



# STAY SAFE IN THE HOME



**Gwasanaeth Tân ac Achub  
De Cymru**  
South Wales  
Fire and Rescue Service



**Gwasanaeth Tân ac Achub  
Canolbarth a Gorllewin Cymru**  
Mid and West Wales  
Fire and Rescue Service



**Gwasanaeth Tân ac Achub  
Fire and Rescue Service**

**WORKING TOGETHER FOR A SAFER WALES**



**PROTECT YOUR  
HOME WITH  
SMOKE  
ALARMS**



# Fire Safety in the Home

## Did you know?

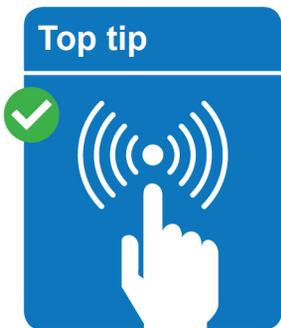
- You're more than twice as likely to die in a fire if you don't have a working smoke alarm.
- 18 people die each year because the battery in their smoke alarm is flat or missing.
- Over half of fires in the home are caused by cooking accidents.
- Three fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause many house fires across the country every year.

## How to make sure your smoke alarm works

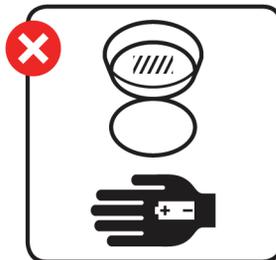
**Test the batteries in your smoke alarm every week. Change them every year. Never remove them.**

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- Many people forget to test the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replacement batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the room's light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Royal National Institute for Deaf People Information Line on **0808 808 0123**



**Test it**



## Looking after your smoke alarm

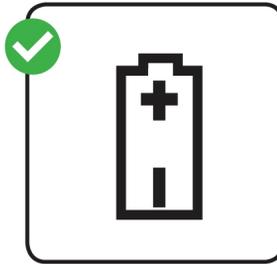
- Make testing your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

### Other equipment you could consider:

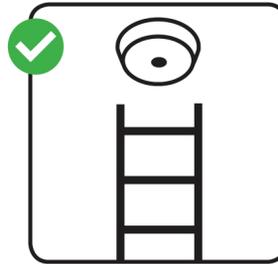
- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.



Test it



Change it



Replace it

## In the kitchen

### How to cook safely

**Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan 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, which can easily catch fire if caught on something hot.
- Keep tea towels and cloths away from the cooker and hob.
- Where possible, use spark devices instead of matches or lighters to light gas cookers, to avoid the 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**



**Top tip**

**Keep out of reach**

## In the kitchen

### Deep fat frying

- Take care when cooking with hot oil – it can catch fire easily.
- Make sure food is dry before putting it in hot oil to avoid splashing.
- 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  
999**



#### Top tip



**Take care with  
hot oil**



## Electrics

### 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 - a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

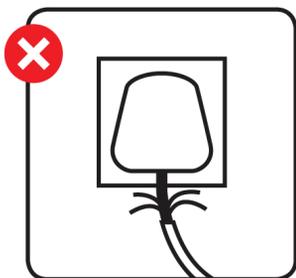
Know the limit!

$$\begin{array}{ccccccc} 5 & + & 5 & + & 3 & = & 13 \\ \text{AMP} & & \text{AMP} & & \text{AMP} & & \text{AMP} \end{array}$$



**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
  - blown fuses
  - tripped circuit-breakers
  - flickering lights
- Check and replace any old cables or leads, especially if they are hidden from view – look 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.

### **Using an electric blanket**

- Store electric blankets flat, rolled up to prevent damaging the internal wiring.
- Unplug blankets before you get into bed, unless they have a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.

### **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.
- Consider buying child resistant lighters and matchboxes.

**Matchboxes now carry this warning label.**

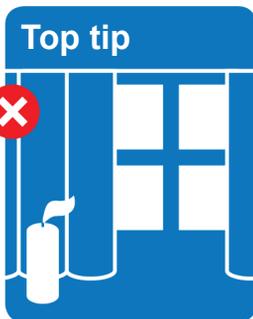


**Put them out.  
Right out!**

## Candles

**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 as sparks can fly.
- Children shouldn't be left alone with lit candles.



**Be careful  
with candles**





# PLAN A SAFE ESCAPE

**Fitting a smoke alarm is the first crucial step to protecting yourself from fire. But what would you do if it went off during the night?**

**This section will help you make a plan ready for an emergency.**

## 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**



### Top tip



**Plan an escape route**



## 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 999 as soon as you're clear of the building. 999 calls are free.

### Top tip



**Get out, stay out  
and call 999**

## 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!



**STOP!**



**DROP!**



**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.

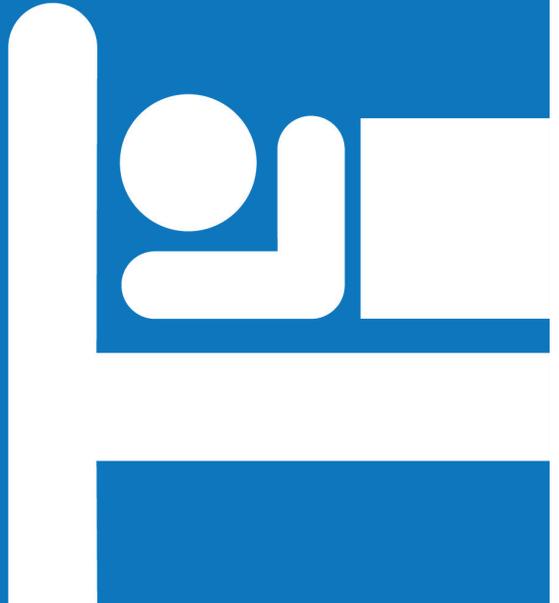




# MAKE A BEDTIME CHECK



**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.**



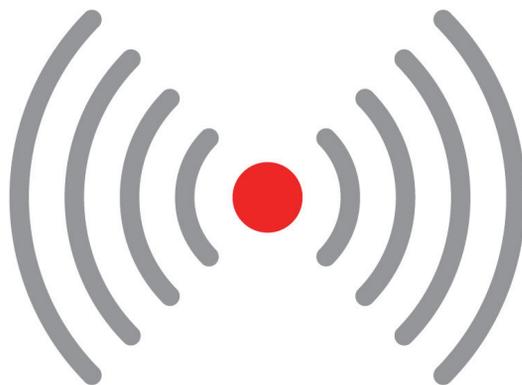
## Check list

- Close internal 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 fire guards.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Keep door and window keys where everyone can find them.



**Close internal doors at night**





**SMOKE ALARMS**

**SAVE  
LIVES**

For a free Safe and Well visit call:

**0800 169 1234** or text **07756 847123**

or visit:

[www.southwales-fire.gov.uk](http://www.southwales-fire.gov.uk)  
[www.mawwfire.gov.uk](http://www.mawwfire.gov.uk)  
[www.nwales-fireservice.org.uk](http://www.nwales-fireservice.org.uk)