

First 

Foremost ..safety

Preventing disability, distress and deaths to our babies and children



HOUSE FIRE SAFETY

Fire safety in the kitchen

Avoid cooking when under the influence of alcohol.
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.
Make sure saucepan handles don't stick out – so they don't get knocked off the stove.

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.

Take care when cooking in hot oil

Fire safety from Electric

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.
When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicates chargers comply with European safety standards.

Electrical appliances

- **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

Cigarettes

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 and keep matches and lighters out of children's reach.

Know the limit!

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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.

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.

Candles

Put candles out when you leave the room, and make sure they're put out completely at night. • Children shouldn't be left alone with lit candles. • Keep pets away from lit candles

Get out – Stay out – Call the fire brigade out

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 practise your escape plan. • Review your plan if the layout of your home changes.