



**A fire in your home
can be devastating.**

Every hour of every day there's a house fire in Scotland.

Everybody's home is at risk of fire.

It's important we know how to reduce the chances of fire happening to us and, if it does, how to protect ourselves.

Cooking accidents, overloaded sockets, faulty appliances, smoking and drinking are just some of the reasons why there are so many house fires in Scotland.

One lapse, such as leaving a chip pan unattended or failing to put out a cigarette properly, could haunt you forever.

Imagine if this happened to your home.

Most house fires start in the living room and kitchen.

With lots of flammable materials around, (e.g curtains, cushions) extra care is needed. Gas or electric fires and electrical equipment are all potential fire hazards.

Kitchens are full of electrical appliances that generate lots of heat.

Electric blankets, portable heaters and smoking in bed all increase the risk of fire in the bedroom.

Did you know? You're more likely to die in a house fire in Scotland than in the rest of the UK. The majority of fire deaths occur where there was either no smoke alarm or an alarm that didn't work.



Protecting your home.

There are easy steps you can take to protect your home.

1. Fit a smoke alarm and remember to test it every week.
2. Take care when putting out cigarettes. Empty the ashtray, pour water over the cigarette ends and put them in the bin outside.
3. Don't overload adaptors and sockets and never run cables under carpets.
4. Take care when cooking with oil.
5. Never leave candles unattended.
6. Switch off appliances like TVs and washing machines after use and before you go to sleep. And make sure you're using the right fuse and bulb.
7. Keep matches and lighters out of reach of children.
8. Use a fireguard.

Protecting yourself.

If there's a fire in your home, close the door where the fire is. This will help protect your escape route and stop the fire spreading so quickly.

1. Think about how you would get out of the house if you were to have a fire.
2. Keep low. The air is cleaner and cooler near the floor.
3. Never use a lift. Always take the stairs.
4. If your clothing catches fire; stop, drop and roll. If it's someone else use a blanket, rug or thick coat.
5. Don't stop for valuables.
6. Shout to warn your family or passers by.
7. Never try to go back inside until a firefighter tells you it's safe.
8. Never jump out of a window. Stand by a closed window so firefighters can see you. But if you're on the first floor you may be able to lower yourself down on to cushions or pillows.
9. **Remember: get out, stay out and dial 999.**



Expert advice.

"It's important to think about how you'd get out of your home if there was a fire.

Make sure everyone who lives with you knows the escape plan.

The main thing is to get out and stay out, then dial 999 as soon as you can."

Firefighter Helen Connor

Book your free Home Fire Safety Visit today.

A short visit from your local Fire and Rescue Service will help make sure your home is as safe as it can be.

They'll even install a smoke alarm – completely free – if you need one.

It only takes about twenty minutes, and remember, their advice and help could save your life.

To book a free Home Fire Safety Visit text 'HOME' to 61611 or visit www.dontgivefireahome.com



**safer
scotland**
SCOTTISH GOVERNMENT