

Burning Up!

Preventing fire

Fire is deadly. As well as the risk of burns from the flames, smoke is poisonous for the lungs and can kill in a short amount of time. Just two or three breaths of it can send you unconscious and unable to breathe.

- Anything in the home that gets hot can cause a fire – so keep an eye on it.
- Every level of the house should have a smoke alarm and these should be checked every week to make sure they're working.
- Check for possible fire hazards (like cookers left on) before bed each night.
- Agree an escape route with your family and practise it.

Some potential dangers:

Hair straighteners and hair dryers - Unplug them when you've finished with them. Remember that they stay hot for a while so don't leave them on the bed or floor. Keep an eye on them until they've cooled down!

Candles and cigarettes - Candles should always be put in secure bases and kept away from anything that might catch alight. Blow them out if you are leaving the room or falling asleep. According to the Fire and Rescue Service, fires begun by cigarettes are responsible for more deaths than any other kind of fire. If any adults in your house smoke, make sure cigarettes are put out properly!

Clothing on the radiator - It's sometimes tempting to dry clothing on heaters and radiators but this can start a fire.

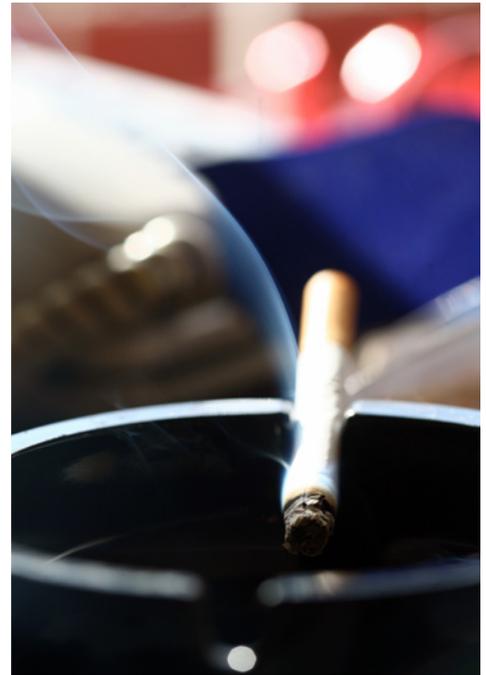
Cooking - The kitchen is full of hot items that can easily catch alight. Hot oil is particularly dangerous. Chip fryers, for example, should only be filled a third of the way full. Make sure that flammables like dishcloths, tea towels and loose clothing is kept away from the heat. Make sure everything is switched off afterwards. Clean cookers, toasters and microwave ovens regularly so built-up fat doesn't catch alight.

Barbecues, bonfires and fireworks - These can be fun but should only be lit by adults - remind them to read the instructions first and light them at arm's length. Keep sparklers away from your face and always have a bucket of sand or water handy.

If there's a fire:

Don't try to put a fire out yourself – just get out of the house and call 999 for the Fire and Rescue Service. If your clothing catches alight, remember:

- **Stop** – don't run about; stop where you are
- **Drop** – drop to the ground
- **Roll** – roll about to put out the flames.



Cont'd

Burning Up! (cont'd)

Case Study: Electrical fires

With most homes full of electrical equipment, there's a high risk of fire starting by faulty electrics or overheated electrical devices.

It's important to:

- check that electrical devices and cables are in good condition and not damaged or left near heat
- check electrical appliances like mobile phone chargers, laptops and dishwashers aren't left for long periods of time
- keep an eye on hot electrical devices like irons and heaters, and don't leave them unattended
- unplug electrical devices when not in use (unless they're designed to stay on – like fridges)
- use only one plug in a socket at a time
- never use water on an electrical fire – it could electrocute you!

