

Smoking Safely —



DORSET & WILTSHIRE
FIRE AND RESCUE

Smoking safely

Careless disposal of cigarettes is the main cause of fatal house fires.



Never smoke in bed



Smoke outdoors



Stub it out properly, use an ashtray and empty the cooled contents into an outside bin regularly.

e-cigarettes

- Always use the right charger
- Never leave on charge unattended or overnight

Want to quit?

Call Quit4Life on:
0845 602 4663

or visit:
www.quit4life.nhs.uk

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.



Just over half of house fire fatalities involve discarded smoking materials

