

## LIVE WELL

The Chief Medical Officers' low risk drinking guidelines (below) help people to keep health risks from alcohol at a low level. Drinking within the guidelines is the best way to prevent an alcohol-related fire in your home.

Men and women should not regularly drink more than 14 units of alcohol in a week.

If you regularly drink 14 units a week it is best to spread your drinking over 3 or 4 days.

Pregnant women should not drink alcohol at all.

14 units of alcohol is;

- 14 x 25ml shots of spirits (at 40% strength)
- 6 x pints of beer (at 4% strength)
- 6 x 175ml glasses of wine (at 13% strength)



Illnesses you can develop after years of regularly drinking more than 14 units a week include mouth, throat and breast cancers, stroke, heart disease, liver disease, brain damage and damage to the nervous system.

**For help and advice about alcohol, contact your GP or visit one of the websites listed below.**

Alcohol Change: [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcoholics Anonymous: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Drinkaware: [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Drinkline (confidential helpline): 0300 123 1110

NHS Choices: [www.nhs.uk/oneyou/](http://www.nhs.uk/oneyou/)

## CONTACT US

**For free Safe and Well advice:**

Call us now on freephone 0800 555 815

Email: [contact@manchesterfire.gov.uk](mailto:contact@manchesterfire.gov.uk)

Web: [manchesterfire.gov.uk](http://manchesterfire.gov.uk)

 [@manchesterfire](https://twitter.com/manchesterfire)

# ALCOHOL & FIRE SAFETY

## SAFE AND WELL



GREATER MANCHESTER  
FIRE AND RESCUE SERVICE

Greater Manchester Fire and Rescue Service visits households across Greater Manchester to provide advice on fire safety and to keep you safe and well at home.

If you haven't already had your Safe and Well visit and want further information please telephone **0800 555 815** or send an email to [contact@manchesterfire.gov.uk](mailto:contact@manchesterfire.gov.uk).

Alternatively you can visit our website at: [manchesterfire.gov.uk](http://manchesterfire.gov.uk)

*Greater Manchester Fire and Rescue Service attends a large number of alcohol-related fires every year, usually due to people drinking and then falling asleep whilst cooking or smoking. Alcohol increases the risk of a fire starting and reduces your chances of escaping unharmed if a fire starts.*



***If you drink alcohol, the best way to prevent an alcohol-related fire in the home is to drink sensibly and follow these fire-safety tips.***

- Don't smoke if you've been drinking, especially if you feel tired or drunk
- If you do smoke, it's safer to smoke outdoors
- Never smoke in bed, especially if you have been drinking – it's too easy to fall asleep with a cigarette burning
- Always put your cigarettes out, right out
- Don't cook if you've been drinking, especially if you feel tired or drunk
- If you're having a drink, let someone else do the cooking, consider eating beforehand, prepare a cold meal or sandwich or go out to eat
- If you do cook, take extra care, and never leave your cooking unattended
- Don't burn candles if you've been drinking, especially if you feel tired or drunk
- If you do burn candles, keep them away from curtains and fabrics, use a stable candle holder and never leave candles unattended



- You are less likely to wake up in the event of a fire if you have been drinking. Test your smoke alarms weekly and never forget your bedtime safety routine
- If you're planning to have a drink, prepare your bedtime routine beforehand – clear your exit routes and keep a bedtime safety routine checklist somewhere you will see it before bedtime
- Don't get so drunk that you can't look after yourself, your family or your property



***Fit a smoke alarm on every level of your home and test your alarms weekly. A working smoke alarm can buy you valuable time to get out, stay out and call 999. If you are caring for someone who doesn't understand what the smoke alarm is for, or wouldn't be able to respond in the event of a fire, make sure that you arrange a Safe and Well visit, with their permission, to look at solutions.***

