

# Fire Safety in the Home

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# Fire Safety in the Home

In this section of the course we will be looking fire safety in the home.

## Did you know...?

- You're more than twice as likely to die in a fire if you don't have a smoke alarm that works
- 18 people die each year because the battery in their smoke alarm was flat or missing
- Over half of home fires are caused by cooking accidents
- Three fires a day are started by candles
- Every three days someone dies from a fire caused by a cigarette
- Faulty electrical (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.

## Make Sure You Protect Your Home With a Smoke Detector!!

- Check your smoke detector every week, change the batteries once a year and never remove the batteries.
- Test your detector by pressing the button on the detector. If it doesn't sound replace the batteries.
- If it beeps on a regular basis then you need to replace the batteries.

# How to prevent common fires

## In the kitchen

- Take care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure the saucepan handles don't stick out, so they don't get knocked off the stove.
- Take care if you're wearing loose clothing, they can catch fire easily.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished.
- 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.

**Don't put anything  
metal in the microwave!**

## Deep fat frying

- Take care when cooking with hot oils, 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.

## What to do if a pan catches fire.

- Wet a towel or tea towel and place it over the top of the fryer if you feel it is safe to do so, if not call the fire service
- 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 AND CALL 999**

# 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 to keep to one plug per socket.

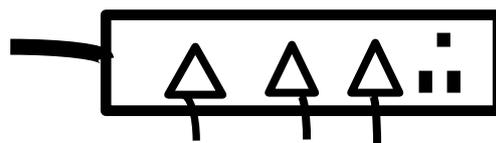
**An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of fire.**

**Appliances use different amounts of power, a television may use only a 3amp plug a vacuum cleaner a 5amp plug for example.**

## Know the limit!

$$5 + 5 + 3 = 13$$

Amp    Amp    Amp    Amp



**Extension**

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or 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-behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.
- Always ensure that your furniture has a fire-resistant permanent label.

### **Using an electric blanket**

- Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.
- Unplug blankets 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 cloths.

### **Cigarettes**

- Never smoke in bed.
- Use a proper ashtray NEVER a wastepaper 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 reach of children.
- Consider buying child resistant lighters and match boxes.

### **Candles**

- Put candles out when you leave the room, and make sure they're 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 candles.

## **Plan a safe escape**

### **Be prepared by making a plan of escape**

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

## **Keep door and window keys where everyone can find them.**

### **What to do if there is a fire.**

- 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.

### **What to do if your clothes catch 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 the window
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

## How to escape from a high level building

- Avoid using lifts and balconies if there is a fire
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs
- Check there is nothing in the corridors or stairways that could catch fire, like boxes or rubbish.
- Make sure doors to stairways are not locked
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a fire alarm for your own home, even if there is a warning system in the block.

### Check List

- 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 (freezer)
- Check the cooker is turned off
- Don't leave the washing machine 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 can find them

**SMOKE ALARMS**

**SAVE LIVES**



# Quick fire safety quiz

A fire breaks out how long should you spend fighting it?

1. 30 seconds
2. 2 minutes
3. 5 minutes

Where should you avoid placing a gas cooktop?

1. Near open window
2. In a corner
3. In the bedroom

What would you mix with sand to make a dry fire extinguisher?

1. Salt
2. Baking soda
3. Foam

How can you prevent your lights from overheating and causing a fire?

1. Use low wattage bulbs
2. Have the lights on for short periods only
3. Have the lights near a fan or window

How can you alert fire-fighters if there are children or physically challenged people in your home, even if you are not there at the time?

1. Leave a sign on the door
2. Place a sticker from the fire department on the window
3. Register the person at the fire department

Where would you avoid running extension cords?

1. Under rugs
2. Over countertops
3. Behind doors

Where would you keep combustible materials?

1. Near a furnace
2. In the kitchen
3. In a locked cupboard

How many fire exits should each room have?

1. 1
2. 2
3. 3

At least how many times per year should you check your smoke alarm batteries?

1. Once a year
2. Twice a year
3. Three times a year

What should you use to attach electrical cords to walls?

1. Nails
2. Staples
3. tape

How have you done check your score

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The following questionnaire is based on what you have read in this module. Please attempt to answer all questions. The answers will be reviewed during the next session of the programme.

## Questions

1. How many people die each year because of the batteries in the smoke alarm was missing or faulty?

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2. what are half the fire in the home caused by?

.....

3. Which symbols should be on a smoke alarm?

.....

4. why should you keep your cooker clean?

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5. what should you do if you have a deep fat fryer fire?

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6. what ampage does a television have?

.....

7. what is the limit of the ampage on an extension cord?

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8. how should you store an electric blanket?

.....

9. who should not be left alone with candles?

.....

10. why should you keep low in a smoke fill room?

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<b>Signed.</b>	<b>Candidate:</b>	<b>Assessor:</b>	<b>Date:</b>
<b>Print</b>	<b>Candidate:</b>	<b>Assessor:</b>	