

- Keep portable heaters away from curtains and furniture and never use them for drying clothes.
- If you smoke, take extra care if you feel tired, have been drinking or taking medication which makes you feel drowsy.
- Make sure candles are secured in a proper holder and are kept away from curtains.

In the kitchen:

- Make sure saucepan handles don't stick out so they don't get knocked off the stove.
- Keep tea towels and clothes away from the cooker and hob
- Keep electrics, leads and appliances away from water
- Place toasters away from curtains or kitchen roll. Check nothing has fallen into the toaster that could catch fire before using it.
- Clean your oven, hob and grill regularly. A build up of fat and grease can ignite a fire.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If oil starts to smoke it is too hot. Turn off the heat and allow it to cool.

In the bathroom:

- Do not smoke or use candles in the bathroom as many toiletries are extremely flammable and will ignite easily if close to a naked flame. Pressurised containers could explode.

In case the worst happens:

Plan an escape route:

- Make sure everyone in the household knows the quickest way to escape
- Think of a second route in case your first exit is blocked
- If you live in a block of flats, count the number of doors you go through - it may be difficult to see if there's lots of smoke.

If there is a fire:

- Do not attempt to tackle fires yourself.
- Get everyone out of the building as soon as possible.
- Don't waste time investigating what has happened or rescuing valuables.
- If there's smoke, keep low where the air is clear.
- Before you open a door check if it's warm. There could be fire on the other side.
- Call 999 as soon as you are out of the building.

If your escape is blocked:

- If you can't get out, get everyone into one room, ideally with a window or a phone.
- Put bedding around the bottom of the door to block out the smoke. Open the window and shout for help.

- If you're on the ground floor, try and escape through the window. Use bedding to cushion your fall and lower yourself down. Don't jump.
- If you can't open the window, break the glass

Problems understanding?

If you need any of our information translating or if you need an interpreter, please contact us. We can also provide this information in large print or on CD if you need us to.

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