Monoxide (CO) is a colourless, odourless, tasteless, poisonous gas produced by incomplete burning of carbon based fuels including gas, oil, wood and coal.
- Sources can include cookers, heaters and fire places.
- CO poisoning kills 40 people and injures a further 300 every year in the UK.
- You can't see it, taste it or smell it, but CO can kill quickly without warning.

What are the symptoms of Carbon Monoxide poisoning?

- The most common symptoms include headaches, dizziness, tiredness and nausea.
- Symptoms can be mistaken for flu, viruses or even food poisoning.
- If someone suffers from these symptoms whilst at home but is fine elsewhere, they may be suffering from CO poisoning.

How to prevent Carbon Monoxide poisoning

- Make sure appliances are installed and maintained by a professional.
- Keep chimney flues free from blockages.
- Ensure your home has enough ventilation and airbricks are not blocked.
- Protect your family from this silent killer by fitting a CO alarm approved to BS EN 50291.

What to do in an emergency?

- In a CO emergency open the windows to ventilate.
- Evacuate everyone outside to fresh air.
- Go to your doctor or in an emergency call for an ambulance.

For further information visit www.COvictim.org

- Evacuate
- Ventilate
- Get Help

