

HOW TO PREVENT COMMON FIRES

IN THE KITCHEN

ELECTRICAL

CIGARETTES

CANDLES & NAKED LIGHTS

In the kitchen

- **How to cook safely**

- **Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.**

- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.

- **Take care with electrics**

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave

- **Deep fat frying**

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

- **What to do if a pan catches fire**

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

**GET OUT
STAY OUT
AND CALL
115**

Electrical

- **How to avoid electrical fires**

- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

- **An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.**

- **Appliances use different amounts of power – for example a television may use a 3 amp plug and a vacuum cleaner a 5 amp plug.**

- **Keep electrical appliances clean and in good working order to prevent them triggering a fire.**

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.

- **Furniture**

- Always ensure that your furniture has the fire-resistant permanent label.

- **Portable heaters**

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Cigarettes

- **Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!**
- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- 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, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.

Candles & Naked lights

- **Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.**
- Put candles out when you leave the room, and make sure they're put out completely at night.
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly.
- Children shouldn't be left alone with lit candles.

Be prepared by making a plan of escape

- Plan an escape route and make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practice your escape plan.
- Review your plan if the layout of your home changes.
- **Keep door and window keys where everyone can find them**

What to do if there is a fire

- **Don't tackle fires yourself. Leave it to the professionals**
 - Keep calm and act quickly, get everyone out as soon as possible.
 - Don't waste time investigating what's happened or rescuing valuables.
 - If there's smoke, keep low where the air is clearer.
 - Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.
 - Call 115 as soon as you're clear of the building.
- 115 calls are free.

What to do if your clothes catch fire

- **Don't run around, you'll make the flames worse.**
- **Lie down and roll around. It makes it harder for the fire to spread.**
- **Smother the flames with a heavy material, like a coat or blanket.**
- **Remember, Stop, Drop and Roll!**

What to do if your escape is blocked

- If you can't get out, get everyone into one room, ideally with a window and a phone.
 - Put bedding around the bottom of the door to block out the smoke, then open the window and call "HELP FIRE".
 - If you're on the ground or first floor, you may be able to escape through a window.
 - Use bedding to cushion your fall and lower yourself down carefully. Don't jump.
- **If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.**

How to escape from a high level building

- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
- Make sure doors to stairways are not locked.
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.

MAKE A BED TIME CHECK

- **You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.**

Check list

- 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 leave the washing machine on. 
- 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. 