

Mobility Aided



DORSET & WILTSHIRE
FIRE AND RESCUE

The advice in this leaflet is designed to give practical home safety advice for anyone with mobility impairments and for those who care for anyone with such impairments.

Smoke Alarms

- Fit a smoke alarm on every level of your home, ideally on the ceiling of a hallway or landing
- Test your smoke alarm once a week
- Can you ask a friend, family member or neighbour to fit and test your smoke alarm?

Easy access alarms can be provided by the Disabled Living Foundation (DLF), - a non profit, national charity providing impartial advice, information and training on equipment for independent living since 1969. For more information contact them on:

 020 7289 6111

 info@dlf.org.uk

 www.dlf.org.uk



Be prepared – get out, stay out, call 999

- Place helpful indicators along your escape routes and make sure you feel comfortable following them, even if you're feeling tired in the middle of the night
- Make sure all doorways and corridors are kept clear
- Have a plan B. The front door is usually your first option, but have a plan B if plan A is blocked
- Keep door and window keys near the exit

Oxygen aid

Never use your oxygen near a naked flame – this includes all forms of smoking and e-cigarettes, gas and electric cookers.

For local advice and support contact your oxygen provider or your GP.



Introducing



visits in your community

We're offering you **free** safe and well advice, tailored to your needs and lifestyle choices.

You may also be entitled to a **free** safe & well visit. This will help to reduce the risk of fire in your home and to keep you safe and well.

We will provide **free** of charge:

- Custom-made information
- Install new and check existing smoke alarms
- Advice on where to get help if needed

For **free** safe and well advice or to check your eligibility for a safe & well visit, please see our website:
dwfire.org.uk/safety/safe-and-well-visits/

Alternatively call our safe & well administrator on **freephone 0800 038 2323** during office hours or leave a message on our answer phone.

