

# SAFE & WELL



West Yorkshire  
Fire & Rescue Service

## HOME FIRE SAFETY ADVICE

Please follow this  
advice to help  
you stay safe in  
your home!

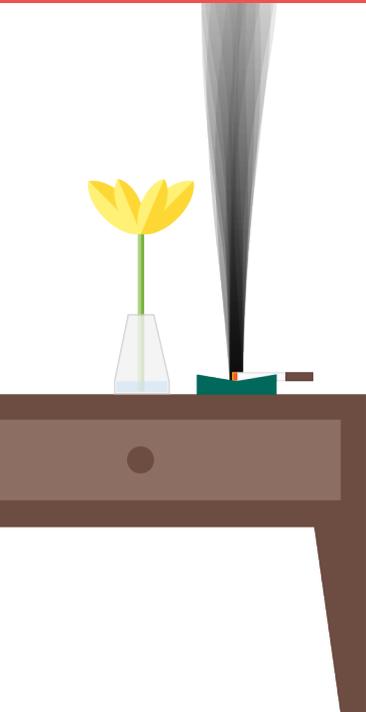


# FITTING & MAINTAINING SMOKE ALARMS



The easiest and best way to protect yourself and your family from fire is with a smoke alarm. We know that you are seven times more likely to die in a fire if you don't have working smoke alarms in your home:

- Fit at least one alarm on every level of your home
- Test your alarms weekly; use a broom handle or walking stick if you cannot reach
- If your alarm starts to emit a regular 'chirp', replace the battery or detector immediately
- Clean your smoke alarm regularly using your vacuum cleaner or a feather duster to remove dust
- Refer to the manufacturer's instructions for further advice
- Offer to test the smoke alarms of any older family members, neighbours or friends who may need help to do so.



## SMOKING & E-CIGARETTES

Over a third of all dwelling fires where a person has died are smoking related:

- Always ensure cigarettes are fully extinguished. You can put a little water in your ashtray to help with this
- Only use proper ashtrays - never put a cigarette directly into a bin
- Keep cigarettes and matches away from children
- Never smoke in bed
- Avoid smoking when taking medication that causes drowsiness, drinking alcohol or using recreational drugs
- Do not leave e-cigarettes to charge overnight and only use the charger and parts that were originally supplied
- Do not carry loose spare batteries in your pocket.

# STAYING SAFE IN THE KITCHEN

Three out of four accidental house fires start in the kitchen, so make sure you:

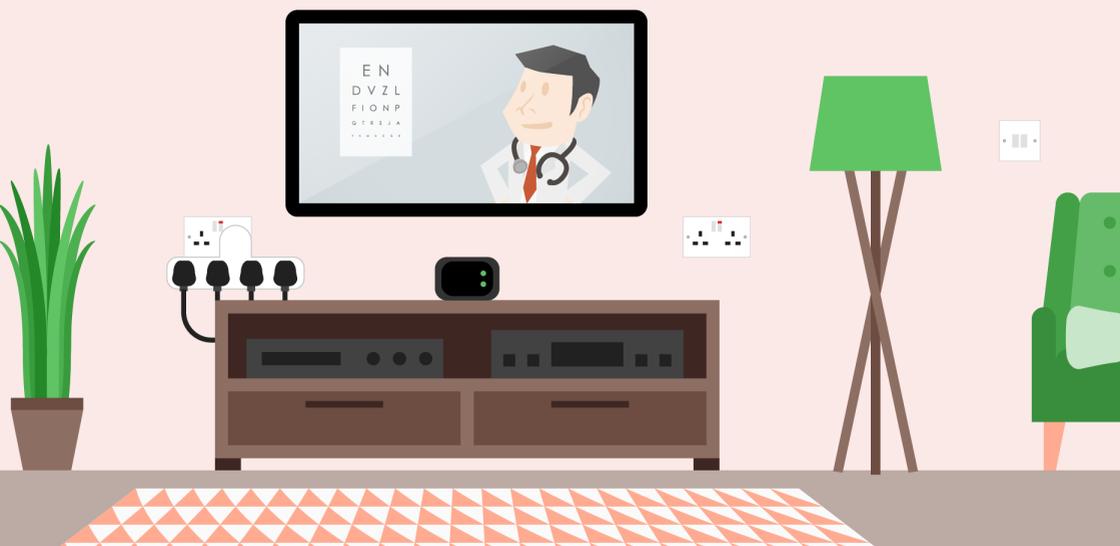
- Never leave cooking unattended. Take pans off the heat and switch them off if you have to leave the kitchen
- Avoid cooking if you have been drinking alcohol, using recreational drugs or taking medication which makes you drowsy
- Take extra care if you are wearing loose clothing when cooking as it can easily catch fire. Consider wearing an apron
- Keep tea towels, cloths and other flammable materials away from your oven and hob
- Keep your oven, hob, extractor hood and grill clean; a build-up of fat and grease can make a fire spread quickly
- Do not store items in ovens or on top of gas or electric hobs
- Don't overfill your chip pan; ensure it's no more than a third full of oil when in use
- Store cooking oil in appropriate containers when not in use
- Never throw water on a deep fat fryer or chip pan
- Move your toaster and kettle out from under shelves when in use.



# USING ELECTRICAL APPLIANCES SAFELY

Over a third of household fires are started by someone misusing electrical equipment or appliances, so take note of the following:

- Try and keep to one plug per socket
- Make sure appliances have a British or European safety mark and always follow the manufacturer's instructions
- Check and replace old or frayed electrical cables
- Don't overload your electric plug sockets. For further information and advice see [www.electricalsafetyfirst.org.uk](http://www.electricalsafetyfirst.org.uk)
- Regularly check for any product recalls via [www.uk-afi.org/product-recall](http://www.uk-afi.org/product-recall)
- Keep portable heaters away from curtains and furniture. Never use them for drying clothes and switch off before going to bed
- Uneven and soft surfaces restrict airflow to a laptop's cooling fan, resulting in overheating. Always use laptops on a hard, flat surface
- Keep electrical appliances clean, dust free and in good working order
- Regularly check electric blankets for damage. Unplug the blanket before getting into bed, unless it has a thermostat control for safe all-night use.
- Only use genuine chargers and cables for your mobile devices.



# USING YOUR TUMBLE DRYER SAFELY

The misuse of tumble dryers causes at least one fire in the UK every day. Follow these safety tips to lower the risk of this happening in your home:

- Clean the filter after every use – the build-up of fluff and lint can cause a fire
- A tumble dryer needs its own 13 amp mains plug socket
- Never overload your tumble dryer or put items in that have been used to soak up flammable liquids, including cooking oil, aromatherapy oils and paraffin-based creams
- Don't over-dry your clothes - set your dryer to an appropriate drying time
- Never leave your tumble dryer running when you leave the house or go to bed
- If you can smell burning or your clothes feel very hot at the end of the cycle, have your appliance checked out.

# USING CANDLES SAFELY

Candles add to the ambience in your home but when used unsafely they can cause a fire:

- Always place them in candle holders
- Keep them away from curtains, soft furnishings and other flammable materials
- Don't place candles on plastic surfaces such as the side of your bath or your TV
- Never leave children or pets alone in a room when candles are lit
- Always extinguish candles before leaving the room
- Never leave used matches or paper in the candle wax.



## WHAT TO DO AT BEDTIME: ESTABLISHING A ROUTINE

In 2014/15, one in four of people who died in house fires did so between the hours of midnight and 6am so it is important to establish a bedtime routine. Every night, before you go to bed, ensure you:

- Close all internal doors fully
- Turn off and unplug any unnecessary electrical appliances
- Check your oven and/or hob is turned off
- Ensure candles and cigarettes are fully extinguished
- Keep your door and window lock keys in a place where everyone can find them and consider taking your door keys into your bedroom with you.



## IF YOUR CLOTHES CATCH FIRE

Don't run around as you will make the flames worse. You should lie down and roll around. If possible, smother the flames with a heavy material such as a coat or a blanket.

Remember:

**STOP**  
**DROP**  
&  
**ROLL**

# MAKE AN ESCAPE PLAN

- Plan an escape route and make sure everyone knows how to escape
- Make sure exits are kept clear
- Ensure you have easy access to a phone in your bedroom at night
- Keep door and window keys where everyone can find them easily
- Review your plan if your ability to escape or your property layout changes.

## KEEPING YOUR HOME & ESCAPE ROUTES CLEAR

Try to keep your home clear of clutter. The build-up of combustible items such as piles of clothing and papers, can enable the rapid spread of fire through your home.

If these items are stored in your hallway, doorways or on your

staircase, they can block your escape route or slow you down should a fire occur.

If you think you may need support to help you with de-cluttering or hoarding please contact Hoarding UK on 020 3239 1600 or 07444 791 500.



# **TWO TO THREE BREATHS OF TOXIC SMOKE FROM A HOUSE FIRE IS ENOUGH TO LEAVE YOU UNCONSCIOUS**

## **WHAT TO DO IF THERE IS A FIRE**

- Keep calm and act quickly, get everyone out as soon as possible
- Don't waste time investigating what's happened or rescuing valuables
- Don't tackle the fire yourself
- Before you open a door, check if it's warm. If it is, don't open it – fire may be on the other side
- If there's smoke, keep low where the air is clearer.

## **WHAT TO DO IF YOU CAN'T GET OUT**

- If safe to do so gather 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 999 - an operator will offer survival advice whilst you are on the phone
- If you do not have access to a phone, open the window and shout "HELP FIRE".

# **GET OUT, STAY OUT CALL 999**



West Yorkshire  
Fire & Rescue Service

Making West Yorkshire Safer  
[www.westyorksfire.gov.uk](http://www.westyorksfire.gov.uk)

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