

## Prevent Common fires



### In the Kitchen

- Take extra care if you leave the kitchen whilst cooking, turn off or turn down the heat if you have to leave the cooking unattended.



- Avoid leaving children alone in the kitchen whilst you have cooking on the hob.
- Keep matches and pan handles out of children's reach.



Top tip

- Keep tea towels and cloths away from the cooker and hob.
- Use caution with deep fat frying as hot oil easily sets alight.

Keep out of reach

- If a pan catches fire turn off the heat if it is safe to do so – never throw water over it.

### Smoking

- Stub cigarettes out properly and dispose of carefully.
- Keep matches and lighters out of children's reach.

### Candles

- Make sure candles are secured in a proper holder and away from materials that may catch fire e.g. curtains.

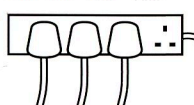
### Electrics

- Make sure electrical appliances have a British or European safety mark.
- Do not overload extension leads or adapters. There is a 13 AMP limit i.e.

Know the limit!

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



### Electric Blankets

- Do not leave electric blankets folded as this damages the internal wiring. Store flat or rolled up.
- Follow the manufacturer's guidelines for use.

### Portable Heaters

- 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.

## Make a Bedtime Check

### Night Time Checks

You are more at risk from a fire when asleep. It is 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.

### Top Tips

- Complete a home fire risk check on-line at [365alive.co.uk](http://365alive.co.uk).
- Working smoke alarms save lives – Get it, fit it and test it weekly.
- Make a fire escape plan with your family so that everyone knows what to do if there's a fire.

### For Fire and Road Safety Advice

 Oxfordshirefireandrescueservice (official)

 OxonFireRescue

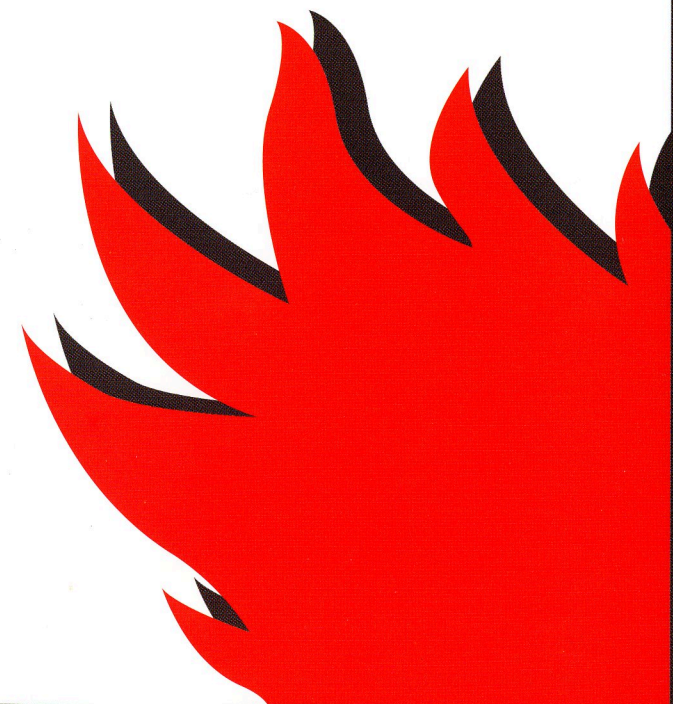
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 [365alive.co.uk](http://365alive.co.uk)

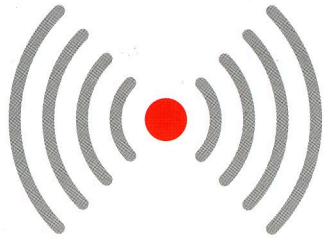


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# FIRE SAFETY IN THE HOME



## Protect Your Home



**SMOKE ALARMS  
SAVE  
LIVES**

### Choosing a Smoke Alarm

- Fit smoke alarms on every level of your home.
- An alarm with a ten year battery is the best option.
- Strobe light and vibrating pad alarms are available for those who are deaf or hard of hearing.
- You can have linked alarms installed, so that when one alarm detects a fire all the alarms go off, this is useful if you live in a large house.
- DIY stores, electrical shops and most high street stores sell smoke alarms.

- We are happy to advise on the most suitable alarm and ensure the alarm is approved and safe.

### Fitting Your Smoke Alarm

- Don't put alarms in or near kitchens or bathrooms.
- An ideal position is in the hallway and landing providing early warning enabling you to escape the property.
- We are happy to provide guidance on the best location to fit your smoke alarms.

### Make Sure Your Smoke Alarm Works

- Make checking your smoke alarm part of your regular household routine.
- Test the smoke alarm works every week by pressing the button until the alarm sounds.
- Replace the battery immediately once it starts to beep.
- Never disconnect or take the batteries out of the alarm if it goes off by mistake.
- A ten year alarm needs to be completely replaced at the end of the ten year period.



Test it

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

## Plan a Safe Escape



### Making an Escape Plan

- 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.

### 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.
- Do not waste time investigating what has happened or rescuing valuables or pets.
- If there is smoke, keep low where the air is clearer.
- Check if a door is warm before opening. Do not open warm doors – fire is on the other side.
- As soon as you are clear of the building call 999.

### What to do if Your Clothes Catch Fire

- Don't run around as it will make the flames worse.
- Lie down and roll around to put the flames out.
- Smother the flames with a heavy material e.g a coat or blanket.
- **Remember, Stop, Drop and Roll!**



STOP!



DROP!



ROLL!

## Plan a Safe Escape

### What to do if Your Escape is Blocked

- If you can't get out, get everyone into one room, ideally at the front of the property, with a window that opens and if possible a phone to call 999.
- 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.



Plan an escape route



Get out, stay out and call 999

### Escape From a High Rise 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.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.

**GET OUT  
STAY OUT  
AND CALL  
999**

