



A Safer Home



DORSET & WILTSHIRE
FIRE AND RESCUE



Think...

...if a fire occurred in your home,
could you escape easily?

If you answered **no** to either of these questions about yourself or someone you know, the advice in this leaflet could save your life and the lives of others...

...and could
you raise the alarm
and call us?

Be prepared

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

Introducing



visits in your community





Smoke alarms

- Fit a smoke alarm on every level of your home, ideally on the ceiling of a hallway or landing
- In 75% of house fires a smoke alarm had been fitted, but less than half activated because of missing batteries or defective alarms
- Test every week



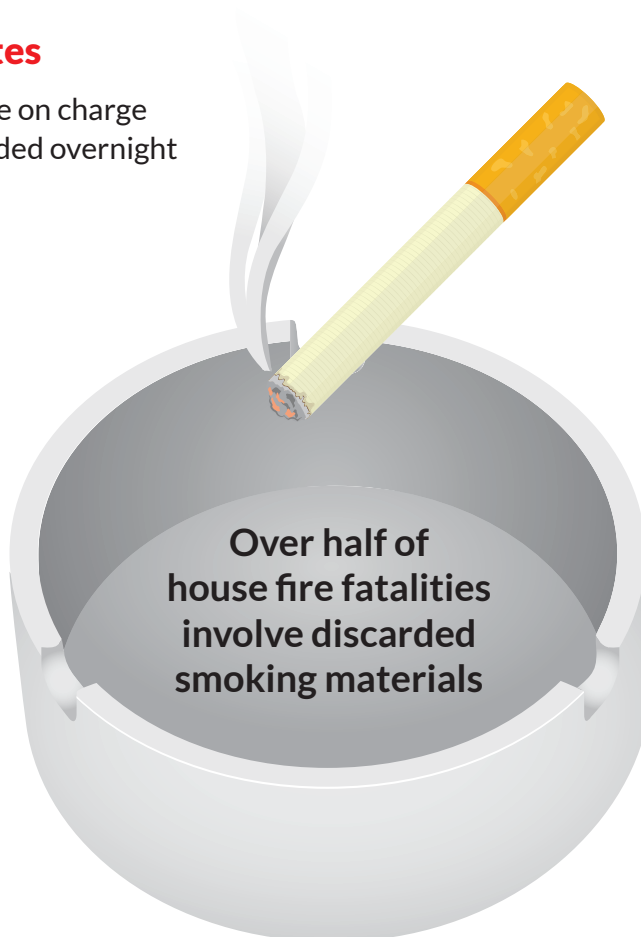
Press to Test me!

Smoking safely

- Stub it out properly, use an ashtray and empty the cooled contents into an outside bin regularly
- Consider smoking outdoors and **never** smoke in bed

e-cigarettes

- Never leave on charge or unattended overnight



**Over half of
house fire fatalities
involve discarded
smoking materials**





Kitchen safety

- Switch off the oven and hob when you have finished cooking
- Keep electrical leads, tea towels and cloths away from the oven and hob
- Spark devices are safer than matches or lighters to light gas cookers

**Never leave
cooking
unattended...
take pans
off the heat**

Portable heaters

- Always turn off before bed
- Don't place too close to bedding, curtains and clothing - anything which could catch fire
- Always follow the manufacturer's instructions
- If you have any concerns turn the heater off and consult a qualified electrician





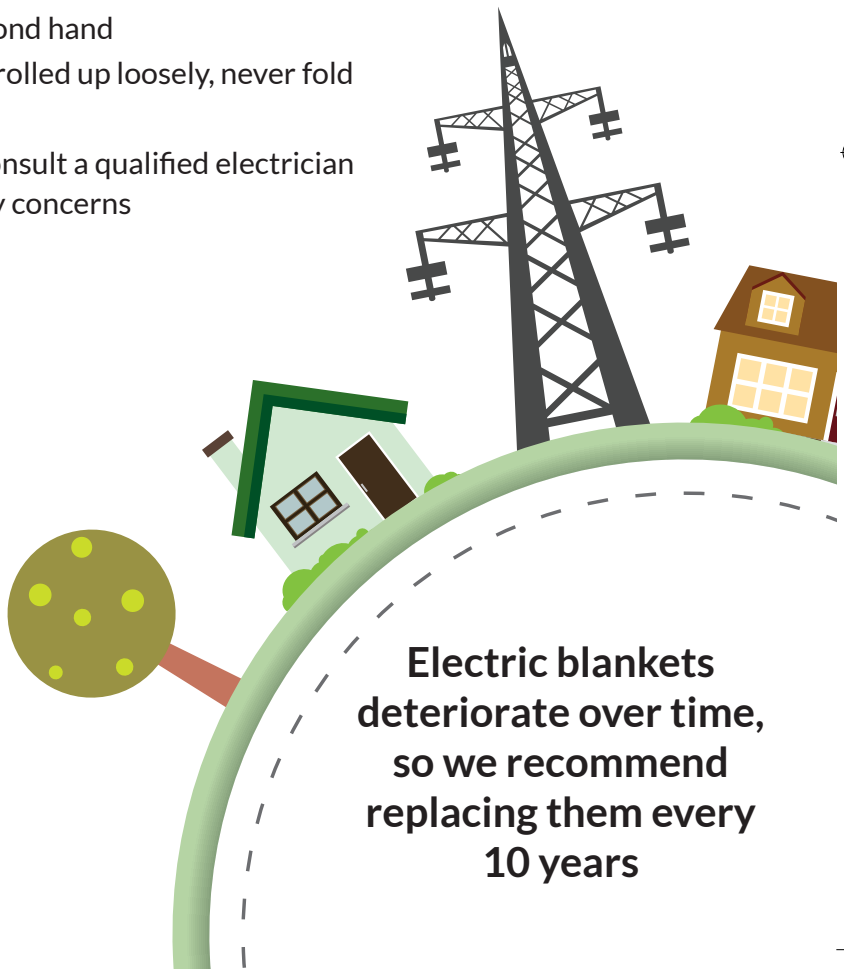
Electrical safety

- Turn off electrical appliances when not in use and when you go to bed
- Don't overload sockets, keep to one plug per socket
- Check old cables and leads and **never** place cables under carpets

For more advice visit: www.electricalsafetyfirst.org.uk

Electric blankets

- Unplug at night, unless your blanket is designed to be left on
- Never buy second hand
- Store it flat or rolled up loosely, never fold
- Test regularly
- Turn off and consult a qualified electrician if you have any concerns





Gas safety

Fit a carbon monoxide alarm in your home. Follow the manufacturers instructions for its positioning and fitting.

Always purchase carbon monoxide alarms from reputable hardware stores, and ensure the British Safety Standard and kitemark are clearly visible.



Carbon monoxide poisoning symptoms - Look out for these symptoms

A headache is the most common symptom of carbon monoxide (CO) poisoning. Other common symptoms include:

- Dizziness and nausea (feeling sick)
- Vomiting
- Tiredness and confusion

Symptoms are similar to the flu, food poisoning, viral infections and tiredness.

If you experience the symptoms above or your CO alarm sounds, get fresh air immediately and seek medical advice.

Lastly, check your flue outlets are not obstructed as this can stop fumes escaping. Never try to block draughts and check your chimney for blockages (like bird's nests) every year.

If you have any concerns about your gas appliances call a Gas Safe registered engineer to check or service your appliance immediately.





Stick me to your fridge!



Bedtime Checklist

- ☐ Close downstairs doors at night to stop fire from spreading
- ☐ Turn off and unplug electrical appliances, unless they are designed to be left on - like the freezer
- ☐ Check your **cooker** is turned off
- ☐ Check your **washing machine** or **tumble dryer** is off
- ☐ Turn **heaters** off and put up **fireguards**
- ☐ Put **candles** and **cigarettes** out properly
- ☐ Keep door and window keys accessible
- ☐ Make sure all **exits** are kept clear





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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.

OTHER USEFUL CONTACTS



safeandwell@dwfire.org.uk



Dorset & Wiltshire Fire and Rescue Service
Five Rivers Health & Wellbeing Centre
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dwfire.org.uk



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PASSIONATE ABOUT
CHANGING & SAVING LIVES