



Fire safety



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Smoke alarms



Fit smoke alarms and test them every month

Get a smoke alarm fitted in any room where a fire could start.



Think about linking your smoke alarm to a **Telecare** service.

They can call for help if you can't.



You can get a special alarm if you are deaf, hard of hearing or have a visual impairment.

Contact your local council for more information.



Telecare helps to keep you independent in your home. You have a button worn on a pendant or bracelet that you can press if you need help urgently.

Smoking



Smoking cigarettes

It is better not to smoke.



You can get information and support on quitting from:

- The NHS Smokefree helpline: **0300 123 1044**.
- Your local doctor (GP).



If you do smoke

Use a deep ashtray.
Cigarettes are less likely to fall or roll out.



While you are smoking

Always stay near the cigarette while it is burning.

Smoking



If you feel sleepy

Never smoke in an armchair if you think you may fall asleep.
Never smoke in bed.



When you have finished smoking

Put the cigarette out safely.
Put water in the ashtray before emptying it into the bin.



Matches and lighters

Keep matches and lighters out of the reach and sight of children.

E-cigarettes (vapes)



E-cigarettes, also called vapes, can help you to stop smoking but they still need to be used safely.



Only buy e-cigarettes from well-known shops.



Only use the charger that came with the e-cigarette.



Stay in the same room while the e-cigarette is charging.



Only charge the e-cigarette in the daytime.



Keep the e-liquids away from children and pets.

E-cigarettes (vapes)



Keep e-cigarettes away from:

- **Oxygen** equipment.



- **Airflow** mattresses.



Oxygen is a chemical that is in the air.

Some people need extra oxygen to breathe.

Extra oxygen in the air can make a fire burn more quickly.



Airflow mattresses use air to keep you comfortable and cool in bed.

They are good for people who have to stay in bed for a long time.

In the kitchen



Cooking

Only start cooking if you are wide awake and well.



Always stay in the kitchen when there are hot pans on the cooker.



Keep children and pets away from the cooker while you are using it.



Cookers

Always turn off your cooker when you have finished using it.

In the kitchen



If a pan catches fire

Turn off the heat if it's safe to do this.



Leave the kitchen and close the door.



Shout 'Fire!' to warn others.



Close all doors on the way out.



Go outside and call 999.

Candles



How to stay safe using candles, incense sticks and oil burners

Keep them away from curtains, clothing and furniture.



Always stay in the room while the flame is burning.



Make sure the flame is out before you go to bed.



It is safer to use flameless **LED candles**.



LED candles use batteries and look just like normal candles.

Your balcony



Don't put things that might catch fire on your balcony.



Put cigarettes out in a bowl of sand or water.



Never throw a cigarette butt or lit match off a balcony.

It could start a fire somewhere else.



Never use a barbeque on the balcony.

Heating your home safely

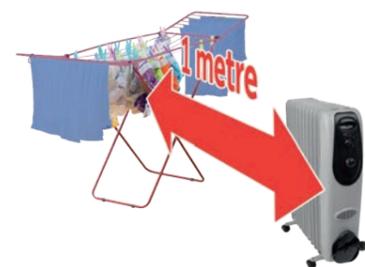


Portable heaters and open fires

Always sit at least one metre away from portable heaters or the fireplace.



Make sure that heaters are turned off, or the fire is completely out before going to bed.



Drying washing

Always make sure that washing is kept at least one metre away from a heater or open fireplace.

Prevent electrical fires



Electric sockets

Only plug one **appliance** into each electric socket.



Extension leads

Always use an extension lead with a fuse.



Make sure it has a European Safety mark or British Standard kite mark on it.



An **appliance** is an electrical device or machine, like a washing machine, kettle or toaster.

Prevent electrical fires



Light bulbs

Replace **halogen bulbs** with **LED bulbs** if possible.



Use bulbs that are the right size and wattage.



Make sure bulbs are fitted correctly – loose bulbs may get too hot.



Do not put anything over the bulb as it can get very hot and cause a fire.



Halogen bulbs and **LED bulbs** are two different types of light bulbs.



Halogen bulbs are much hotter than LED bulbs. They are more likely to cause a fire if things are placed too close to them.

Prevent electrical fires



Electric blankets

Do not use an electric blanket:

- on an airflow mattress
- if you use creams or lotions to help with severe skin conditions or to stop you getting sores.



Only buy an electric blanket from a well-known shop.



Store the blanket rolled up so that the wiring inside does not get damaged.



Regularly check that the blanket and wiring are not damaged.



Buy a new blanket every 10 years or earlier if it gets damaged.

Prevent electrical fires



Batteries and chargers

Many electrical devices have a battery inside.



You put electricity into the battery with a charger.



Only use the charger that came with the device. If you need a new one, get it from the maker of the device.



Unplug the charger once the battery is full.



Put your device on a hard surface like a table before you start to charge it up.



Never cover devices that are charging. They can get hot.

Prevent electrical fires



Faulty electric products

Electric appliances such as fridges, freezers, washing machines and dryers can cause fires if they have a fault.



If your electric product has a fault, you should stop using it and contact the retailer.



Check with the Government website to see if the product has been **recalled** by the maker: www.gov.uk/government/news/product-recall



Take care when buying second-hand products. Make sure they have been checked for safety.

There is more information available on the Electrical Safety First website: www.electricalsafetyfirst.org.uk



Recall is when the company that made something asks everyone to send it back because it may be dangerous.

Carbon monoxide safety



Gas boilers, fires and stoves

Carbon monoxide is a very poisonous gas that can kill.

Gas boilers, wood burning stoves and open fires may give off a gas called carbon monoxide if they are faulty or the flue is blocked.



Carbon monoxide can form when there is not enough air around fuel burners and boilers or if they are faulty.

It is important that they are checked and serviced regularly.



If you breathe in carbon monoxide gas you will become ill. You might even die.



Carbon monoxide has no taste or smell, so it's hard to know if it is there.

Carbon monoxide safety



Get a carbon monoxide alarm fitted.

This will tell you if there are any poisonous gases in the air.



There is more information available from the Gas Emergency Line:

www.nationalgrid.com/uk/gas-transmission/safety-and-emergencies/emergencies-and-safety-advice

Carbon monoxide poisoning

If you breathe in carbon monoxide you can get any of these:



Headaches



Dizziness



Nausea



Breathlessness



Collapse



Loss of consciousness

Hoarding



If you store lots of things in your home, it could make a fire spread faster.



It could stop you getting out safely.



If you find it hard to manage with all the things you have, you can get help.



You can get help from Hoarding UK:
www.hoardinguk.org

Skin creams and lotions



Skin creams or lotions (sometimes called emollients) help to prevent skin sores.



Anyone using them should keep away from naked flames like candles or cigarettes.



Clothing, bedding, dressings and bandages with cream on them can catch fire very easily if they are close to a naked flame, heater or cooker.



If you use these creams:

- don't smoke
- keep away from naked flames like candles
- avoid or take extra care using gas or electric hobs
- never sit too close to heaters such as gas, electric or halogen fires.



If you are worried about the type of skin cream you are using, speak to health care providers like your Doctor for advice.

Planning for an emergency



Make a fire plan

Make sure everyone in the home knows what to do if there's a fire.

Practice your fire plan.



How to get out fast

Keep hallways, landings and stairs clear of anything that might block or slow down your escape.



Door and window keys

Keep your door and window keys where everyone can find them in an emergency.



Mobility Aids

Keep all walking frames, crutches and walking sticks near to the person who uses them.

What to do if there is a fire in your home



If you hear the smoke alarm

Do not ignore it. Follow your escape plan and go outside.



Tell others

Shout 'Fire!'.



Check the doors to see if they are warm or hot

Use the back of your hand. Leave the door closed if it feels warm or hot.

What to do if there is a fire in your home



If there is smoke

Smoke is poisonous.
Keep low so that you can breathe cleaner air.



Doors

Close all of the doors after you.
This will prevent the fire from spreading.

999



Call 999

As soon as you are safely outside,
use your mobile phone to dial 999.

- Ask for the fire brigade.
- Give them your address.
- Do not go back inside.

What to do if you can't get out



Go into a room with a window.



Block the bottom of the door
with bedding or a towel to
keep the smoke out.



Stay close to the open
window for fresh air.



If you have a phone, call 999 or
shout 'Fire!' from the window.

If you live in a flat



If there is a fire or smoke in your flat:

Leave the flat and go outside.
Close all doors on your way out.



Do not use the lift.

999



Call 999

As soon as you are safely outside,
use your mobile phone to dial 999.

- Ask for the fire brigade.
- Give them your address.
- Do not go back inside.

If you live in a flat



If there is a fire somewhere else in the building:

Keep the front door closed and
use a towel or blanket to block
any gap at the bottom.



The doors in blocks of flats will protect
you from fire for at least 30 minutes.



Only leave the flat if told to do so
by the building manager or a fire officer.

At bedtime



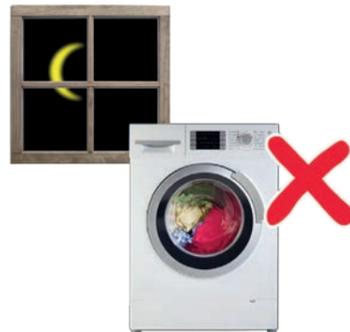
Doors

Close all of the doors. This will prevent any fire from spreading.



Electric appliances

Switch off and unplug all appliances except the ones that should stay on like the fridge and freezer.



Don't use washing machines, dishwashers or tumble driers at night-time.

At bedtime



Tablets, mobile phones and e-cigarettes

Don't leave any devices on charge at night-time.



Make sure portable heaters are switched off.



Oil burners, candles and incense sticks

Always make sure these are put out before you go to bed.

At bedtime



Keys

Keep door and window keys where everyone you live with can find them.



Make sure that all cigarettes are properly put out and pour water in the ashtray.

If your clothes are on fire



Stop.



Don't run around.



Drop to the floor.



Roll around to put the flames out.

Your fire plan



Remove the next 2 pages.



Fill in the blanks so that you know what to do if there is a fire.



Put them somewhere where you can see them easily, like on the front door.



Your carer, key worker or social worker can help you.



My Fire Plan



If there is smoke or fire in my home:



● Get out – go to:

999



● Call 999 and ask for the fire brigade. Tell the operator there is a fire and give the address:



● Shout "Fire!"



● Stay away from the fire



My Fire Plan



If there is smoke or fire somewhere else in the building:

999



- Call 999 and ask for the fire brigade. Tell the operator there is a fire and give the address:



- It is usually safer to stay in your own flat unless fire or smoke is affecting you.



- Do what the fire brigade or people who provide you with support say.

For more information



To arrange a FREE home fire safety visit and get fire safety advice from our staff, call us on: **08000 28 44 28**



Or visit our website:
www.london-fire.gov.uk



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