Keeping you safe from fire

Easy read advice on how to stay safe
Some people may need more help to stay safe if there is a fire.

If you need more help to keep yourself safe from fire, you can get extra support.

Most of the things that can help you are free.

House smoke alarms are not always helpful to everyone; some people need more equipment, or different alarms.

In Surrey, Surrey Fire and Rescue and the telecare partnership are working together to give extra advice, help and equipment to help people to stay safe.
Here are some tips that you can do to keep safe from fire.

Ask the fire service to help you to look at your home. They will help you to choose the correct fire alarm, put it in the right place and will tell you about other ways to keep safe from fire.

The smoke alarm will be linked to the Surrey Telecare 24 hour monitoring centre, so if the smoke alarm is raised the centre will be able to get help to you right away.
You may be given special alarms if you are hard of hearing, that work with flashing lights, or alarms that vibrate to tell you to get out.

You may be offered special equipment, like bedding and throws that do not catch fire easily. (This is called fire retardant).

You might be offered sprinkler systems to help put out the fire quickly. You will have to pay for a sprinkler system.
Follow these tips to stop fires in your home.

Stay in the kitchen when you are cooking with fat. Fat can set on fire easily. If the fat gets too hot or starts to smoke turn off the cooker and leave it to cool.

Never put water on fat.

Cigarettes start a lot of fires. When you finish a cigarette make sure it is right out.
Use plugs safely.

If you put too many plugs into one socket it can start a fire.

Check for broken plugs with dark marks or wires that are loose or broken.

If you find these get them checked by an electrician, do not use them.

Put candles in holders; keep candles away from things that may burn, like paper and curtains.
If your clothes are on fire do not run about, it will make the fire worse. Lie down and roll around. The fire will get smaller. Use a coat to put the rest of the fire out.

**Remember – Stop, drop and roll.**

If you cannot get out of the house, go into one room, phone 999 and say which room you are in. The Fire and Rescue Service will tell you what to do.

If you are high up in a building, do not use the lift, do not go on the balcony. If you can go down the stairs.
A smoke alarm will warn you about a fire.

Think about how to get out safely.

Make sure you have a plan to get out. If your smoke alarm goes off. And tell your family and friends about it.

Everyone should know where the keys are. Put the keys where everyone can find them.
Keep safe - If the smoke alarm goes off:

1) Get out fast.

2) Phone for help. Phone 999 and ask for the Fire and Rescue Service. Be ready to tell them where you live.

3) Do not go back inside until you are told that it is safe.
Do these checks before you go to bed:

1) Close all the inside doors, closed doors slow down a fire.

2) Unplug things that use electricity, but not your fridges and freezers.

3) Check the cooker is off.

4) Do not leave the washer on at night.
5) Turn off heaters.

6) Put a fire guard around the fire place.

7) Check the doors to the outside are clear. Get rid of anything that blocks the doorway.

8) It is a good idea to keep a phone next to your bed at night, so you can call for help.
Many lives are saved each year using this equipment.

Here are the numbers to call to get help to keep you safe.

Surrey Fire and Rescue Service (for fire assessment visits and fire retardant materials)

www.surrey-fire.gov.uk

surreyfire.safeguarding@surreycc.gov.uk

Tel 0800 085 0767
Surrey Telecare
(for telecare linked smoke alarm)

www.surreytelecare.com

Tel 0800 195 6035

Text: 07976 843825

Surrey County Council,
Adult Social Care helpline
(for general inquiries)

www.surreycc.gov.uk/adultsocialcare

Tel: 0300 200 1005

Text: 07527 182861