



Fire-Safe Bedtime Routines

Below is a list of ten things adults (like your parents/carers) could do as part of a bedtime routine to make sure you are fire safe before you go to sleep. But each job has a mistake!

Correct the mistakes

Can you correct the mistake in each item to make sure that the bedtime routine helps to keep you safe from fire?

1. Make sure that the oven and hob are turned on
2. Blow out any lights that you might have burning
3. Check that no hot electrics (iron, hair straighteners etc.) are left on or near materials that could catch a cold
4. Clear toys, books and clothes from your exit routes to allow for difficult access/exit
5. Make sure keys to doors are kept securely by the door, ready to lock them if you need to leave
6. Make sure you know who is in the garden and where they are sleeping, just in case the fire service needs to rescue them (this is unlikely but possible, so it is best to know!)
7. Open the internal doors - a closed door protects you from a fire on the other side
8. Plug in any fairy lights, lamps etc. that do not need to stay on whilst you sleep
9. Have a phone nearby, just in case you need to video 999 in case of a nightmare
10. Sleep soundly knowing that you and your family are all fire risk and prepared, just in case.

Need extra help?

If it's too tricky, use these words below to help you. These are the words that should replace the incorrect words in the instructions, but they're not in the right order.

unlock	safe	off	emergency	unplug
close	fire	house	candles	easy

Create your own fire-safe bedtime routine

Why don't you try creating a bedtime routine for your own home?

You could do it together with your parent/carer so that they understand how to make your home fire safe!

It's not your responsibility to make sure the bedtime routine is followed, but you can suggest the idea for the adults to follow and help your whole family.

