MAKE SURE YOU SLEEP SAFE
You are more at risk from fire when asleep. A bedtime routine will help keep you and your family safe.

- Switch off and unplug electrical equipment – only leave appliances on if they are designed to be left on, like your fridge
- Close all internal doors at night to stop a fire from spreading
- Check your cooker – make sure the grill, hob and oven are all turned off
- Turn heaters off and put a guard in front of an open fire
- Check candles are out – Never leave one burning when you go to sleep
- Keep door and window keys where you can easily find them
- Keep a phone at your bedside in case you need help
- Don’t leave the washing machine or tumble drier on whilst you are out or have gone to bed

REDUCE THE RISK OF FIRE IN YOUR HOME IN SIX SIMPLE STEPS

1. Protect your home with working smoke alarms
   Install smoke alarms on every floor and test them every week

2. Take extra care in the kitchen
   Over 50% of accidental house fires start in the kitchen

3. Check your electrics
   Check and maintain your electrical appliances

4. Smoke safe (if you must smoke at all)
   Put them out, right out

5. Make sure you sleep safe
   A bedtime safety routine can reduce the risk of fire whilst you’re asleep

6. Plan a safe escape
   Make sure you know how to get out of your home in an emergency

Take Extra Care

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For more information and advice contact your local Fire and Rescue Service or visit www.gov.uk/firekills
PROTECT YOUR HOME WITH SMOKE ALARMS

- Make sure you have smoke alarms on each floor of your home
- Test your smoke alarms every week. If you can’t reach it get a friend or relative to test it for you
- Never disconnect or take the batteries out of your alarm if it goes off by mistake

CHECK YOUR ELECTRICS

- Unplug appliances when not in use, unless they are designed to be left on, like your fridge or freezer.
- Don’t overload plug sockets
- Ensure tumble dryers and washing machines are cleaned and maintained – excess fluff can build up over time and catch fire
- Keep heaters clear from curtains and furniture – never use them to dry clothes
- Keep all appliances clean and in good working order
- Regularly check for worn or frayed wires – always ensure cables are secured properly to the plug before plugging in anything
- Unplug your electric blanket before you go to bed, unless it has a thermostat for safe all-night use
- Don’t leave the washing machine or tumble drier on whilst you are out or have gone to bed

TAKE EXTRA CARE IN THE KITCHEN

- Over half of accidental house fires start in the kitchen – this makes your kitchen the most dangerous room in your home
- Look when you cook! Never leave cooking unattended – take pans off the heat if you have to leave the room
- Keep your cooker clean – burnt food and fat can and does cause fires
- Maintaining equipment is important – make sure that toasters, oven, hob and grill are all clean and in good working order
- Don’t drink and fry – order a takeaway or eat cold food
- Keep clothing and tea towels away from the cooker
- Keep electrical leads away from the cooker and water
- Chuck out your chip pan – it could save your life

If a pan catches fire don’t take risks. Get out, stay out and call 999
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SMOKE SAFE
(If you must smoke at all)

- Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!
- Never smoke in bed
- Keep all matches and lighters out of the reach of children.
- Use a proper ashtray that can’t tip over and is made of material which won’t burn
- Never leave lit cigarettes, cigars or pipes unattended – they can easily overbalance, land on a carpet or newspaper and start a fire
- Empty ashtrays regularly
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PLAN A SAFE ESCAPE

- Plan an escape route so you know what to do if you are alerted by your smoke alarm to a fire in your home.
- Make sure everyone knows the escape route.
- Make sure all exits are clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first is blocked.
- Practice your escape plan.
- Keep door and window keys where everyone can find them.

For more information and advice contact your local Fire and Rescue Service or visit www.gov.uk/firekills

or contact your local fire station: