

# Fire safety at home

Prevention tips and safety advice



# Smoke alarms

Working smoke alarms are the  
easiest way to protect your home  
and family



# Smoke alarms

## Testing smoke alarms

Test your smoke alarms at least once a month.

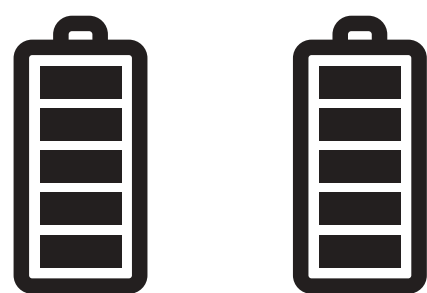
- If any of your smoke alarms have a one-year battery, make sure it is changed every year. Only take the battery out when you replace it.
- A lot of people forget to test the batteries, so longer life batteries are better.
- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Mains-powered alarms are powered by your home power supply. They need to be installed by a qualified electrician and require regular testing.

### Top tip

Test it



Change it



Replace it



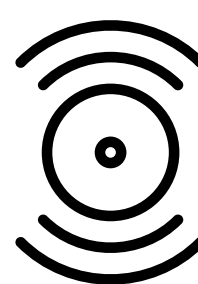
## Looking after your smoke alarm

Make testing your smoke alarm part of your regular household routine.

- Test them by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If a smoke alarm starts to beep regularly, 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 to 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.
- Heat alarms can detect fires in kitchens where smoke alarms should not be placed.



**GET THEM  
INSTALL THEM  
TEST THEM**

**IT COULD SAVE YOUR LIFE**

# Stay safe at home

Help prevent common fires in  
your kitchen, around the home  
and in your yard



# Fire safety in the kitchen

## Cook safely

Take extra care if you need to leave the kitchen while cooking, take pans off the heat or turn them down to avoid risk.

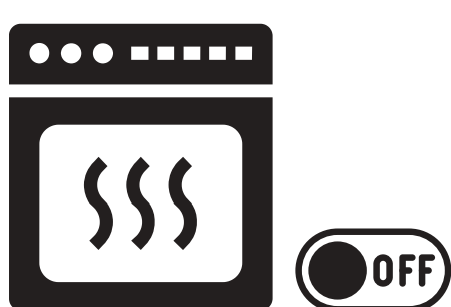
- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out - so they don't get knocked off the stove.
- Take care if you're wearing loose clothes - 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.

### Top tip

Keep out of reach



Turn oven off after use



## Take care with electrics

Don't put anything metal in the microwave.

- 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.

## Cooking with oil

- 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**

**9-1-1**

# Staying safe with electrics

## Avoiding electrical fires

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

- Always check that you use the right fuse to prevent overheating.
- Certain appliances such as washing machines should have a single plug to themselves as they are powered.
- Try and keep to one plug per socket.
- 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.
- Unplug appliances when you're not using them or when you go to bed.

## Know the limits

**Extension leads or adaptors can be dangerous if used incorrectly.**

- 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.
- Try and keep to one plug per socket.

**GET OUT  
STAY OUT  
AND CALL**

**9-1-1**

# Candles and cigarettes

## 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.
- Children shouldn't be left alone with lit candles.
- Keep pets away from lit candles.

### Top tip



**Be careful  
with  
candles**



## 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, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and match boxes.

**GET OUT  
STAY OUT  
AND CALL**

**9-1-1**



# Fire safety in the yard

## Building a bonfire

Whether you're getting rid of garden waste or having a celebration, make sure you, your property and others are bonfire safe.

- Only burn dry material. Damp material causes more smoke.
- Build the bonfire away from sheds, fences and trees.
- Check there are no cables, like telephone wires, above the bonfire.
- Don't use gas to get the fire going. It may get out of control quickly.

## Bonfire safety

Once lit, follow these tips to stay safe.

- Keep a bucket of water or a garden hose nearby in case of emergency.
- Don't leave the bonfire unattended.
- Keep children and pets away from the bonfire.
- Don't throw any fireworks into the fire.
- Don't burn aerosols, tyres, canisters or anything containing foam or paint. Many produce toxic fumes and some containers may explode, causing injury.
- Spray the embers with water once the bonfire has died down to stop it re-igniting.

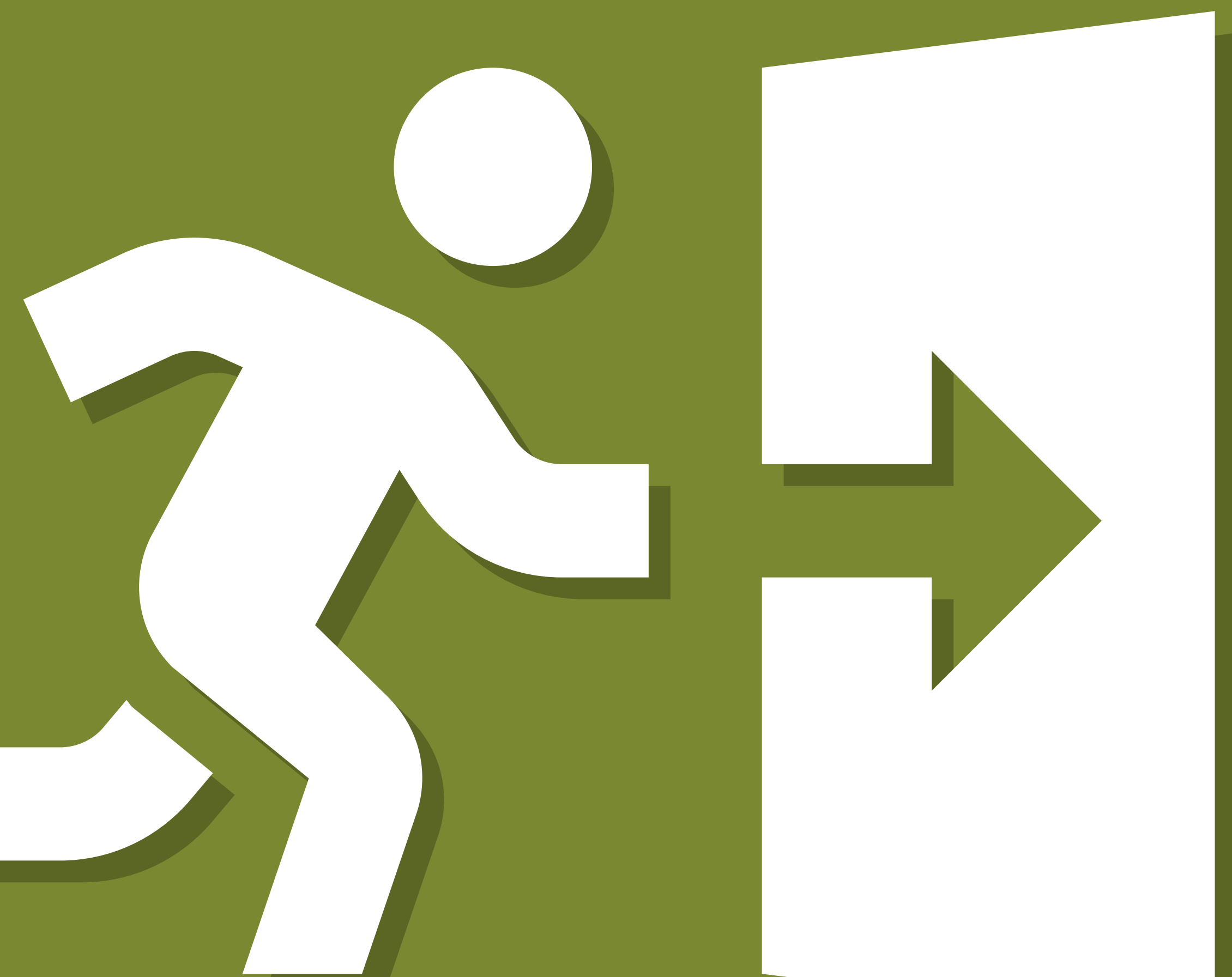
**GET OUT  
STAY OUT  
AND CALL**

**9-1-1**



# Plan a safe escape

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



# Be prepared for fire

## Plan an 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 becomes 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.

**GET OUT  
STAY OUT  
AND CALL**

**9-1-1**

# Getting out safely

## What to do if there is a fire

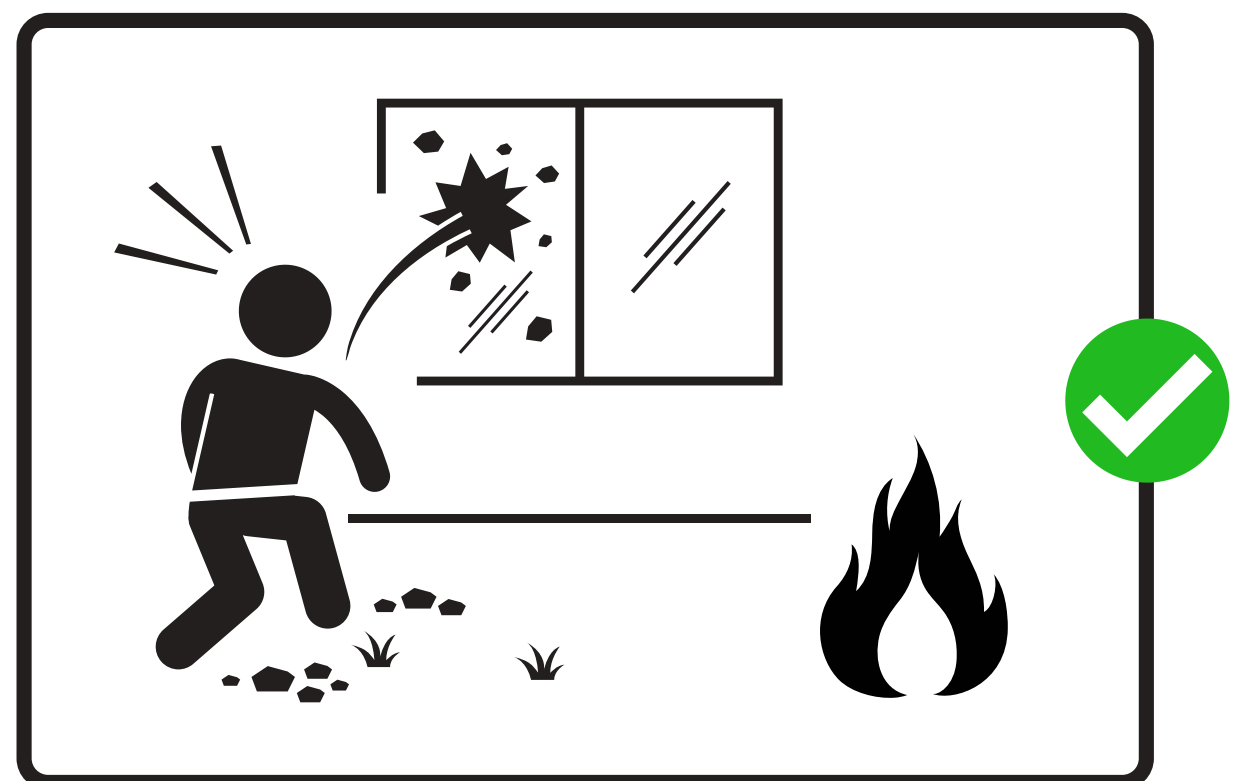
**Don't tackle fires yourself. Leave it to the professionals.**

- 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 911 as soon as you're clear of the building.

## 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.
- Call 911 then open the window and shout "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 jaded edges safe with a towel or blanket.



**GET OUT  
STAY OUT  
AND CALL**

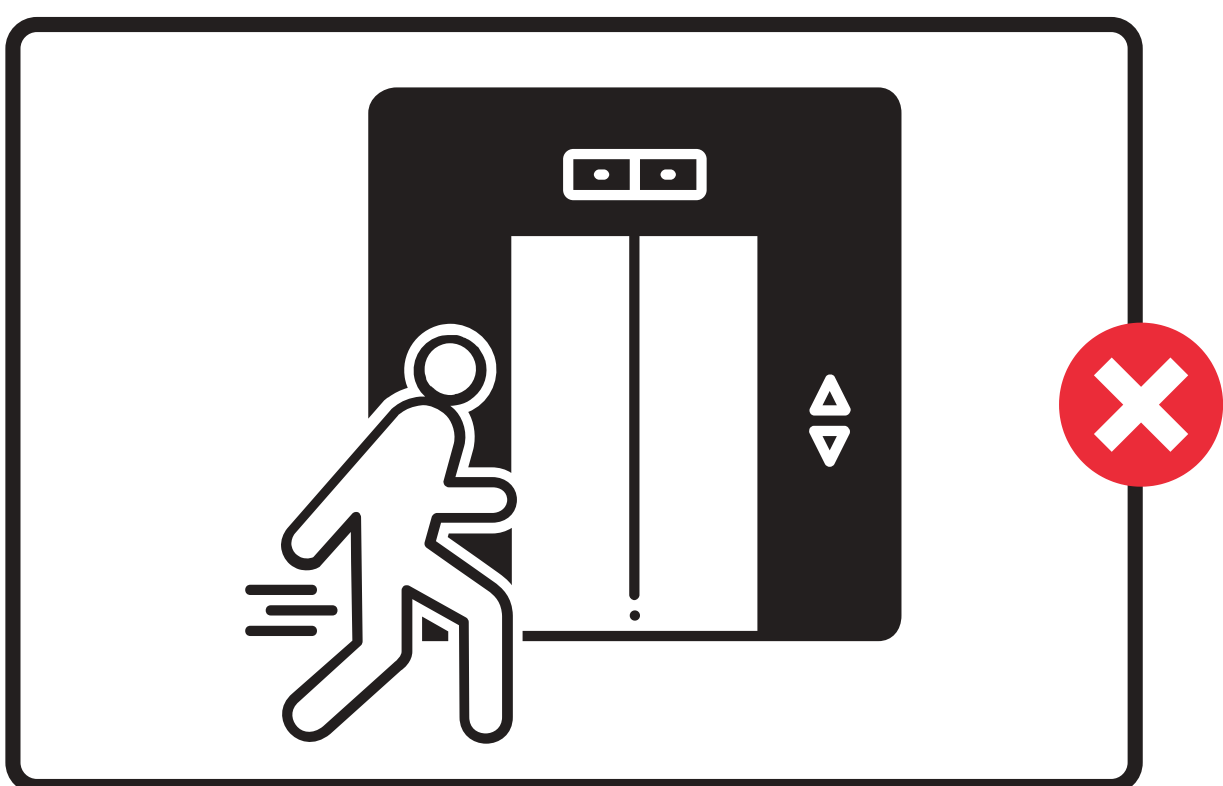
**9-1-1**

# Getting out safely

## How to escape from a high level building

As with all buildings, you should plan and practice 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.



## What to do if your clothes catch fire

Remember: **STOP, DROP and ROLL.**

- 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.

**GET OUT  
STAY OUT  
AND CALL**

**9-1-1**