

# Have a Safer Winter – Here's what you can do to stay safe from fire this Winter!

**If you've been drinking, don't cook. NEVER** leave cooking unattended.

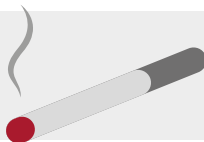


**Always put candles out** when you leave the room, go to bed or leave the house.



**Keep candles away from anything which could catch fire.**

**It's safer to smoke outside**, or standing at an exterior door or window, **especially if you are tired or have been drinking.**



**Keep portable heaters away** from furniture, bedding or curtains. Don't sit too close and **turn off portable heaters before going to bed.**



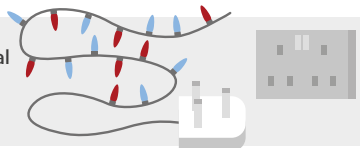
**Do not** smoke, use naked flames or get near to anything which may cause a fire whilst wearing clothing or a bandage that has **been in contact with emollient skin cream.**



Make sure your **smoke and heat alarms are working. Test them every week.**



**Unplug** fairy lights or other electrical Christmas decorations **when you leave the house or go to bed.**



If you've got a live Christmas tree it's important to **keep the tree stand filled with water at all times.**



**Keep in touch** with friends, relatives and neighbours who live alone or **who may be at risk.**

A **phone call**, or a socially distanced door-step chat **can make a massive difference at this time of year.**



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**FIRE AND RESCUE SERVICE**  
Working together for a safer Scotland

**firescotland.gov.uk**   **@SFRSYourSafety**

Call us to arrange a free Home Fire Safety Visit for you or someone you know who may be isolated or at greater risk from fire. Together, we can all stay fire safe.

CALL **0800 0731 999** TEXT **'FIRE'** TO **80800** or visit **www.firescotland.gov.uk**

## > JOIN SCOTLAND'S FIGHT AGAINST FIRE

Get ready for winter. Make sure you have working smoke alarms. Fit a heat alarm in your kitchen. All smoke and heat alarms should be ceiling mounted and interlinked.

Take extra care when cooking if you suffer from any illness, disability or are taking prescribed medications that makes you careless or forgetful.

We all know older people who are at risk from fire – it could be a grandmother, aunt, friend or neighbour. Join Scotland's Fight Against Fire. If you, or someone you know, is at risk from fire, contact us now.

**Call 0800 0731 999 Text 'FIRE' to 80800**  
**visit [www.firescotland.gov.uk](http://www.firescotland.gov.uk)**  
**or talk to your local firefighters.**

## > ALCOHOL

If you're tired, have been drinking, or taking drugs, you will be less alert to the signs of fire.

You are more likely to fall asleep. You are less likely to wake up if a fire does start, particularly if you don't have working smoke or heat alarms in your home.

If fire does break out alcohol or drugs can heighten feelings of disorientation, making it difficult for you to escape.

**Cooking and alcohol can be a recipe for disaster.**  
If you've been drinking alcohol or taking drugs, don't cook.

**Smoking is the main cause of death from fire in the home.** You are more likely to lose your life in a fire if you drink and smoke.

In many fires started by cigarettes, people have also been drinking and are sleepy.

Never smoke in bed.

Don't smoke in your chair if you've been drinking or you're feeling tired. If you do feel tired smoke outside or stand up and smoke at a window or outside door.

## > FURTHER INFORMATION

Visit [www.firescotland.gov.uk](http://www.firescotland.gov.uk) for practical fire safety advice, or talk to your local fire fighters at your nearest community fire station. You will find contact details on the website, in your local library and in the phone book.

For specific information and advice for older persons contact: Age Scotland helpline: **0800 12 44 222**  
Visit: [www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)  
Age Scotland Fire Safety Fact sheet 101s provides essential fire and safety information for older people and persons who care for older people. Silver Line helpline: **0800 4 70 80 90**

The Scottish Government 'Ready for Winter' campaign sets out simple steps we can all take in the home, before a journey (whether driving, cycling or on foot), at work and in our communities to prepare for Winter. It also encourages people to look out for others, especially the more vulnerable, when bad weather strikes.  
Visit [www.readyscotland.org](http://www.readyscotland.org)

Visit [www.firescotland.gov.uk](http://www.firescotland.gov.uk) for practical fire safety advice. Or talk to your local firefighters. You'll find contact details on the website, in your local library and in the phone book.

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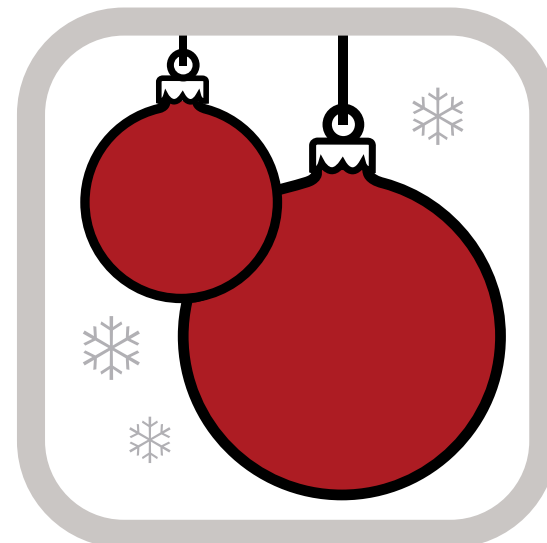
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## Fact.

House fires and casualties increase during winter, with a **high risk** over the festive period.



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## ➤ USING PORTABLE HEATERS

- Keep heaters away from curtains and furniture. Don't sit too close. Never use them for drying clothes.
- Unplug or switch off portable heaters when you go out or go to bed.
- Secure portable heaters in position to avoid the risk of them being knocked over.
- Only use gas or paraffin heaters in well-ventilated areas. Heaters consume oxygen and in enclosed spaces can produce harmful gases and/or cause carbon monoxide poisoning.
- Fit a Carbon Monoxide detector in all rooms containing gas or paraffin heaters.
- Never use portable gas cylinder heaters in high rise flats.
- Always change gas cylinders in the open air. Never change gas cylinders in an enclosed space.

## ➤ USING ELECTRIC BLANKETS

- Never leave an electric blanket switched on when you're in bed unless it's marked 'suitable for all night use'.
- Ensure your electric blanket is tested and serviced in accordance with manufacturer's guidance, in particular after the guarantee runs out. Manufacturers often recommend testing blankets every 3 years.
- Check the blanket, plug and flex regularly for damage (e.g. fraying fabric, scorch marks, exposed wires). If you're in any doubt, don't use the blanket.
- Store electric blankets safely – roll them, don't fold them.

## ➤ FAIRY LIGHTS AND DECORATIONS

- Unplug fairy lights or other electrical Christmas decorations when you leave the house or go to bed.
- Check fairy lights are in good working order and replace any bulbs that have blown.
- Bulbs can get very hot, don't let them touch materials that can scorch or burn easily, such as paper or fabrics.
- Make sure the fuse in the plug is the correct rating.
- If you need to plug more than one appliance into an electrical socket use a multi-socket adaptor which is fitted with a fuse and has surge protection.

## ➤ CANDLES

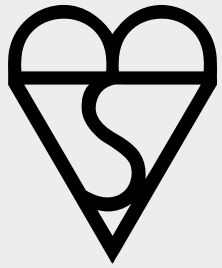
- Consider using battery operated candles which give the same light effect without the risk from flames.
- Extinguish all candles before you go to bed or leave the room. In particular, never leave a burning candle in a bedroom.
- Keep candles, matches and cigarette lighters out of reach of children and never place lit candles where they can be knocked over by children or household pets.
- Always put candles on a heat resistant surface/ holders. Be especially careful with night lights and tea lights, which can get hot enough to melt plastic or ignite combustible Christmas decorations.
- Position candles away from objects that may catch fire, like Christmas trees, greeting cards, ribbons and other decorations.
- Never move lit candles.
- Always use a candle snuffer or a spoon to extinguish candles or tea lights.

## ➤ WHEN CELEBRATING

### Consuming even a moderate amount of alcohol can greatly increase the risk of fire and fire injury.

- Ensure that exit door keys are kept readily available and/or exit doors can be opened from the inside in the event of fire or emergency.
- Take care of older people, children and those who may find it difficult to react quickly and safely if there is a fire.
- Make sure your family and/or visitors know what action to take in the event of fire or actuation of smoke/heat alarms.
- Smoking is the main cause of death from fire in the home. If people are smoking in your home provide a sufficient number of ashtrays.
- Stub out cigarettes properly – make sure there's no smoke.
- Pour water on cigar and cigarette ends before putting in a bin.
- Leaving cooking unattended or being distracted while cooking is the most frequent cause of fire in the home. Never cook hot food while under the influence of alcohol or drugs.
- If celebrating with fireworks remember that they are explosives. Store them safely out of the reach of children and always follow the fireworks code.

## ➤ FESTIVE SAFETY TIPS



- Check your smoke and heat alarms are working. Replace batteries if necessary.
- If you have an open fire make sure your chimney is swept before winter. Always use a fire guard, secured in position, to protect against flying sparks from hot embers.
- Never place Christmas cards or decorations around the mantelpiece.
- Check your Christmas light plugs are fitted with the correct fuse, don't overload extension leads and ensure all electrical devices are Intertek BEAB approved.
- Always switch Christmas lights off and unplug them before you go to bed.
- Decorations can burn easily – don't place them near lights or heaters.
- Never leave cooking unattended, especially when using hot oil. For early warning of fire consider fitting a heat alarm in your kitchen.
- Take time to check on elderly relatives and neighbours this Christmas as they are at greater risk from fire, particularly if they suffer from ill health or disability.

## > SOLID FUEL STOVES/ LOG BURNERS/WOOD BURNING HEATERS

Chimneys and flues serving solid fuel appliances should be swept regularly. Check our chimney sweeping section for guidelines regarding the fuel used. Only use the fuel recommended by the solid fuel appliance manufacturer. Approved fuel lists are available from **HETAS, Tel: 0845 634 5626 or visit [www.hetas.co.uk](http://www.hetas.co.uk)**. Household refuse must not be burnt.

- Use well-seasoned, air-dried (preferably a minimum of 6-12 months) wood. Use a wood moisture meter to test your wood before burning. A recommended moisture level for firewood should be 20% or lower.
- Do not run the appliance at low output for long periods such as overnight. Do not damp down to save relighting in the morning.
- If the wood burner has been used at a low output for a long period this should be followed by a controlled high burn for at least 30 minutes to dry out any creosote and to warm up the chimney again.
- Always ensure you follow the operating and maintenance instructions provided with the appliance.
- Do not stack logs or place any other combustible materials immediately adjacent to the stove, boiler or heater. The Fire and Rescue Service have been called to fires caused as a result of logs being stored against the hot external surface of wood burners.
- Children should be educated about the dangers of fire and should not be permitted near hot surfaces. Use a protective fire guard that is suited to the design of the stove within your property.
- Empty and check the ash can every day.
- Always use a metal non-combustible ash can.
- Flue ways at the back of a boiler should be cleaned once a week, but always let the fire go out and allow ashes to cool before cleaning.
- Make sure you have a carbon monoxide detector.

## > KEY TIPS

- Always use a fire guard to protect against flying sparks from hot embers.
- Make sure embers are properly put out before you go to bed.
- Keep chimneys and flues clean and well maintained.
- Make sure you have a carbon monoxide detector.
- In the event of fire, a smoke or heat alarm will alert you and give you time to react safely and sensibly. Make sure you have working smoke alarms. Fit a heat alarm in your kitchen.

Taking steps to ensure your chimney is properly maintained can help make sure you, and your family, are safe from fire.

Visit **[www.firescotland.gov.uk](http://www.firescotland.gov.uk)** for practical fire safety advice. Or talk to your local firefighters.

You'll find contact details on the website, in your local library and in the phone book.

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### TO BOOK A FREE HOME FIRE SAFETY VISIT

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- or visit **[www.firescotland.gov.uk](http://www.firescotland.gov.uk)**



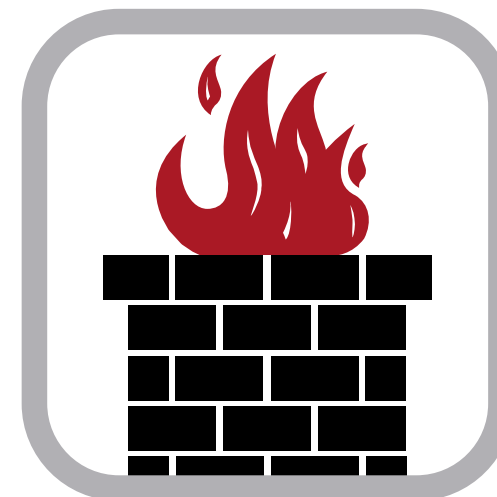
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## Fact.

There are over 1000 chimney fires in Scotland each year.

**Making sure your chimney is swept and checked regularly** can significantly reduce your chances of having a chimney fire.



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## > DID YOU KNOW?

Fires can start accidentally in your chimney. Soot and fuel residues slowly build up in chimneys over time and sometimes these leftovers can catch fire. If this happens, the chimney could send burning soot into your living room or start fires within the roof space or on other floors of the house. Even if it doesn't burn the house down, a chimney fire can cause a huge mess. You can help prevent this by having your chimney swept regularly.

## > CHIMNEY SWEEPING

The type of fuel you burn will determine how often your chimney should be swept. Don't forget to give your chimney a clean sweep before winter as dust and debris can build up or blockages can occur if it has not been used regularly over the summer months. Make sure you use a registered chimney sweep.

The following offers a guide:

Smokeless coals or oil ..... At least once a year  
Wood ..... Quarterly when in use  
Bituminous coal or peat ..... Twice a year

To find a certified chimney sweep, or for more information on chimney fire safety, please contact:

The National Association of Chimney Sweeps  
**[www.nacs.org.uk](http://www.nacs.org.uk)**  
Tel: 01785 811732

The Institute of Chimney Sweeps  
**[www.instituteofchimneysweeps.com](http://www.instituteofchimneysweeps.com)**  
Tel: 01622 670333

HETAS  
**[www.hetas.co.uk](http://www.hetas.co.uk)**  
Tel: 0845 634 5626

The Guild of Master Chimney Sweeps  
**[www.guildofmasterchimneysweeps.co.uk](http://www.guildofmasterchimneysweeps.co.uk)**  
Tel: 01226 242357

Association of Professional Independent Chimney Sweeps  
**[www.apics.org.uk](http://www.apics.org.uk)**  
Tel: 0345 604 4327

NVQ Qualified Chimney Sweep  
**[www.nvqchimneysweeps.co.uk](http://www.nvqchimneysweeps.co.uk)**

Burnright (safety advice)  
**[www.burnright.co.uk](http://www.burnright.co.uk)**

## > PREVENTING CHIMNEY FIRES

- Do not light fires using flammable liquids such as petrol or paraffin.
- Do not burn paper or rubbish on fires in the grate.
- Do not overload the fire with fuel.
- Use a spark-guard when the fire is unattended to prevent embers setting fire to furnishings or carpets.
- Go into your loft/roof space occasionally to check the chimney when the fire is alight. Check for smoke or soot coming from cracks, defective brickwork or mortar joints. Defects in your chimney could cause a fire. Only enter the loft if it is safe to do so and you are physically able to.

## > SIGNS OF A CHIMNEY FIRE

- Burning soot and detritus falling out of the chimney.
- A roaring sound in the chimney.
- Chimney breast too hot to touch.
- Hot walls in upstairs room.
- Sparks or flames coming out at top of chimney.
- Discolouration of skirting boards around the hearth or very warm hearthstone.

## > IF YOU DO HAVE A CHIMNEY FIRE

- If it is safe to do so, put the spark-guard up.
- Again, only if it's safe, put water on the fire and/or try to cut off the air supply at the bottom. You can do this by closing all vents and blocking the fireplace with a metal plate if you have one.
- Get everyone out of the room, close the door and stay out.
- Phone the Fire and Rescue Service.

The Fire and Rescue Service does not charge for attending chimney fires. Firefighters will ensure the fire is fully out and advise you on what action to take.

## > CARBON MONOXIDE (CO) POISONING

Heating and cooking appliances fuelled by coal, smokeless fuels, wood, oil and gas can cause CO poisoning if they are poorly installed, incorrectly used, inadequately ventilated, or if they are not properly and regularly maintained.

When fuel does not burn properly, it produces CO gas. CO poisoning kills people. It can also damage your health permanently. The early symptoms of CO poisoning are:

- Tiredness
- Drowsiness
- Dizziness
- Chest Pains
- Nausea

Make sure you are not at risk from CO poisoning:

- Have appliances and gas or oil-fired boilers installed and serviced once a year by a competent engineer.
- Don't overload a fire and only burn the fuel it is designed for.
- Ensure rooms with fuel burning appliances or boilers are properly ventilated.
- Never block air bricks or vents.
- Never block the outside grill of the flue.
- Fit a Carbon Monoxide detector. Ideally, a detector should be installed in all rooms containing a fuel burning appliance or boiler.

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Text '**FIRE**' to **80800**  
or visit **www.firescotland.gov.uk**



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# Fact.

**Working smoke alarms**  
will help keep you safe.



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KEEP WARM AND WELL THIS WINTER



## ➤ PRIORITY SERVICES FROM ENERGY NETWORKS

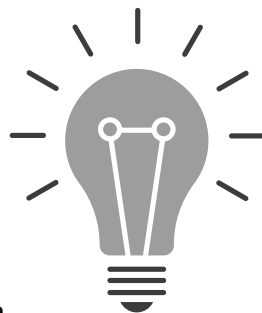
Scotland's energy network is maintained by two organisations. They don't issue electricity bills, that's the role of your electricity supplier. However, if your power does go out, it's their team of dedicated engineers who ensure it is switched back on as quickly as possible. Both organisations offer extra support to those people who need it through a Priority Services Register so that they can contact vulnerable customers if they do experience a power interruption.

You can join the Priority Services Register if you:

- Are over the age of 60
- Have a special communication need
- Depend on electricity for home or medical care
- Have a child under 5 years of age
- Have chronic illness
- Or just feel you need a little extra help



If you are on the register your energy network will try to contact you if they know of a problem in your area. This might not always be possible if they are unaware of a power cut so please contact your energy network on 105 and tell them you are on the Priority register if you experience a power cut.



Register with your energy network to:

- Be told in advance of a planned interruption to your electricity supply
- Be kept in touch with regular updates during a power cut
- Access services through our range of selected partners who can provide free advice on making the most of your money and healthy living

### FIND OUT MORE AND REGISTER:

#### Northern Scotland

Scottish and Southern Power Distribution

Tel: [0800 294 3259](tel:08002943259)

Visit: [www.ssen.co.uk/power-cuts-emergencies/priority-services](http://www.ssen.co.uk/power-cuts-emergencies/priority-services)

#### Central & Southern Scotland

SP Energy Networks

Tel: [0330 10 10 167](tel:03301010167)

Or text PSR to [61999](tel:61999)

Email: [customercare@spenergynetworks.com](mailto:customercare@spenergynetworks.com)

Visit: [spenergynetworks.co.uk/acaringnetwork](http://spenergynetworks.co.uk/acaringnetwork)

## > HELPING YOU KEEP YOUR HOME WARM

This leaflet will help you keep safe, warm and well in winter while keeping your energy bills as low as possible without losing any comfort in your home. Cold, damp homes can be damaging to health.

Older people, families with young children and those with chronic illnesses need to take extra care

about keeping all areas of their home at a comfortable temperature.

Recommended temperatures are 21°C for the main living areas (23°C if you are over 70 or have a long-term health condition) and 18 °C for other rooms.



## > WHO CAN HELP MAKE YOUR HOME WARMER AND MORE COMFORTABLE?

**Home Energy Scotland** can help you find out if you are entitled to free or subsidised insulation or upgraded boiler/heating system. Call them free on [0808 808 2282](tel:08088082282).

**Your energy supplier** may be able to help provide free or discounted energy efficiency products and services to make your home warmer

or lower your bills. Contact them for details. The number is shown on your fuel bill or their website.

**Local authorities** – many local authorities provide home energy advice services, even if you're not a council tenant. Contact your local council for details.

## > ENERGY THEFT

Meter cheating is not a victimless crime. Every year 280 people in the UK are killed or injured due to the consequences of energy theft. The first signs can be shocks from switches and burns from appliances. When gas leaks because of a tampered gas meter, all it takes is one spark – perhaps from a light switch, a cigarette, or an electrical charger – to cause a fire or explosion.

Visit: [www.stayenergysafe.co.uk](http://www.stayenergysafe.co.uk)





# ➤ ARE YOU MISSING OUT ON EXTRA INCOME?



**Home Energy Scotland** can also arrange benefit and tax credit checks to ensure you are claiming what you are entitled to. This may also open up access to other grants and discounts that are available. Contact [0808 808 2282](tel:08088082282).

**Department for Work and Pensions (DWP)** is the UK Government department responsible for ensuring people get any financial help they're entitled to. Contact them on [0800 055 6688](tel:08000556688).

**Citizens Advice Bureaux (CABs)** offer advice and information about benefits income. They can also help with application forms. Call the Citizens Advice Helpline on [0800 028 1456](tel:08000281456).

## Other financial help

There are other sources of help available during the colder months. These include:

**Winter Fuel Payment:** You will get your Winter Fuel Payment automatically (you do not need to claim) if you're eligible and either:

- get the State Pension
- get another social security benefit (not including Adult Disability Payment from the Scottish Government, Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit)

In 2022 if you were born on, or before, 25 September 1956 you could get between £250 and £600 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'.

Contact the Winter Fuel Payment helpline free on [0800 731 0160](tel:08007310160).

A new benefit, **Winter Heating Payment**, will replace Cold Weather Payment. If you're currently eligible for Cold Weather Payment and your circumstances have not changed, you'll be eligible for a Winter Heating Payment. You do not need to do anything. Winter Heating Payment will provide a reliable, annual £50 payment, automatically through Social Security Scotland, to anyone who qualifies. The first £50 payment will be made in February 2023.

**Child Winter Heating Assistance** should be paid automatically to each child in Scotland receiving the highest rate care component of disability living allowance (DLA). The payment for winter 2022-2023 is £214.10. Call free on [0800 182 2222](tel:08001822222) if you think you might be eligible.

A **Warm Home Discount** worth £150 in 2022 may be available to people receiving Pension Credit. You don't have to claim – you should

receive the rebate automatically. To qualify, your energy provider must be participating in this scheme and your name, or your partner's name, must be on the electricity bill. Call the helpline on [0800 731 0214](tel:08007310214) to check your eligibility if you are not receiving it. Energy companies may also give a £150 Warm Home Discount rebate to other vulnerable customers in receipt of certain benefits. Check with your supplier to find out whether you might be eligible.

**British Gas Energy Grants** are for people with energy debt. You don't need to be a British Gas customer to apply. Visit [www.britishgas.co.uk/british-gas-energy-support-fund.html](http://www.britishgas.co.uk/british-gas-energy-support-fund.html)

You may be entitled to an additional **Cost of Living Payment** from the government should you meet the criteria. Visit [www.gov.uk/guidance/cost-of-living-payment](http://www.gov.uk/guidance/cost-of-living-payment)

### Cut your bill without sacrificing comfort

- Set the central heating to switch off 30 minutes before you leave the house.
- With storage heaters, it is important to close the damper or output dial (sometimes called the boost) before going to bed or if the house is unoccupied during the day.
- If you have a hot water tank or cylinder, it should have at least 8cm (3 inches) of insulation.
- Fit a thermostat on your hot water tank if it doesn't have one. This should be set at 60-65°C (140°F).
- Only switch the hot water on when you need it.
- Heavy curtains can help keep heat in.
- Use low energy light bulbs
- Don't leave appliances on standby, switch them off at the wall.
- Turn off radiators in rooms not in use.
- Use the 'economy' programme on your washing machine and wash a full load when possible.
- Only fill the kettle with as much water as you need.
- A slow cooker or microwave is cheaper to use than an oven.
- Use a draught excluder at the bottom of your doors.
- Install a chimney balloon in any unused chimneys.

## ➤ ADVICE

**Advice Direct Scotland** offer a range of services to support with the cost-of-living crisis and those struggling with energy costs.

[energyadvice.scot](https://energyadvice.scot) provide free, practical advice and information on energy-related matters.

Specialist advisers are available on [0808 196 8660](tel:08081968660) (Monday to Friday, 9am-5pm).

**The Scottish Government's Home Heating Support Fund** seeks to provide financial relief to energy consumers who are experiencing significant financial hardship and strives to provide this support to households regardless of the fuel or payment method used.

You can find more about the fund by visiting [www.homeheatingadvice.scot](https://www.homeheatingadvice.scot).

[www.moneyadvice.scot](https://www.moneyadvice.scot) provide free information and support on a wide-range of debt-related issues. Specialist debt advisers can work with you to assess your current situation, look at your income and expenditure and decide what to do next.

You can call them on [0808 196 2316](tel:08081962316) (Monday to Friday, 9am-5pm).

[www.advice.scot](https://www.advice.scot) provide free, practical, and impartial advice on a range of matters, including housing and eviction and can also look into whether you may



be entitled to any additional benefits that may be able to help.

Advisers are available on [0808 800 9060](tel:08088009060) (Monday to Friday, 9am-5pm), or by visiting [www.advice.scot](https://www.advice.scot), where you can also find a benefits calculator and Knowledge Centre which contains useful information on a range of issues.

**Money Helper** provide a wide variety of advice on how you can manage your money. Visit [www.moneyhelper.org.uk/en](https://www.moneyhelper.org.uk/en)

**Entitled To** provides another source of online support, offering you guidance on what you may be entitled to using a free benefit calculator. This site allows you to enter your details and receive an estimate of your entitlement to benefits, tax credits and Universal Credit. Visit [www.entitledto.co.uk](https://www.entitledto.co.uk)

**TURN2US** offer financial advice and support. An example of one national charity who can help with financial support to help get people back on track and allows those deemed eligible, to apply for grants. Visit: [www.turn2us.org.uk](https://www.turn2us.org.uk)

## > SCAMS

Be wary of misleading adverts for devices which promise to make savings on your energy bills.

Check independent reviews of the seller/store on official websites rather than relying on reviews hosted on the website itself.



## > SAFE HEATING & COOKING

Keep portable heaters away from furniture, bedding or curtains. Don't sit too close and turn off portable heaters before going to bed.

Never use heaters or open fires to dry clothes. If you need to dry clothes in the same room as a heater or open fire, ensure they are placed well away from the heat to reduce the risk of fire.

If you are spending more time in just a couple of rooms in your home to save on heating, make sure you have working smoke alarms in the rooms you use most.

Make sure you have a working carbon monoxide alarm in the same room as any heating appliance which does not run off electricity.

Outdoor heaters must not be used indoors. They can produce a lot of heat which would be a fire risk in the confined space of a house. They also produce carbon monoxide which can be fatal.



It might be tempting to use a camping stove or barbecue indoors but remember these products must only be used outdoors. Indoors they are a carbon monoxide and fire risk.

Barbecues, including disposable, must not be used on a balcony. They pose a carbon monoxide and fire risk. Whether you have a gas or charcoal barbecue remember they must never be used indoors.

Don't reopen and use an old fireplace without a professional doing the work. The chimney is likely to be unsafe and can lead to a fire or carbon monoxide risk.

# ➤ HELP FROM THE SCOTTISH FIRE AND RESCUE SERVICE

We are calling on carers, family, friends and neighbours to get in touch with us to book a free **Home Fire Safety Visit** if they know someone who is over 50 and smokes and also either lives alone, has mobility issues or uses medical oxygen - they may be at risk of fire.

Call 0800 0731 999 or text **"FIRE"** to 80800

Our **Home Fire Safety Checker** helps you check how safe your home is. Once you've completed the questions, you can download a guidance PDF designed for your home with additional advice and further info links.

Visit: [www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit/online-hfsv-checker/](http://www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit/online-hfsv-checker/)



SCOTTISH  
FIRE AND RESCUE SERVICE

Working together for a safer Scotland

## Ice Safety – Be Ice Aware

In Winter, children are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk attempting to save them. It might be tempting to walk or play on the frozen water but the ice can easily break. Dog owners can also find themselves at risk trying to rescue their pets from icy water. Wet and slippery walkways next to waterways can also pose a risk for people falling into the water – always stay away from the waters edge.

Frozen waterways can be extremely dangerous as the ice can be very thin in places, with freezing cold water moving in currents beneath the surface. At the first sign of snow and ice, many people are tempted to play or walk on frozen water. However, you can't always tell the strength of ice simply by its appearance, its thickness, the temperature, or whether or not it is covered with snow. Ice covered by snow should always be presumed unsafe. Snow acts like an insulating blanket - ice under snow will be thinner and weaker. If there is slush, stay off the ice as the slush indicates the ice is no longer freezing.

### Be ice aware – Here are some useful tips to keep you safe:

- **Teach children not to go on the ice**  
Teach children not to go onto the ice under any circumstances.
- **Keep dogs on their leads**  
Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.
- **Don't go on the ice to rescue a dog**  
Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.
- **Only use well lit areas**  
Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.
- **Keep back from the edge**  
When walking alongside water keep back from the edge.

**If you see someone in difficulty, phone 999. Do not go onto the ice**

