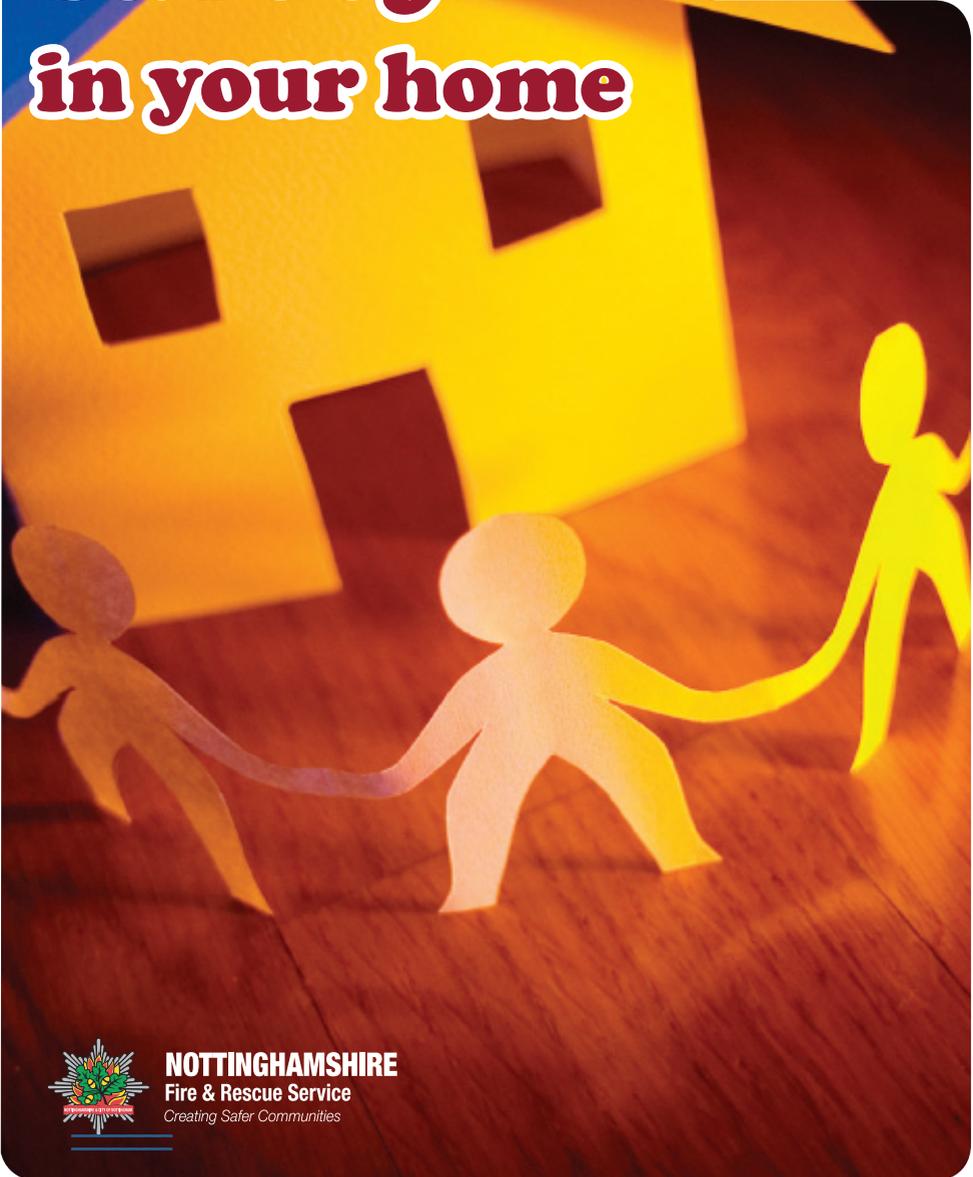




**Nottingham
City Homes**

Fire safety in your home



NOTTINGHAMSHIRE
Fire & Rescue Service
Creating Safer Communities

NCHLFT71

Did you know..?

- You're four times as likely to die in a fire if you don't have a smoke alarm that works
- A common cause of fires in NCH homes is children playing with matches or lighters
- Over half of home fires are caused by cooking accidents
- More than five fires a day are started by candles
- Smoking-related fires accounted for six percent of accidental dwelling fires in 2016 / 17 but they accounted for 36 percent of fire-related fatalities
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country each year.

Alarm system

- All NCH homes should have fully working hard wired smoke alarms fitted. Contact us straight away if your smoke alarm is not working
- You should test your smoke alarm monthly to make sure it works
- Alarms installed by Nottingham City Homes will be hard-wired with a battery back up
- Please do not tamper with the detectors within your home. They are there to provide you with an early warning in the event of a fire and could save your life
- If your alarm keeps going off, please check the batteries and replace them if necessary. If it still continues to go off, call us on **0115 915 2222**.



How to prevent common fires

In the kitchen

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.

- Take extra care if you need to leave the kitchen while cooking, take pans off the heat or turn them down to avoid risk
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove
- Take care if you're wearing loose clothing – it can easily catch fire
- Keep tea towels and cloths away from the cooker and hob
- Double check the cooker is off when you've finished cooking
- If you have an extractor fan, please turn this on when cooking
- Avoid cooking when under the influence of alcohol
- Avoid cooking if you're feeling very sleepy or very tired.

Take care with electrics in the kitchen

- Keep electrics (leads and appliances) away from water
- Check toasters are clean and placed away from curtains and kitchen rolls
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire
- Regularly check for frayed or worn cables and wires, check to see if the cable is fastened securely to the plug and check the socket for scorch marks.

Don't put anything metal in the microwave!



Deep fat frying

- Take care when cooking with hot oil – it sets alight easily
- Make sure food is dry before putting it in hot oil so it doesn't splash
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool
- Use a thermostat-controlled electric deep fat fryer – they can't overheat
- Never leave the pan unattended
- Do not overfill the pan.

What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it
- Don't tackle the fire yourself.

GET OUT! STAY OUT! CALL 999!

Doors

- Always keep internal doors closed, especially when you go to bed, as they will help stop the spread of smoke and flames if there is a fire.
- Never remove internal doors in your home.
- If a door in your home closes automatically (it may have a mechanism fitted to the top of the door, or a small chain in the middle of the door), then it is a fire door. These doors close automatically so you don't forget to close them. You must never prop these doors open, or remove or disable the self-closing device, and you should call us if the door does not fully close by itself.

Gas cylinders

- Your tenancy agreement does not allow you to keep gas cylinders (for example Calor gas heaters, propane or butane cylinders or camping gas bottles) anywhere in your home
- Gas cylinders can explode when involved in a fire, or rapidly spread the fire
- Even a small cylinder can kill, or cause extensive damage to your home if it explodes.

Electrics

How to avoid electrical fires

- Always check that you use the right fuse to prevent overheating
- Make sure an electrical appliance has a British or European safety mark when you buy it
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered
- Try and keep to one plug per socket
- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow, circuit-breakers that trip for no obvious reasons, or flickering lights
- Check and replace any old cables and leads, especially if they are hidden from view
- Unplugging appliances helps reduce the risk of fire
- Unplug appliances when you're not using them or when you go to bed
- Register your electrical appliances and check that they have not been recalled.



An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them. Appliances use different amounts of power – a television may use a 3 amp plug and a vacuum cleaner a 5 amp plug for example.

Know the limit! 5 amp + 5 amp + 3 amp = 13 amp

Furniture

- Make sure that your furniture has the fire-resistant permanent label – except for mattresses and bed-bases.

Using an electric blanket

- Don't leave electric blankets folded as this damages the internal wiring. Store them flat or rolled up instead
- Unplug your blanket before you get into bed, unless it has a thermostat control for safe all-night use
- Try not to buy second hand blankets and check regularly for wear and tear.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over
- Keep them clear from curtains and furniture and never use them for drying clothes
- No portable gas heaters are allowed.

Wheelie bins

Every year, we receive a number of reports of fires starting in wheelie bins.

Make sure, where possible, that your bin is:

- Left out of sight of the road
- Not left near the side of the house
- They are kept in a tidy area to prevent possible fire spread.

Please contact Crimestoppers on **0800 555 1111** if you see anyone behaving suspiciously or setting fire to rubbish or bins.

Cigarettes

Stub cigarettes out properly and dispose of them carefully. Put them out... Right out!

- Never smoke in bed
- Use a proper ashtray – never a waste paper basket
- Make sure your ashtray can't tip over and is made of a material that won't burn
- 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, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire
- Keep matches and lighters out of children's reach
- Consider buying child resistant lighters and match boxes
- Take extra care if you use petroleum jelly or other skin care lotions – they can be highly flammable and you could set yourself on fire.

Candles

Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains!

- Put candles out when you leave the room, and make sure they're put out completely at night
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly
- Children shouldn't be left alone with lit candles
- Make sure any tea lights are kept in a suitable holder.



Be prepared:

make an escape plan

- Plan an escape route and make sure everyone in your home knows how to escape
- Make sure exits are kept clear
- The best route is the normal way in and out of your home
- Take a few minutes to practise your escape plan
- Review your plan if the layout of your home changes.

Keep door and window keys where everyone in your home can find them.

What to do if there is a fire

Don't tackle fires yourself... Leave it to the professionals!

- Keep calm and act quickly, get everyone out as soon as possible
- Don't waste time investigating what's happened or rescuing valuables
- If there's smoke, keep low where the air is clearer
- Before you open a door, check if it's warm. If it is, don't open it – fire is on the other side
- Call 999 as soon as you're clear of the building. 999 calls are free on all phones.

What to do if your clothes are on fire

- Don't run around you'll make the flames worse
- Lie down and roll around. It makes it harder for the fire to spread
- Smother the flames with a heavy material, like a coat or blanket.

Remember: Stop, drop and roll!

What to do if your escape is blocked

- If you can't get out, get everyone into one room, ideally with a window and a phone
- Put bedding around the bottom of the door to block out the smoke, then open the window and call "HELP FIRE"
- If you're on the ground or first floor, you may be able to escape through a window
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.



Staying safe **in flats**

We have specific safety guidance for people who live in flats.

Please refer to the 'Staying Safe in Flats' fact sheet, which is available from our website at www.nottinghamcityhomes.org.uk/your-neighbourhood/around-your-home/safety/ under the section titled 'Fire and incident safety in flats'.

Make a **bedtime check**

You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

Close inside doors at night to stop a fire from spreading.



Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.



Check your cooker is turned off.



Don't leave your washing machine or tumble dryer on.



Turn heaters off and put up fireguards.



Put candles and cigarettes out properly.



Make sure exits are kept clear.



Keep door and window keys where everyone in your home can find them.





**Nottingham
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Registered in England and Wales number 5292636

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September 2018