

# FIRE SAFETY IN THE HOME

Keeping you safe from fire,  
while you stay safe at home



**FIRE  
KILLS**  
**LET'S PREVENT IT**

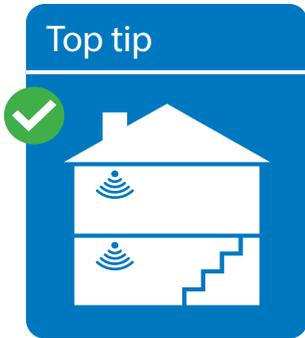


**NFCC**  
National Fire  
Chiefs Council



**CAMBRIDGESHIRE**  
FIRE & RESCUE SERVICE

# Smoke alarms



Fit smoke alarms

- Fit at least one smoke alarm on every level of your home.
- Fit them in the rooms you use most, but not in bathrooms or kitchens.
- Look out for one of these symbols, which shows the alarm is approved and safe.



British Standard Kitemark



Make sure your smoke alarms are working. Press the button to test them regularly.

If you can't easily reach, use something to help you, like a walking stick or umbrella.

If the alarm doesn't sound, you may need to replace the battery.

Get them. Install them. Test them. They could save your life.



# How to avoid fires in the home

Cook safely - around 50% of fires in the home start in the kitchen

- Take your time when cooking. Don't rush or get distracted.
- Take care if you're wearing loose clothing – it can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Keep the oven, hob and grill clean. A build up of fat and grease can ignite a fire
- Double check the cooker is off when you've finished cooking
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Avoid cooking when under the influence of alcohol.

If you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.



- Take care when cooking with hot oil – it sets alight easily.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Ditch the chip pan and use a thermostat controlled electric deep fat fryer. They can't overheat.
- If a pan catches fire turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle a fire yourself. Your fire service will still respond to emergencies. If there is a fire, get out, stay out and call 999.

## Electrics - how to avoid electrical fires



- Try and keep to one plug per socket.
- Appliances such as washing machines, should have a single plug to themselves, as they are high powered.



- Don't use appliances if they have frayed or damaged leads or plugs.

- Unplugging appliances helps reduce the risk of fire.

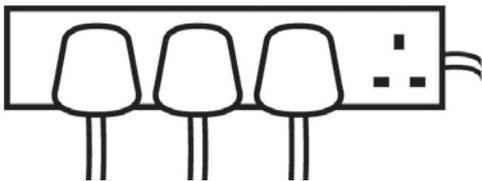
Don't run appliances like washing machines and tumble dryers when you go to bed.



Know the limit!

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



An extension lead or adaptor will have a limit to how many amps it can take.

Don't overload them to reduce the risk of a fire.

Appliances use different amounts of power or amps – a television may use a 3amp plug and others such as vacuum cleaner a 5amp plug.

# Smoking - the most common cause of fire fatalities, so take care

- If you smoke, do so outside if possible.
- Put some water in the bottom of ashtrays to help put your cigarettes out.
- Empty ashtrays regularly and when they are cold.
- Don't smoke in bed.
- Don't smoke when you're tired, taking prescription drugs that make you drowsy, or if you've been drinking. You might fall asleep and set your bed or sofa



**Put them out.  
Right out!**



- Make sure you use a proper ashtray, and put it on a secure surface so it can't tip over.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Emollient creams for dry skin conditions are safe to use but can soak into clothing, dressings and bedding leaving a flammable residue. So be careful if you also smoke.

## Be prepared - plan an escape route

- Plan an escape route and make sure everyone knows how to escape.
- In an emergency you should evacuate your home, even if you are self-isolating.
- The best route is the normal way in and out of your home.
- Have keys to windows and doors where everyone can find them.



- Keep exits clear of clutter.
- Think of a second route in case the first one is blocked.

- If you have an emergency pendant, please make sure you wear it and have it close by at bedtime.



**GET OUT  
STAY OUT  
AND CALL  
999**



If you have an emergency call 999 and ask for fire service. We will still respond as normal.

## Be prepared - make a bedtime checklist



**Close inside doors at night**

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 run the washing machine, tumble dryer or dishwasher when you go to bed.



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.



Make sure your emergency pendant or a phone is near the bed.



**In the event of a fire, get out,  
stay out and call 999.**

If you are worried about fire safety in your home, or a friend or relatives home, please visit **[www.cambsfire.gov.uk](http://www.cambsfire.gov.uk)**

You can also call 0800 917 9994 to see if you qualify for a fire safety visit.

Stay **safe**

Stay **connected**



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