



HEREFORD & WORCESTER  
**HWFR**  
FIRE AND RESCUE SERVICE



# Smoking & Fire Safety

Fires caused by smoking materials kill more people than any other type of fire.

## **Home fire safety advice to keep you safe at home.**

If you are concerned about your fire safety, or the fire safety of others, please visit our website below to complete our online assessment for personalised advice or to find out if you are eligible for a free Home Fire Safety Visit.



PREVENTION

[www.hwfire.org.uk](http://www.hwfire.org.uk)

# Smoking & Fire Safety

**If you smoke, the best way to prevent a smoking related fire in your home is to quit or to smoke outside.**

Always follow these tips to help keep yourself safe from fire, if you smoke.

- Put it out, right out. Stub your smoking material out properly and dispose of it carefully.
- Use a proper, heavy, wide-bottled ashtray, never a waste paper basket.
- Make sure your ashtray won't tip over and is made of a material that won't burn.
- Ensure that contents of ashtrays are cold before they are emptied into a suitable bin outside the home.
- Put water on ashes and cigarette butts.
- 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. It's easy to fall asleep with a cigarette burning and set furniture, clothes or bedding alight.
- Never smoke in bed.
- Don't smoke if you've taken medication, drugs or alcohol that make you tired or drowsy.
- If paraffin-based or paraffin-free emollients get on fabrics, the dried residue can make them more flammable. Avoid smoking around clothes, bedding, or bandages that may have residue when near yourself and others.

- Never smoke illegally manufactured cigarettes.
- Always keep matches and lighters away from children.
- Never smoke, or let someone else smoke in the same room as you, when oxygen equipment or an air flow pressure relief mattress is being used.
- Buy child resistant lighters and matchboxes.

**Fit a smoke alarm on every level of your home and test your alarms monthly.**

**A working smoke alarm can buy you valuable time to get out, stay out and call 999.**





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The best way to prevent a smoking related fire in your home is to quit smoking or smoke outside and ensure no one else smokes inside your home. Having a smoke free home will reduce exposure to second hand smoke for your visitors and loved ones. Second hand smoke causes serious illnesses and sometimes death in both adults and children.

Smoking is the top cause of preventable illness and death. Stopping smoking reduces the risk of developing cancers, heart disease, bronchitis and emphysema. The best way to stop smoking is through a combination of medication and support, both of which are available on the NHS.

**For help and advice to stop smoking, contact your GP or your local Stop Smoking Service, or visit the Make Smoking-History website.**

### **Further information**

**For smoking and fire advice, visit our website:**

[hwfire.org.uk/help-is-here-to-reduce-smoking-fire-risk/](http://hwfire.org.uk/help-is-here-to-reduce-smoking-fire-risk/)

**Local service for Worcestershire:**

[healthyworcestershire.org.uk/stop-smoking/](http://healthyworcestershire.org.uk/stop-smoking/)

**Local service for Herefordshire:**

[www.herefordshire.gov.uk/family-support/stay-healthy/8](http://www.herefordshire.gov.uk/family-support/stay-healthy/8)



Q Smoking & Fire Safety

