



Home Fire Safety Booklet

www.humbersidefire.gov.uk



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Safety at home

Most fires in the home start accidentally, but the effects can be devastating. It's important to get the whole household involved to help keep everyone safe should a fire start.

SMOKE ALARMS

You are twice as likely to survive a fire at home if you have a working smoke alarm. A smoke alarm is the easiest way to alert you to the danger of fire, giving you time to escape. Make sure you have working smoke alarms on every level of your home and check they are working regularly.



Remember our top safety tips:

- Test your smoke alarm regularly
- Take care when cooking and never leave it unattended
- Plan and practise your escape route
- Make a bedtime check
- Don't overload your electric sockets
- If you smoke, put cigarettes right out
- Use candles carefully
- Have your chimney swept regularly
- Don't charge batteries on escape routes and when you are sleeping, or if you are leaving the home.



What to do in the event of a fire

If there's a fire, you need to act quickly. Make sure everyone knows and practises an escape plan.

- Get everyone out, don't delay looking for valuables on the way.
- Once you're out and safe, try and find a phone to call the emergency services – 999 calls are free.
- Don't go back in, even if a pet is trapped inside. While it's heartbreaking, doing so unnecessarily endangers lives.



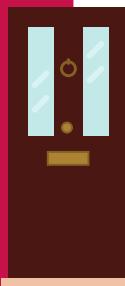
Never try to walk or drive through floodwater.

Six inches of fast flowing water can knock an adult over and two feet of water will float a car.

Have you thought about a flood plan?

Further details on having a personal flood plan are available at gov.uk.

The safest way to leave your home quickly is usually through the usual entrance and exit.



Also think about:

- Quickly needing a torch at night time
- Having a backup exit in case the first one is blocked
- Keeping exit routes clear of obstacles like a bike
- Don't charge items such as mobile phones or e-scooters along exit routes
- Make sure everyone in the home knows where external door and window keys are



SMOKING SAFETY

Did you know, giving up smoking significantly increases your chances of living a longer, healthier lifestyle, even if you have smoked for 40 years! Having a smoke free home not only benefits you, but also your loved ones and even your pets.

It is never too late to think about stopping, it will make a drastic improvement to your lifestyle and health in ways you might not expect. Giving up smoking can be difficult for some people, but support is available for those who want to quit. For more information about the support available to help you quit visit nhs.uk/smokefree or see your GP.

If you or someone in your home smokes, you need to take extra care and it is important to follow these safety tips:

Always

- Always use a proper ashtray that can't tip over easily and never put cigarettes directly into a bin
- Take extra care if you smoke when you are tired, taking prescription drugs or if you have been drinking alcohol

Avoid

- Avoid letting ash or cigarette ends build up in an ashtray

Never

- Never smoke in bed
- Never leave lit cigarettes, cigars or pipes unattended, they can easily overbalance as they burn down, fall over and start a fire
- Never smoke if you are on oxygen therapy



COOKING

Over **50%** of accidental household fires start in the kitchen. There are many distractions in the home, making it easy to lose focus on what's cooking and fires can quickly spread.

There are several things you can do to avoid fires starting in the kitchen.

Always

- Always keep the oven, hob and grill clean. A build up of fat and grease can easily catch fire
- Always keep electrical leads, tea towels and clothes away from the cooking areas
- Always take pans off the heat if you have to leave the room.

Avoid

- Do not cook when tired or if you have had alcohol. Instead prepare a cold snack or treat yourself to a takeaway.

Never

- Never leave pans and cooking unattended
- Never leave a child unattended when cooking.



CANDLES

Always

- Always use a heat resistant holder when burning candles and tealights
- Always make sure candles are completely out and not still smouldering
- Always keep candles away from curtains and soft furnishings such as table cloths and cushions.

Avoid

- Avoid putting candles where they might get knocked over or where children and pets could get close to them
- Avoid putting tealights directly on to baths and TVs. Even though tealights are usually sold in little aluminium containers these are not totally heatproof.



Never

- Never place candles or tealights directly on to plastic surfaces
- Never leave candles burning. You should extinguish candles before you leave a room and never go to sleep with a candle still burning.

Remember

Candles cause over **800 fires** in UK homes every year, so please be careful when using them.



EMOLlient SKIN PRODUCTS

Emollient skin products are widely prescribed and dispensed for various skin conditions such as psoriasis and eczema.

They are safe to use but can soak into clothing, dressings and bedding leaving a flammable residue.

Always

- Always change and wash clothing and bedding on a regular basis (if possible daily) as the emollient product soaks into fabrics and is a potential fire hazard
- Always cover your furniture or airflow cushion with throws to avoid emollient products soaking into furniture and make sure you wash the throws regularly, daily if possible. Don't sit too close to open fires or portable heaters
- Be careful as emollient products can cause the bath/shower to become slippery when it washes off

Avoid

- Avoid placing heated appliances such as electric blankets, hairdryers, heated rollers and tongs on or near airflow mattresses and cushions



- Avoid drying clothing and bedding near open fire or portable heater

Never

- Never smoke and warn others who may smoke around you. Make sure to safely dispose of any smoking materials
- Never use a naked flame or ignition source such as matches, lighters and candles as your clothes, dressings or bandages may have come into contact with emollient products
- Never cook whilst wearing clothing that may have come into contact with emollients products

Keep away from fire when using these products. If exposed to a naked flame or a heat source, such as a cigarette, lighter, gas cooker, heater or fire, these saturated fabrics can catch fire; the emollient residue will help the fire develop and spread rapidly which could result in serious injury and even death.

ADVICE ON BATTERIES

Do you pop your phone on to charge before bed?

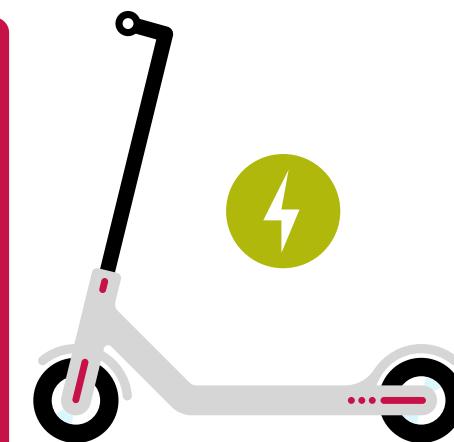
Many of us leave ourselves open to fire risks without realising it when using everyday electrical items that contain lithium-ion batteries. You'll find lithium-ion batteries in e-bikes, e-scooters, phones, laptops/tablets, vapes, power banks, cordless tools, garden kit, toys and mobility aids.

Always

- Always use the charger that came with your electrical item
- Always charge the electrical item on a flat, solid and stable surface, such as a kitchen worktop
- Always follow instructions from your local council on how to recycle responsibly, and always keep electrical items separate from other household waste

Never

- Never charge electrical items when you are sleeping, or if you are leaving the home
- Never charge electrical items on your escape route. If possible, charge and store them away from your living areas
- Never put batteries in your general rubbish bin or with other recyclable materials like card, metals and plastics



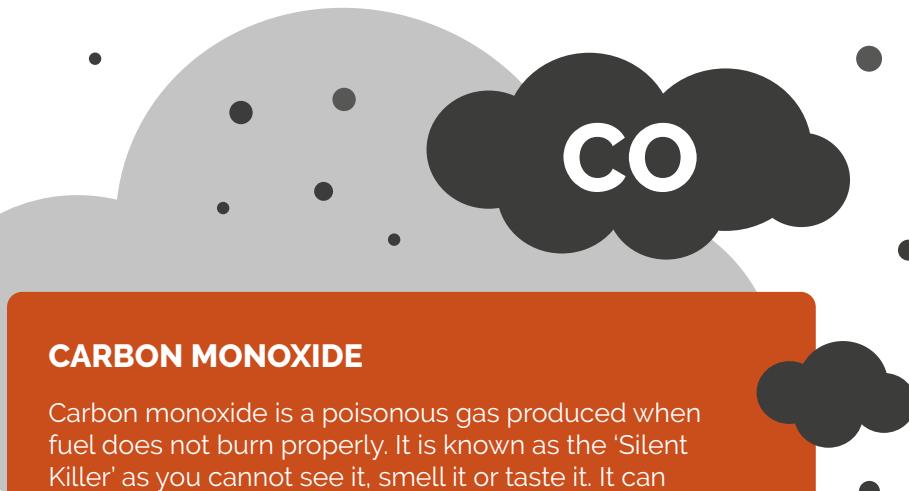
Remember

If you need to buy a replacement battery or charger, always choose a branded, genuine product from a supplier you can trust. There are lots of fakes out there, and it can be difficult to spot the difference.



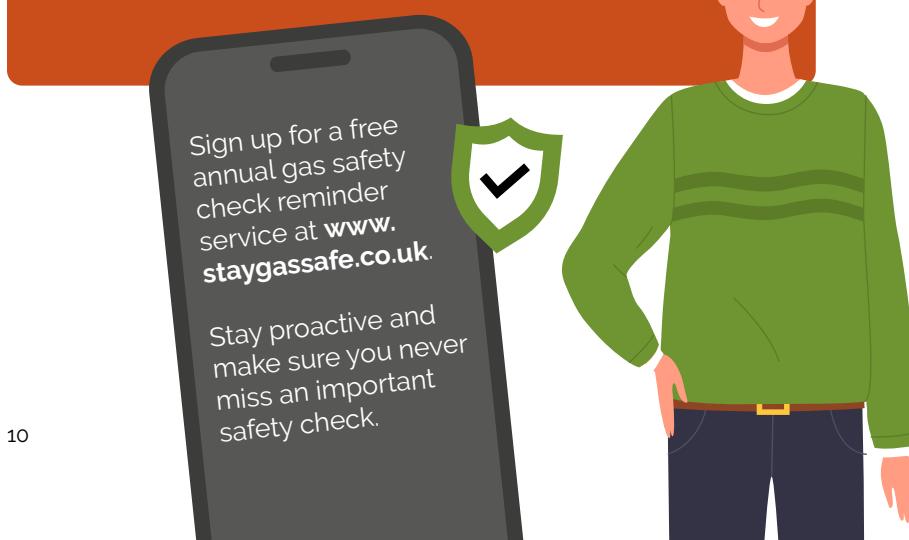
Heating your home

and the dangers of carbon monoxide



CARBON MONOXIDE

Carbon monoxide is a poisonous gas produced when fuel does not burn properly. It is known as the 'Silent Killer' as you cannot see it, smell it or taste it. It can be produced from gas, oil, coal or wood-burning appliances, as well as from barbecues or generators. At low levels, carbon monoxide causes flu-like symptoms such as nausea, tiredness, headaches and dizziness. At very high levels it can kill you.



Always

- Always make sure ash and embers are cold before putting them into wheelie bins
- Always have your chimney swept before you plan to start using it. The best time to get your chimney swept is before the start of the heating season, when your fire/wood burner hasn't been used for a long period
- Always use a fireguard to protect against flying sparks from hot embers
- Always keep portable heaters clear from curtains and furniture

Avoid

- Avoid storing logs too close to fires and wood burners. Radiated heat can cause them to catch fire

Never

- Never use flammable liquids such as petrol or paraffin to light your fire
- Never use heaters for drying clothes
- Never leave heaters switched on overnight or when you are going out
- Never put heaters where they block your way to escape
- Never use portable heaters (gas or electric) in bathrooms

Remember

- Remember, you should have your chimneys swept at least once a year
- Plug electric heaters into the wall, not an extension cord
- Only move electric heaters after turning them off and letting them cool down
- Only use portable gas heaters in well-ventilated rooms, not in bedrooms or bathrooms



ELECTRICS

Electrical fires can be easily avoided by following the advice below:



Always

- Always make sure you use the right fuse to prevent overloading. It's so important to use the right fuse for each electrical appliance to make sure the cable doesn't overheat and that the appliance is protected in the event of a fault
- Always stop using appliances if the cables are frayed or worn. Also check the cable is fastened securely to the plug and check sockets for scorch marks.
- Always check electrical blankets regularly for wear

Avoid

- Avoid storing electric blankets tightly folded. Always store them either flat, rolled up or very loosely folded to prevent damaging the internal wiring and always unplug blankets before you get into bed

Never

- Never overload plug sockets. If too many electrical items draw power from one socket it can overheat and catch fire

An extension lead or adaptor will have a limit to how many amps it can take so make sure you check you're not overloading it. You can check using the socket calculator on the Electrical Safety First website www.electricalsafetyfirst.org.uk

Remember

Remember to register your white goods at www.registermyappliance.org.uk. This website provides up-to-date contact information for owners who have acquired specific models of electrical appliances within the last twelve years, so manufacturers can issue safety updates or repair notifications to the right homes. The website provides access to the registration pages of over 40 leading brands of domestic appliances, including most of the UK's top selling brands of major white goods. If you think something needs fixing or changing, do it immediately. Find out what to check for to ensure your appliances don't put you, your family or housemates at risk from fire.



BEDTIME CHECK

You are more at risk if a fire starts when you are asleep, so it's a good idea to check your home before you go to bed.



Always

- Always turn off and unplug electrical appliances unless they are designed to be left on, like your freezer
- Always keep door and window keys where everyone can find them
- Always turn heaters off and put-up fire guards
- Always close internal doors



Avoid

- Avoid blocking exit routes



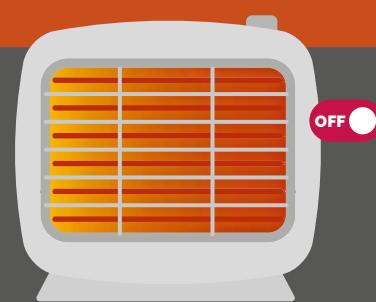
Never

- Never leave washing machines, dishwashers or tumble dryers on overnight
- Never leave electrical items charging overnight



Remember

The best way to stay safe is to introduce a **bedtime routine** that everyone in your home is familiar with.



Airflow products

We are working with the local Health and Care Partnership to help keep people with mobility or health issues safe at home. Airflow mattresses can increase the risk of fire spreading and sharing information about them helps us respond effectively in emergencies.

Our top tips:

Always

- Keep fires, heaters and hot items like hairdryers away from the airflow mattress
- Install a working smoke alarm on each floor of your home and test them regularly
- Consider using fire retardant bedding to improve safety
- Share fire safety information with family, friends and carers who support an individual using an airflow mattress

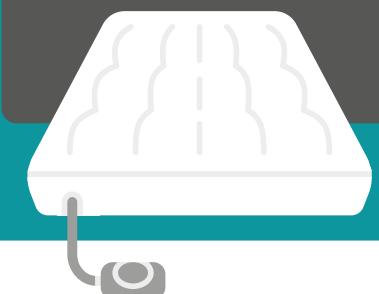
Avoid

- Don't overload plug sockets. Use an approved extension lead adaptor and avoid charging other electrical items near the equipment.

Never

- Never smoke or vape near an airflow mattress. Smoking in bed can cause a cigarette to drop and burn a hole in the mattress, which can fuel a fire
- Never burn candles near an airflow mattress. Also keep candles away from curtains, furniture, and anything else that can catch fire

A Home Fire Safety Visit can help reduce risks for you and our firefighters. You can ask us for advice if you have any concerns.



Oxygen therapy

- how to stay safe in your home

Oxygen therapy is important for many, but it can be dangerous if not used safely. Oxygen makes fires burn faster and hotter. A small spark can start a fire in an oxygen-enriched area.

Always

- Always keep oxygen cylinders upright and secure
- Always keep the room well-ventilated
- Always test your smoke alarms regularly
- Always turn oxygen off when not using it

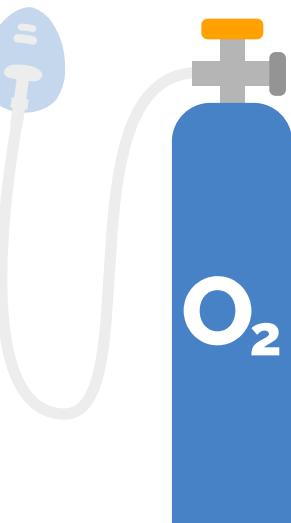
Avoid

- Avoid storing cylinders near radiators and any other heat sources
- Avoid storing oxygen near flammable items like paint or petrol

Never

- Never smoke or allow others to smoke or vape near you when using oxygen
- Never use hair dryers or straighteners near oxygen

- Never use gas cookers, candles, or open fires within 3 meters (10 feet)
- Never apply petroleum-based products like Vaseline, creams, or lip balms
- Never remove fire breaks from oxygen tubing
- Never leave masks or tubing on chairs or beds while oxygen is running



My Community Alert

My Community Alert is a free service run by Humberside Police, Humberside Fire and Rescue Service, and the Humberside Office of the Police and Crime Commissioner. It gives you live updates about incidents in your area.

You can choose how you get messages, by phone or email and how often you want to hear from us. You can also pick the topics that matter most to you.

Sign up for My Community Alert today and stay informed about things that might affect you or your family.

Sign up here or scan below:
www.mycommunityalert.co.uk



SCAN
HERE



Water safety

The Humber region is dominated by a long stretch of coastline and a large tidal river splitting it in two. Follow our advice to stay safe in and around water, whether it be the sea, a lake, a river, or a reservoir:

- Obey any warning and safety signs
- If you are going out on your own, let someone know where you are going and when you are coming back
- Look out for trip or slip hazards around water and stick to proper pathways
- Remember riverbanks and cliff edges may be unstable and give way

Remember Float to Live

If you found yourself struggling in the water unexpectedly, your instinct would tell you to swim hard. But cold water shock could make you gasp uncontrollably and you could breathe in water and drown. Instead, you should Float to Live.

- The best way to float is to tilt your head back with your ears submerged. Try to relax and breathe normally
- You can gently move your hands to help you stay afloat if you need to. Spread your arms and legs out to improve stability. It's OK if your legs sink, we all float differently
- Once your breathing is under control, call for help or swim to safety

What to do if someone falls into deep water

The first thing to do is call for help – straightaway. **Call 999**.

Use **What3Words** app to help emergency services find you. The app helps to pinpoint your location within a 3m square using a unique three-word address. This helps 999 call handlers to pass on your location to our firefighters and other emergency responders.



Out and about

If you need to call 999 and in a rural area, or an area you don't know so well or no distinguishing landmarks, such as a long road. Using **What3Words** app helps to pinpoint your location within a 3m square using a unique three-word address. This helps 999 call handlers to pass on your location to our firefighters and other emergency responders.

ROAD SAFETY

Whatever the weather, it is a good idea to get into the habit of doing a pre-journey check on your car, especially before long journeys. Check the following:

- The lights work on the vehicle
- Your windscreen wipers are fully functioning
- Your battery is fully charged (check dashboard battery light)
- Your tyre pressures are correct for your vehicle and the tread depth is above the legal limit
- Your number plate is clearly visible
- Your mirrors are clean and are positioned correctly for your needs
- Your spare wheel is in optimum condition and you have the correct tools to replace the wheel and breakdown cover if necessary
- You have enough fuel for your planned journey
- Water and oil levels are correct



It is a good idea to carry a mobile phone, torch, food and drink, first aid kit, warm clothes, a blanket and a set of jump leads. You should also keep your driving license, car insurance and breakdown documents close to hand, along with any other emergency numbers you may need.

If you are travelling alone, let someone know where you are going and the time you expect to arrive.

It's also a good idea to regularly have your eyes tested. Adverse weather is a challenge for all drivers, especially if you already have an eyesight condition.

Requesting a Home Fire Safety visit

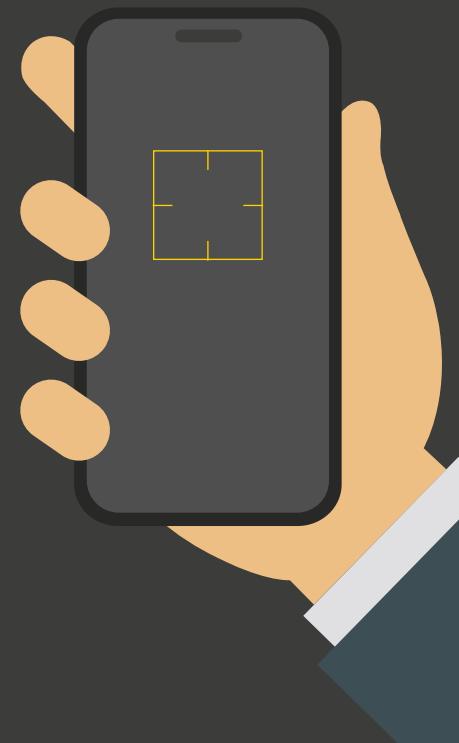
To book a visit, complete an online form on our website:

<https://humbershirefire.gov.uk/your-safety/safety-in-the-home-advice>

Or alternatively, you can call on **0300 303 8242**

or visit www.safelincs.co.uk/hfsc/ for further information and advice.

Please note that not every request will automatically generate a visit, as we will prioritise against those most at risk from fire.





HUMBERSIDE
Fire & Rescue Service