

SAFE AND WELL

ADVICE TO HOUSEHOLDS



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.

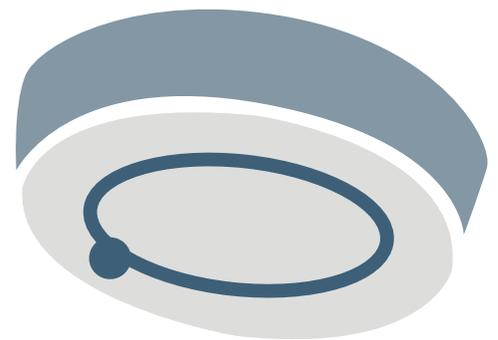
If you haven't already had your Safe and Well visit and want further information, please telephone **0800 555 815** or send an email to **contact@manchesterfire.gov.uk**. Alternatively you can visit our website at: **manchesterfire.gov.uk**

INTRODUCTION

Fire and Rescue Services know that your health, daily activities and home environment all impact on your risk of having a fire and your ability to escape if a fire starts. Our Safe and Well visits consider all of these things so that the fire safety advice we give is right for you.

There are plenty of ways to keep you and your family safe from the risk of fire in your home. Having a Safe and Well visit, staying well and following the advice in this booklet will help you to reduce the risks and stay safe.

SMOKE ALARMS



- You should have at least one working smoke alarm on every level of your home
- Test your smoke alarms weekly
- Gently vacuum your smoke alarms every 3 months and wipe over with a cloth to remove any dust
- Change the batteries once a year (unless you have a ten year alarm)
- Replace the whole unit every ten years
- Talk to us about the types of smoke alarms that are available

Also, remember to fit a carbon monoxide (CO) detector in your home

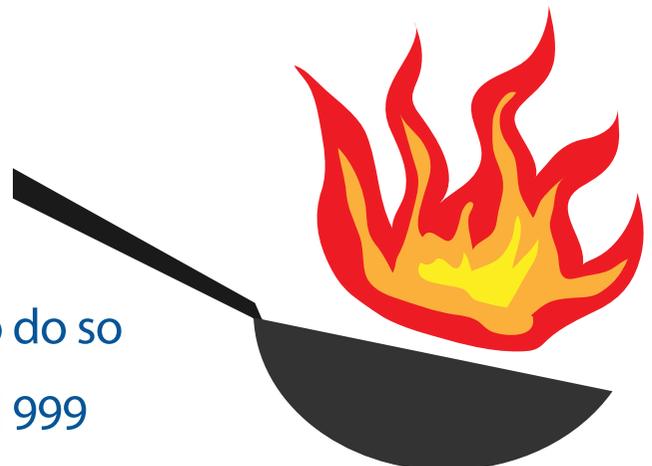
KITCHEN SAFETY

- Never leave cooking unattended
- Keep ovens, hobs, grills, toasters and microwaves clean. Fat, crumbs and grease can easily catch fire
- Keep electrical leads, tea towels, paper, curtains and other items away from cookers, grills and toasters
- Take care if you are wearing loose clothing, such as a sari or nightgown, as they can easily catch fire
- If clothes catch fire, don't run. Remember 'stop, drop and roll'
- Never use oxygen equipment while cooking or near a naked flame
- Never fill a pan more than one third full of fat or oil
- Avoid the use of chip pans. Try oven chips instead
- Never cook if you've taken medication, drugs or alcohol that make you tired or drowsy
- Heat detectors are available to fit in your kitchen, to provide an early warning of fire



If a pan catches fire:

1. Don't tackle the fire yourself and never throw water over it
2. Turn off the heat – but only if it's safe to do so
3. Leave the room, close the door and call 999



SMOKING

- Stub your smoking material out properly and dispose of it carefully
- Use a heavy, wide-bottomed ashtray
- Never smoke in bed. It's easy to fall asleep with a cigarette burning
- Never smoke if you've taken medication, drugs or alcohol that make you tired or drowsy
- Never smoke, or let someone else smoke in the same room as you, when medical oxygen equipment is being used
- Never smoke if you, or anyone near you, are using emollient creams or products in contact with fabric, clothes, dressings or bedding. This includes paraffin-based and paraffin-free products
- Keep matches and lighters away from children
- Only buy legally manufactured cigarettes
- Quitting smoking or having a smokefree home are the best ways to reduce a smoking related fire at home



CANDLE SAFETY

- Always use candle holders – never put tea lights on plastic surfaces such as TVs and baths
- Never burn candles within reach of children and pets
- Never leave a lit candle unattended. Extinguish candles properly
- Keep candles out of draughts and away from curtains and other fabrics



ELECTRICAL SAFETY

- Only buy electrical goods that have a British or European safety mark
- Use the right fuse in the plug of your devices or appliances, to prevent overheating
- Follow the manufacturer's instructions, use the correct charger and ensure it has a CE mark, when charging electrical devices
- Never overcharge electrical devices or leave them charging when you go to bed
- Keep to one plug per socket. If you need to use a plug adaptor do not overload it with devices that add up to more than 13 AMPS of power
- Never use electrical appliances, such as tumble dryers, washing machines or dishwashers, when you go out or when you go to bed
- Check cables for damage and do not run cables under rugs or carpets
- Register electrical appliances with the manufacturers or at www.registermyappliance.org.uk to receive any updates or safety information, or visit www.electricalsafetyfirst.org.uk/guidance for more information



FIRES AND HEATERS

- Never sit too close to fires or heaters – your clothing or chair could catch fire. Sit at least 1 metre (3 feet) away
- Use a fireguard, particularly in homes with open fires or where there are children or pets
- Make sure that fires are out or switched off before going to bed or leaving the property
- Keep heaters away from curtains and furniture
- Never use heaters for drying clothes
- Make sure heaters and fires are serviced regularly and are in good working order



PREVENTING DELIBERATE FIRES AND CRIME

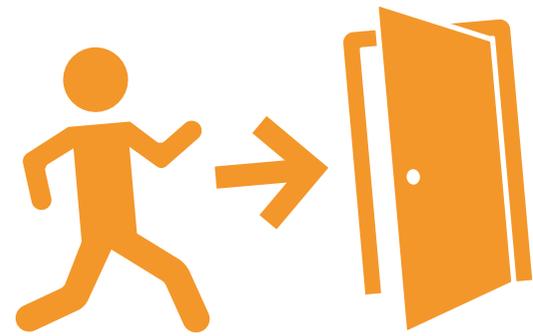
- Wheelie bins can be used as a target for deliberate fire setting. Keep them in a secure place and, if possible, at least one metre (3 feet) away from your property
- Only put the bin out when it is due for collection and put it away as soon as possible after collection
- Never leave out any loose refuse or other materials that could be used to start deliberate fires on your property. Ensure they are stored in a secured area
- Report any incidents or threats of deliberate fire setting or crime to the police. In the event of an emergency call 999
- If you feel at risk of deliberate fire setting, you can also contact Greater Manchester Fire and Rescue Service for advice
- Greater Manchester Fire and Rescue Service has a free, confidential programme offering education and advice to anyone aged 17 years and under, who may be exhibiting signs of fire setting behaviour. To refer someone to us telephone 0800 555 815



ESCAPE PLANNING



- Make an escape plan that everyone in the household understands
- In the event of a fire get everyone together if possible. Escape through your nearest exit, if safe to do so. Call 999 and stay out of the property
- If your escape routes are blocked get everyone into a safe room, preferably with a window. Shut the door and call 999
- If you have no other option and you're on the ground or first floor, you may be able to escape through a window
- If you live in a block of flats, check with the person in charge (usually the management company) to find out the emergency arrangements for your building



BEDTIME CHECKLIST

- Put candles and cigarettes out properly
- Turn off and unplug electrical appliances unless they are designed to be left on - like your freezer
- Check your cooker is turned off
- Turn fires and heaters off and put up fireguards
- Turn off the washing machine, dishwasher and tumble dryer
- Make sure exits are kept clear
- Keep door and window keys in a safe place, away from the door itself, but where you would be able to reach them on your escape route. Tell members of your household where they are
- Close inside doors at night to stop a fire from spreading
- Take your mobile phone to bed with you in case of emergencies



LIVE WELL



Connect...



Be active...



Take notice...



Keep learning...



Give...

Smoking, drug and alcohol use, physical and mental health problems or a poorly maintained home can all increase your risk of having a fire. Looking after your wellbeing and making positive choices will reduce the risk and help you to maintain health and independence.

Visit: www.gov.uk/government/publications/five-ways-to-mental-wellbeing



USEFUL CONTACTS:

Age UK

0800 678 1602
ageuk.org.uk

Drinkline

(Confidential helpline)
0300 123 1110

Hoarding UK

020 3239 1600

National Gas Emergency Hotline

0800 111 999

Carers UK

020 7378 4999
carersuk.org

Greater Manchester Police

101 *(Non-emergency)*
gmp.police.uk

Men's Advice Line

*(Helpline for men
experiencing
domestic violence)*
0808 801 0327

NHS Direct

111 *(Non-emergency)*
www.nhs.uk

Crimestoppers

0800 555 111
crimestoppers-uk.org

Greater Manchester Victims' Services

0161 200 1950
gmvictims.org.uk

National Domestic Violence Helpline

(Women and children)
0808 2000 247

NHS Smokefree

nhs.uk/smokefree

Samaritans

116 123
samaritans.org



Greater Manchester Fire and Rescue Service
Proud to serve our communities

Tel: 0800 555 815 | Web: manchesterfire.gov.uk

Email: contact@manchesterfire.gov.uk

Twitter: @manchesterfire