

FIRE SAFETY

- Test your smoke alarms at least once a week. **More than 20 people die every year because the battery in their smoke alarm was flat or missing.**
- Take extra care in the kitchen and never leave cooking unattended. **Half of house fires start in the kitchen.**
- Stub cigarettes out properly and dispose of them carefully. **Every five days someone dies in a fire caused by a cigarette.**
- Don't overload electrical sockets and watch out for faulty and overheating electrical equipment, wiring and cables.
- Fires in wheelie bins can easily spread if next to buildings or cars. Try to store your bins securely.
- Keep a fire blanket in your kitchen and practice using it.
- You might also want to consider getting a carbon monoxide alarm - these can save lives by measuring carbon monoxide levels over time and sounding an alarm before levels get dangerously high, giving you adequate warning so that you can safely ventilate the area.

For more advice about fire safety in your home:

- Visit the website of your local Fire & Rescue Service. Some services offer free safety checks to people most at risk of fire.
- Visit the government's **Fire Kills** website: www.gov.uk/firekills and follow them on social media at www.twitter.com/Fire_Kills and www.facebook.com/firekills.

Choosing your smoke alarm

- Smoke alarms are available from DIY stores, electrical shops and most high street supermarkets.
 - Your local Fire & Rescue Service will be happy to give you advice on which one is best suited to you.
 - Get an alarm with the British Standard Kitemark or Loss Prevention Certification (LPCB) logo which shows the alarm is approved and safe.
 - Consider installing a 10-year battery smoke alarm. Vibrating pad alarms are available for blind or visually impaired people. The RNIB can advise: www.rnib.org.uk or 0303 123 9999
- You can get alarms for the hearing impaired – contact your local council or Action on Hearing Loss for information: www.actiononhearingloss.org.uk or 0808 808 0123

Bedtime checklist:

- Turn off and unplug electrical appliances unless they are designed to be 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.
- Close inside doors at night to stop a fire from spreading as quickly.

Plan an **escape route** and make sure **everyone in the family** knows how to escape