



# Stay Safe Checklist for...

## carers

[www.esfrs.org](http://www.esfrs.org)

If you are a carer and are visiting loved ones or friends, please consider the following:

- ✓ Do they know what to do if there is a fire? They should not tackle it themselves. If they can they should get out, stay out and call 999. If they can't get out stay in a room with a shut door, a window and phone, ideally at the front of the home. Put bedding round the bottom of the door to block any smoke. Open the window and call "HELP FIRE". A whistle could also be used if it is hard to shout.
- ✓ Are there smoke alarms on every level of the home? Are they in a position that will wake everyone up, such as in bedrooms? If someone has hearing difficulties, there are options which can alert them such as strobe lights or vibrating pads linked to smoke detectors.
- ✓ Have you planned an escape route, practised it and made sure everyone knows how to follow it? Is it clear of all obstructions?
- ✓ Is there a telephone in the bedroom to raise the alarm? If they use specialist equipment such as a minicom or text phone, they can contact the emergency services on 18000.
- ✓ Do they use oxygen? It is stored safely out of direct sunlight, well ventilated, always dry and kept away from heat sources?
- ✓ Do they have easy access to any mobility aids they use such as walking sticks?
- ✓ If they use electric blankets, have they been tested in the last three years? Blankets should be stored flat or rolled up rather than folded. If they get wet, wait until it is completely dry before using it again.