FIRE SAFETY IN THE HOME

घरमा अग्नि सुरक्षा
Did you know…?

• You're four times more likely to die in a fire if you don't have a smoke alarm that works.

• Around half of home fires are caused by cooking accidents.

• Two fires a day are started by candles.

• Every six days someone dies from a fire caused by a cigarette.

• About two fires a day are started by heaters.

• Faulty electrics (appliances, wiring and overloaded sockets) cause around 6,000 fires in the home across the country every year.
PROTECT YOUR HOME WITH SMOKE ALARMS

A WORKING SMOKE ALARM COULD SAVE YOUR LIFE

The easiest way to protect your home and family from fire is with working smoke alarms. Get them. Install them. Test them. They could save your life.

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Choosing your smoke alarms

• Fit at least one smoke alarm on every level of your home.
• Smoke alarms are cheap and easy to install.
• They are available from DIY stores, electrical shops and most high street supermarkets.
• There are a variety of different models to choose from. Your local fire and rescue service will be happy to give you advice on which one is best suited for you.
• Ten-year sealed battery smoke alarms are the best option. They are slightly more expensive, but you save on the cost of replacing batteries.
• Look out for one of these symbols, which shows the alarm is approved and safe.

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How to make sure your smoke alarms work

Test your smoke alarms at least monthly.

- If any of your smoke alarms have a one year battery, make sure it is changed every year. Only take the battery out when you need to replace it.
- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to test the batteries, so longer life batteries are better.
- Mains-powered alarms are powered by your home power supply. They need to be installed by a qualified electrician, but like battery alarms, they do require testing.
- Testing smoke alarms tests the smoke sensor as well as the power supply and/or battery.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Action on Hearing Loss Information Line on 0808 808 0123 or textphone 0808 808 9000.

Top tip

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year. Only take the battery out when you need to replace it.
- Testing smoke alarms tests the smoke sensor as well as the power supply and/or battery.
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Fitting your smoke alarms

The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear an alarm throughout your home.

- Don’t put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- If it is difficult for you to fit smoke alarms yourself contact your local fire and rescue service for help. They’ll be happy to install them for you.

आपनी स्मोक आलर्महरूले काम गर्ने कुरा कसरी सुनिश्चित हुने

कमतीमा पनि मानिसक स्मारक आफर्ना स्मोक आलर्महरूको परिक्षण गर्नुहोस्।

- तपाईंलाई कुनै पनि स्मारक आलर्महरूमा एक वर्ष मासिक स्मारक आलर्महरूको परिक्षण गर्ने भएको छ भने त्यसलाई प्रत्येक वर्ष परिवर्तन गर्नुहुन्छ। तपाईंलाई ब्याट्रीलाई फेनुः र परिवर्तन गर्नुहुन्छ।
- तपाईंलाई आलर्म गर्ने कालमा भने त्यसलाई कहिले पनि जडान बिल्कुल निराख हुन्छ। त्यसलाई ब्याट्रीहरूलाई परिवर्तन गर्नुहुन्छ।
- भाइबेरी नापको गर्ने स्मारक आलर्महरूलाई गर्नुहुन्छ। भाइबेरी र स्मारक आलर्महरूलाई परिवर्तन गर्नुहुन्छ।
- नक्तीमा ब्याट्रीलाई स्मारक आलर्महरूलाई परिवर्तन गर्नुहुन्छ। धुवाँको यसको कारण तपाईंलाई फेनुः र स्मारक आलर्महरूलाई परिवर्तन गर्नुहुन्छ।
- ब्याट्रीलाई फेनुः र सेनसर र ब्याट्रीलाई परिवर्तन गर्नुहुन्छ।
- तपाईंलाई आलर्महरूलाई लिंग गर्ने जडान गर्न पनि सन्तुलन गर्नुहुन्छ, जसले गर्दा कुनै उद्भव आलर्महरूलाई आगी र आगीको प्रकाश बाहिर निकाल्ने सक्ने एकसाथ बज्दछ। तपाईंलाई धुवाँलाई गर्ने कालमा बज्दछ। भाइबेरी नापको प्रबन्ध बज्दछ भने यसको स्मारक आलर्महरूलाई परिवर्तन गर्नुहुन्छ।

आफर्ना स्मोक आलर्महरू जडान गर्नेको निर्देशना

- तपाईंलाई आफर्ना स्मोक आलर्महरू जडान गर्ने तथा उद्भवको गर्ने जसले तपाईंलाई आफर्ना स्मोक आलर्महरू जडान गर्ने गर्नुहुन्छ।
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Looking after your smoke alarms

- Make testing your smoke alarms part of your regular household routine.
- Test them by pressing the button until the alarm sounds. If it doesn’t sound, you need to replace the battery.
- If a smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

Other equipment you could consider

- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.
- Heat alarms can detect fires in kitchens where smoke alarms should not be placed.

Test it Replace it Change it

How to prevent common fires in the kitchen

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, heaters, candles and cigarettes.
In the kitchen

**Cook safely**

*Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.*

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.
- Make sure 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 easily catch fire.
- Avoid cooking when under the influence of alcohol.
- Keep tea towels and clothes 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 cooking.

**Take care with electrics**

- 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 oil – 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**

- 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.
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 and keep to one plug per socket.
- When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicates chargers themselves, as they are high powered.

Know the limit!

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 a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

Sīma thāha paatnuhōs!

5 + 5 + 3 = 13 AMP AMP AMP AMP

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 clothes.

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.
- Always follow the manufacturer's instructions.

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.
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 children’s reach.
• Consider buying child resistant lighters and match boxes.

Top tip

Put them out. Right out!

Candles

• Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.
• Put candles out when you leave the room, and make sure they’re put out completely at night.
• Children shouldn’t be left alone with lit candles.
• Keep pets away from lit candles.
• Be careful with candles

Mnabhtihra

• Tapaai kothaabat bahir nirkaa da
Mnabhtihraa baihaua baihaua
• Lataa bhakhu uddha saamagri
• Tapaai kothaabat bahir
• Tapaai kothaabat bahir
• Tapaai kothaabat bahir
• Mnabhtihraa bhakhu uddha
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• Mnabhtihraa bhakhu uddha
• Mnabhtihraa bhakhu uddha

Top tip

Put them out. Right out!
Tinietihruai baihau raahnus. Nimn
Kuhaahru gauruhoos.
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 practise your escape plan.
- Review your plan if the layout of your home changes.

Fitting smoke alarms is the first crucial step to protecting yourself from fire. But what would you do if one went off during the night?

This section will help you make a plan ready for an emergency.

Be prepared by making a plan of escape

- बचाव मार्गको योजना बनाउनु हुनुहोस्
  - बचाव मार्गको योजना बनाउनु हुनुहोस् र सो निकास मार्गको योजना गर्न सर्दियो धाराले छ भने सुचित्त गर्नुहोस्।
  - निकास मार्गहरूलाई खाली राखन निर्विश्रवतुनुहोस्।
  - सबैभन्दा उपयुक्त मार्ग भनेको तपाईंको पर भिन्न वहर्य र आँख राख्नै सामान्त बाटो हो।
  - पहिलो मार्ग बन रहेको अवस्थाहरु दोस्रो मार्ग बाट सामान्तहरु।
  - आफ्नो बचाव योजनालाई अभ्यास गर्न गर्न केही स्नेहको समय छुट्याउनुहोस्।
  - आफ्नो घरको संरचनाको मर्मत आएको छ भने आफ्नो योजनाको समीक्षा गर्नुहोस्।

Keep door and window keys where everyone can find them

झाँकी र दरवाजका सोचोहरु सबैले फेला पार्न सबने छाँनुभै बाह्य गर्नुहोस्।
What to do if there is a fire

Don’t tackle fires yourself. Leave it to the professionals.

- 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.

Top tip
Get out, stay out and call 999
बाहिर निस्कनुहोस्, बाहिर बस्नुहोस् र 999 मा फोन गर्नुहोस्

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.
- Call 999 then open the window and shout “HELP FIRE”.
- If you’re on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don’t jump.
- If you can’t open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.

आगलागी भयो भने के गर्नौ?

आगोको सामना एकलै नागर्नुहोस्। यो काम पेशेवरहरूलाई छोड्दिनुहोस्।
- चैर्य गर्नुहोस् र सम्भव भएसम्म छिटो सबैलाई बाहिर लेखाने कार्य गर्नुहोस्।
- के भयो भने कुराको अनुसन्धान गर्ने वा मूल्यवान बस्नुहोस् जो गर्नेका कार्यमा समय खेर नफालनुहोस्।
- धूँध्ली धेरै भएमा सफा हावा भएको टॉर्सबाट निस्कनुहोस्।
- दोका खोलनु भने त्यो तातेको छ कि जाँचनुहोस्। दोका जाँचनुहोस् भने नबलनुहोस् – अकोप आगो हुनेछ।
- तपाईं भवनबाट बाहिर निस्कने तिन्के 999 मा फोन गर्नुहोस्। 999 मा फोन गर्न शुल्क लागदै।

आगलागी भयो भने के गर्नौ?

तपाईं बाहिर निस्कन सक्नुहुन्छ भने सबैलाई सकेसम्म इमाल र फोन भएको कोटामा लेखानुहोस्।
- पुर्वांश्रय निर्दिशको लागि ढोकाको पिंदिको चारोतिर बिस्तरा रहनुहोस्।
- 999 मा फोन गर्नुहोस् र त्यसपछि इमाल खोलेर आगोबाट बचाउनुहोस्।
- तपाईं गर्नुहोस् र त्यसपछि इमाल खोलेर आगोबाट बचाउनुहोस्।
- तपाईं फोन गर्नुहोस् र त्यसपछि इमाल खोलेर “आगोबाट बचाउनुहोस्” भनि बिचाउनुहोस्।
- तपाईं फोन गर्नुहोस् र त्यसपछि इमाल खोलेर आगोबाट बचाउनुहोस्।
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How to escape from a high level building

• As with all buildings, you should plan and practise an escape route.
• 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 smoke alarm for your own home, even if there is a warning system in the block.

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 clothes catch fire

• यताता नदीदिनुहोस्, व्यस्तो कार्यले ज्वालाहरूलाई अझा तेज बनाउने।
• भुईँमा सुतेर लुटपुटिनुहोस्। यसले आगोलाई हैलन दिदिन।
• कोट वा बल्याकोट जास्ता गह्ना सामग्रीको प्रयोगले आगोका ज्वालाहरू निभाउनुहोस्।
• रोकिने, भुईँमा बसर र लुटपुटिनु हुँ। यसले छान्नुहोस्।

What to do if your clothes catch fire

• STOP! उभिनुहोस्।
• DROP! भुईँमा बस्नुहोस्।
• ROLL! लुटपुटिनुहोस्।
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 – like your freezer.

Check your 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.

You are more at risk from a fire when asleep. So it’s a good idea to check your home before you go to bed.
In the event of a fire, get out, stay out and call 999. For further fire safety information contact your local fire and rescue service (not 999). Or visit www.facebook.com/firekills

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