Remember that high-rise flats are built to be fire-resistant - walls, ceilings and doors should hold back flames and smoke for a period of time. If there's a fire elsewhere in the building, you are usually safest in your own flat, unless heat or smoke is affecting you. If you are affected, you should get out, stay out and call 999.

- Do you and everyone who lives with you know your escape route? You won't be able to use the lift if there's a fire, so choose an escape route that takes this into account.

- Have you counted how many doors there are on the route? This will help you find your way if there is smoke in the area.

- Have you checked that stairways and fire escapes are kept clear of all obstructions? Leaving things like bicycles or rubbish outside your door could cause problems if you need to get out quickly.

- Do you know where the fire exits are? Have you checked they are never locked?

- Do you know if there your building has emergency lighting and signs? Do they work properly?

- Has the responsible person provided you with relevant information from the fire risk assessment – particularly on actions to take in case of fire in your own flat / or common parts?