

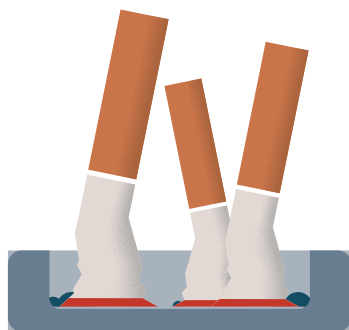


**GREATER  
MANCHESTER**  
FIRE AND RESCUE SERVICE

# Smoking and Fire Safety

**Fires caused by smoking materials kill more people than any other type of fire.**

Over 40% of accidental fire deaths in Greater Manchester are caused by smoking materials.



Greater Manchester Fire and Rescue Service provides home fire safety advice to keep you safe at home.

If you are concerned about your fire safety, or the fire safety of others, please visit our website below to complete our online assessment for personalised advice or to find out if you are eligible for a Home Fire Safety Assessment.

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

## If you smoke, the best way to prevent a smoking related fire in your home is to quit or to smoke outside.

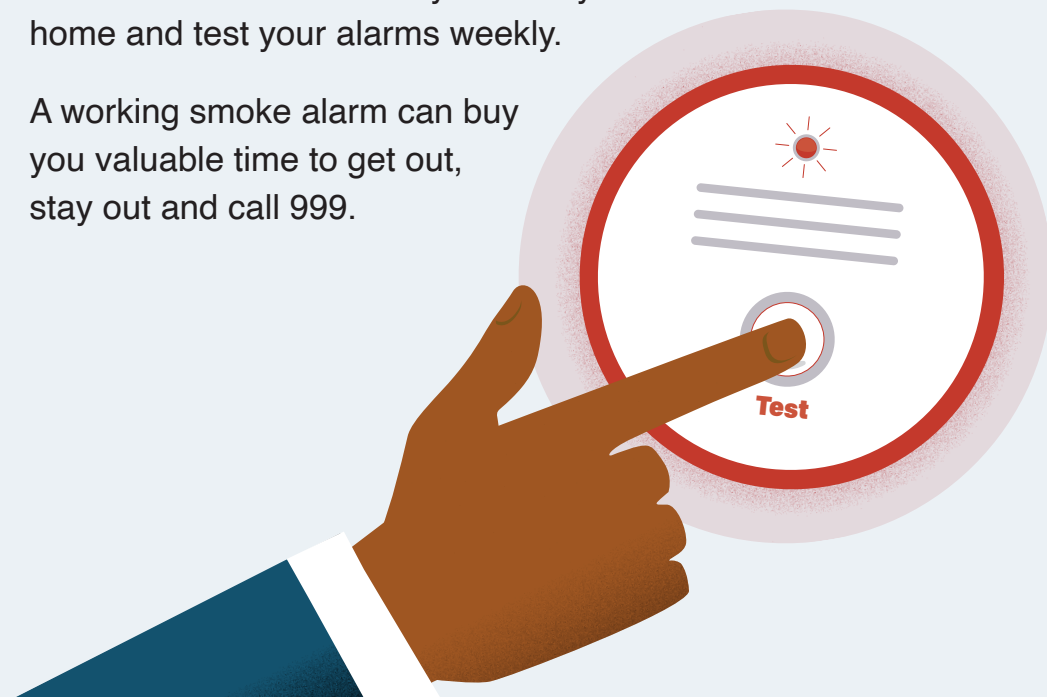
Always follow these tips to help keep yourself safe from fire, if you smoke.

- Put it out, right out. Stub your smoking material out properly and dispose of it carefully.
- Use a proper, heavy, wide-bottomed ashtray, never a waste paper basket.
- Make sure your ashtray won't tip over and is made of a material that won't burn.
- Ensure that contents of ashtrays are cold before they are emptied into a suitable bin outside the home. Putting water on ashes or butts is a good idea.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired. It's easy to fall asleep with a cigarette burning and set furniture, clothes or bedding alight.
- **Never** smoke in bed.
- Don't smoke if you've taken medication, drugs or alcohol that make you tired or drowsy.
- Never smoke illegally manufactured cigarettes.

- Never smoke, or let someone else smoke in the same room as you, when oxygen equipment or an air flow pressure relief mattress is being used.
- If paraffin-based or paraffin-free emollient products, such as creams, get onto fabrics, the dried residue will make the fabric more flammable. Don't smoke if there is any risk that you, or anyone near you, have clothes, bedding or bandages contaminated with emollient residue.
- Always keep matches and lighters away from children.
- Buy child resistant lighters and matchboxes.

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.



## Live Well

The best way to prevent a smoking related fire in your home is to quit smoking or smoke outside and ensure no one else smokes inside your home. Having a smoke free home will provide a healthier living environment for your visitors and loved ones, by reducing their exposure to second hand smoke. Exposure to second hand smoke causes serious illnesses and sometimes death in both adults and children.

Smoking is the top cause of preventable illness and death. Stopping smoking reduces the risk of developing cancers, heart disease, bronchitis and emphysema. The best way to stop smoking is through a combination of medication and support, both of which are available on the NHS.

For help and advice to stop smoking, contact your GP or your local Stop Smoking Service, or visit the Make Smoking History website.

## Useful Contacts

Make Smoking History **[makesmokinghistory.co.uk](https://makesmokinghistory.co.uk)**

NHS Smokefree **[nhs.uk/smokefree](https://nhs.uk/smokefree)**

Action on Smoking and Health **[ash.org.uk](https://ash.org.uk)**

Greater Manchester Fire and Rescue Service

Saving lives, protecting communities, working together

**[manchesterfire.gov.uk](https://manchesterfire.gov.uk)** | **[@manchesterfire](https://twitter.com/manchesterfire)**    

If you do not have access to the internet, call **0800 555 815**