

Fire and Heat

Fire

Fire can give us light and heat for warmth and cooking, but it can also be very dangerous! Every year, fires are started accidentally in homes. They can damage buildings and injure or kill people. Most house fires are started in the kitchen but there are fire dangers in every room. Fires can start in many different ways:

Possible danger	How to prevent it
Electrical faults	Check that sockets don't have too many plugs in them and check that cables aren't broken or damaged.
Open fires	Make sure these are protected by a fire guard and don't leave them unattended.
Candles	Make sure they're in a secure base, away from anything that could catch fire. Never leave them unattended or leave matches and lighters lying around.
Fireworks and barbecues	These should only be lit by adults.
Flammable things	'Flammable' means to catch fire easily. Keep things like curtains and paper away from flames and heat, and don't put things on heaters or radiators.

Protection from home fires

- If you see smoke or flames, keep away and tell an adult. Go outside and get an adult to call 999 (for the Fire Service). Stay out until you're told it's safe.
- As a family, plan a fire escape route and practise it.
- Fire extinguishers and fire blankets are designed to put out different types of fires.
- Smoke alarms warn you if there's smoke and they should be fitted on each level of the house. An adult should test your alarms every week to make sure they're working.
- If your clothes catch fire, you must 'stop, drop & roll'. Stop still, drop quickly to the ground, and roll back and forward quickly to put out the flames.

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Fire and Heat (Continued)

Heat

It's not just fire that can be dangerous. Any type of heat in your home could burn or scald you if you're not careful.

Possible danger	How to prevent it
Electrical things (e.g. heater, toaster, iron, hair dryer)	Use these things carefully and turn the power off when you've finished. There's also the risk of electric shock, so keep them away from water and never touch the pins of the plug.
Cooking	Watch out for saucepan or frying pan handles sticking out over the cooker edge. Remember that metal heats up quickly so they may be hot. Keep away from hot oil and chip pans. Avoid the kitchen unless an adult is there.
Hot water	Run the cold water first and then the hot and test the water before putting your hands or body in. Put hot drinks and kettles where they won't be knocked over.

If you burn yourself, tell an adult straight away. Run cool water over the burn for at least 10 minutes. Then remove clothing near the burn (unless it's sticking to the skin). Don't touch the burn. Get medical advice.