FIRE SAFETY IN THE HOME
Did you know...?

- You're twice as likely to die in a fire if you don't have a smoke alarm that works.
- 90 people die each year because the battery in their smoke alarm was flat or missing.
- Over half of home fires are caused by cooking accidents.
- More than five fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.
The easiest way to protect your home and family from fire is with a 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.

£5 COULD SAVE YOUR LIFE
How to make sure your smoke alarm works

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to check the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.

Test the batteries in your smoke alarm every week. Change them every year. Never remove them.

- 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 Royal Institute for Deaf People Information Line on 0808 808 0123

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, or on the hallway and landing, so you can hear the alarm throughout your home.
- If it is difficult for you to fit your alarm yourself contact your local Fire and Rescue Service for help. They’ll be happy to install it for you.

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Looking after your smoke alarm

- Make checking 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, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm 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
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.

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

Top tip

Keep out of reach

Top tip

Take care with hot oil

Don’t put anything metal in the microwave
Electrics

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.

Know the limit!

\[5 + 5 + 3 = 13\]

AMP AMP AMP AMP

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.

Furniture

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

Using an electric blanket

- Don’t leave electric blankets folded as this damages the internal wiring. Store them flat or rolled up instead.
- 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.

Top tip

Put them out. Right out!

Top tip

Put out properly when you leave the room.

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.

Matchboxes now carry this warning label

Top tip

Be careful with candles
• 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 practice your escape plan.
• Review your plan if the layout of your home changes.

Keep door and window keys where everyone can find them

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

Top tip

Get out, stay out and call 999

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!
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.

How to escape from a high level building

• 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.
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.

Top tip: Close inside doors at night.
Check list

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.

- 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.

For a free home fire risk check contact your local fire and rescue service. The phone number is also in the telephone book (not 999). Or visit www.firekills.gov.uk