

FIRE SAFETY **IN THE HOME**



East Sussex
Fire & Rescue Service





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East Sussex
Fire & Rescue Service

Home Fire Safety Checklist

Thank you for requesting information from East Sussex Fire & Rescue Service about fire safety in your home.

Spend a few minutes checking your home and ensuring you can answer YES to all of the questions below.

Making a fire action plan and thinking about how to escape if there was a fire will help to keep you and your family safer in your home.

Fire Action Plan

1. Do you have working smoke alarms? (*one on each floor*) Yes ☐
2. Do you test your smoke alarms weekly? Yes ☐
3. Can you hear your smoke alarm clearly from your bedroom? Yes ☐
4. Do you know where door and window keys are? Yes ☐
5. Do you have an alternative escape route? Yes ☐
6. Practice your alternative escape route Yes ☐
7. Are your escape routes kept clear? Yes ☐
8. Do your family know what to do in case of fire? Yes ☐
9. Do you have a phone in your bedroom? Yes ☐
10. Ensure your family knows how to dial 999 Yes ☐

What to do if there is a fire...

- Never attempt to tackle a fire yourself.
- Keep calm and get everyone out of the property.
- If there is smoke, keep low where the air is cleaner.
- Close doors behind you to contain the fire and reduce damage.
- Call 999 as soon as you are safely out of the building.
- Never return for valuables or pets.

Get out, Stay out and call 999

Smoke Alarms

Smoke alarms can be provided by ESFRS or purchased from any reputable DIY store, and should be fitted in accordance with the manufacturer's instructions. We recommend a minimum of one alarm per floor of your home. Manufacturer's instructions will give you information on the best position for the alarms.

Please refer to the enclosed **Fire Safety in the Home** booklet for further Fire Safety guidance.



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



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.

Choosing your smoke alarms

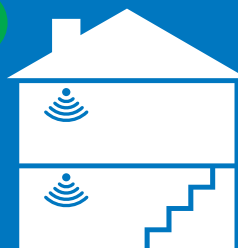
- Fit at least one smoke alarm on every level of your home.
- Smoke alarms are cheap and easy to install.
- They are available from DIY stores, electrical shops and most high street supermarkets.
- There are a variety of different models to choose from. Your local fire and rescue service will be happy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



British Standard Kitemark



Top tip



Fit smoke alarms

A WORKING SMOKE ALARM COULD SAVE YOUR LIFE

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.

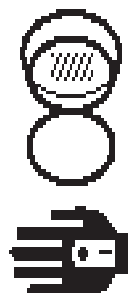
Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing.

Contact the Action on Hearing Loss Information Line on **0808 808 0123** or textphone **0808 808 9000**

Top tip



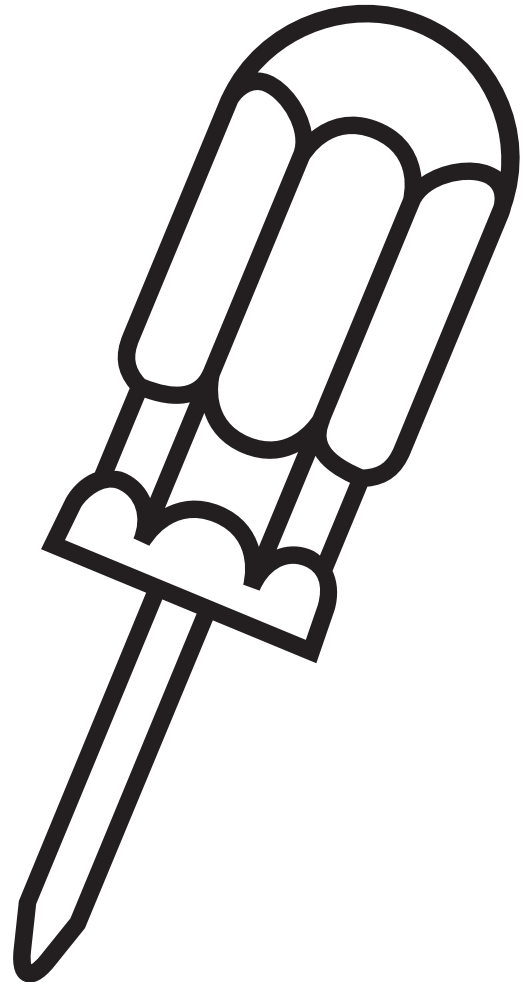
Test it



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.



Looking after your smoke alarms

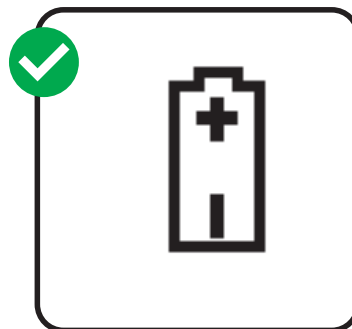
- Make testing your smoke alarms part of your regular household routine.
- Test them by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If a smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten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

Other equipment you could consider

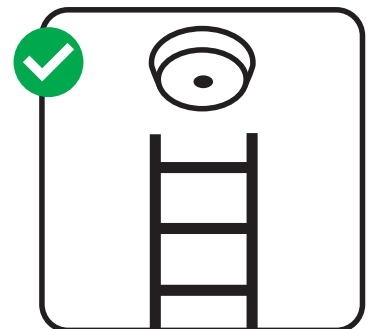
- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.
- Heat alarms can detect fires in kitchens where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



Test it

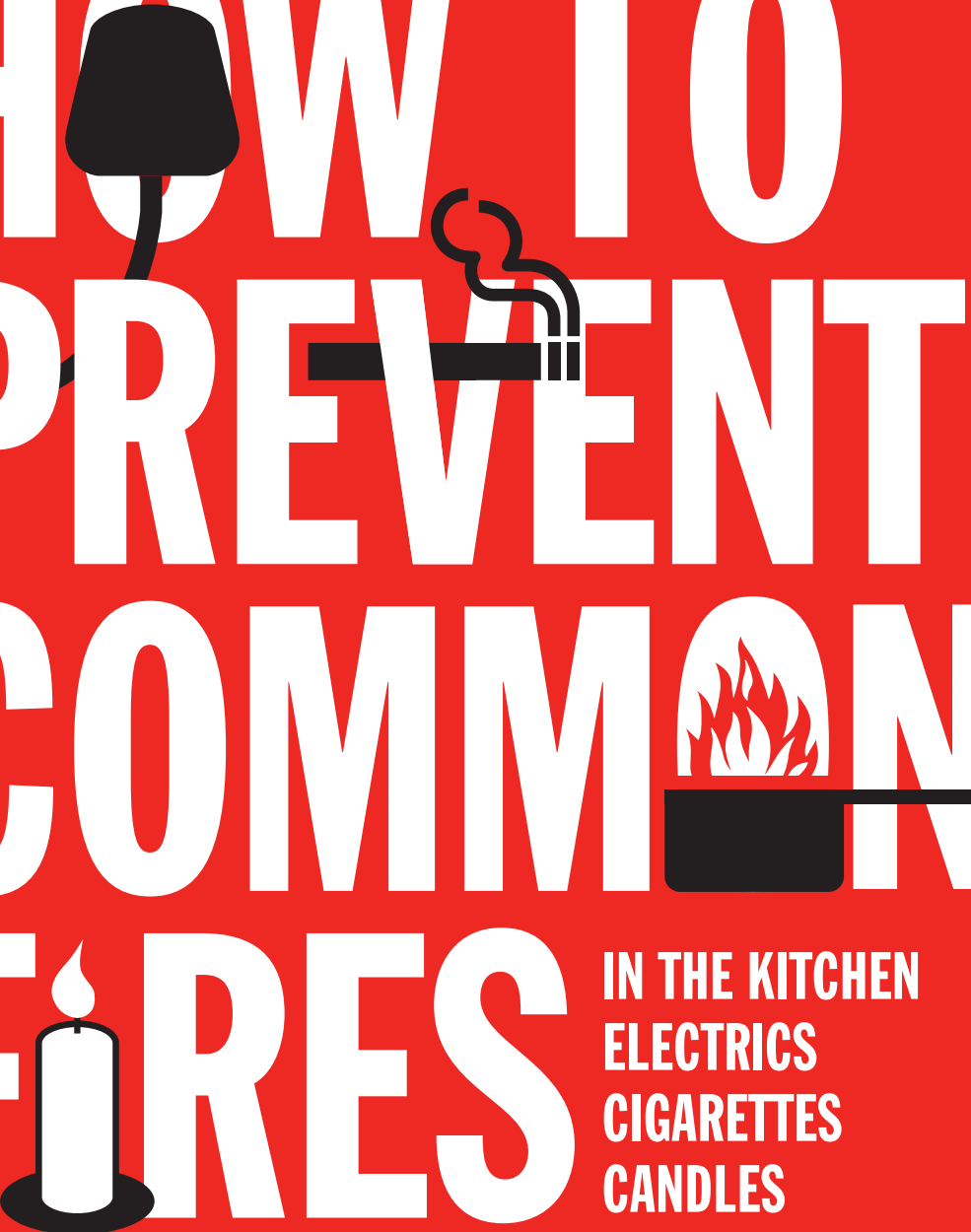


Change it



Replace it

HOW TO PREVENT COMMON FIRES

The title 'HOW TO PREVENT COMMON FIRES' is written in large, bold, white capital letters on a red background. The word 'COMMON' is split by an illustration of a black pot on a stove with red flames. The word 'FIRES' is split by an illustration of a white candle with a flame. To the right of the word 'FIRES', the words 'IN THE KITCHEN', 'ELECTRICS', 'CIGARETTES', and 'CANDLES' are listed in smaller white capital letters. Above the word 'PREVENT', there is an illustration of a black lamp with a cord. To the right of the word 'COMMON', there is an illustration of a black cigarette with smoke rising from it.

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 sauce pan 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.

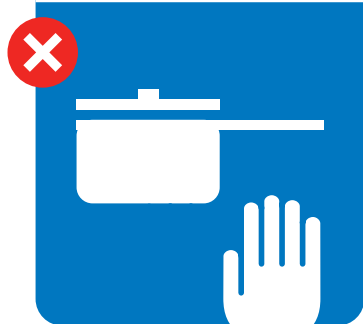
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.

Take care with electrics

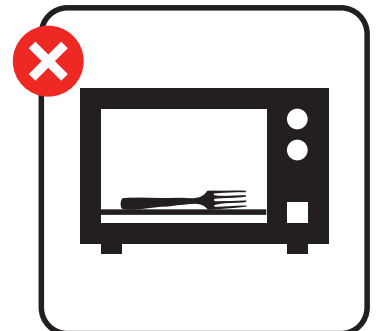
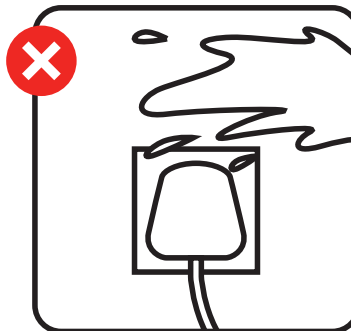
- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave.

Top tip



Keep out of reach



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

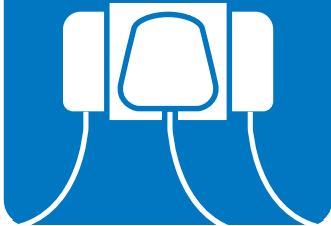
- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

**GET OUT
STAY OUT
AND CALL
999**



Electrics

Top tip



Don't overload

How to avoid electrical fires

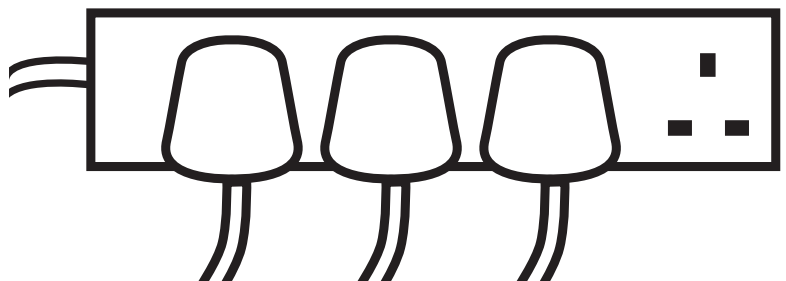
- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.
- When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicate chargers comply with European safety standards.

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.

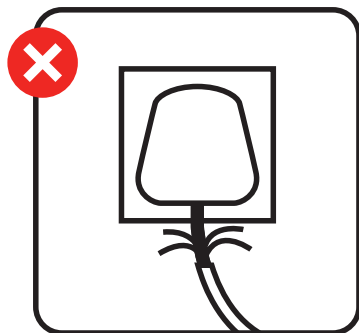
Know the limit!

$$\begin{array}{ccccccc} 5 & + & 5 & + & 3 & = & 13 \\ \text{AMP} & & \text{AMP} & & \text{AMP} & & \text{AMP} \end{array}$$



Keep electrical appliances clean and in good working order to prevent them triggering a fire.

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.



Furniture

- Always ensure that your furniture has the fire-resistant permanent label.

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.

Cigarettes

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!

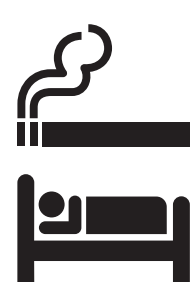
- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.

- 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.

Matchboxes now carry this warning label



Top tip

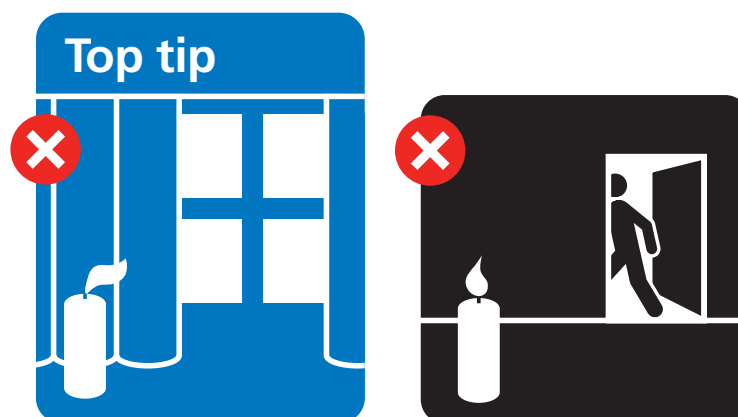


**Put them out.
Right out!**

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**



PLAN A SAFE ESCAPE

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

- 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.

Keep door and window keys where everyone can find them



Plan an escape route



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.

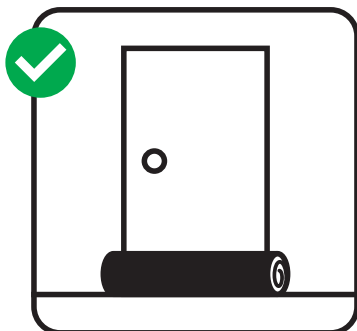


Get out, stay out and call 999

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.



What to do if your clothes catch fire

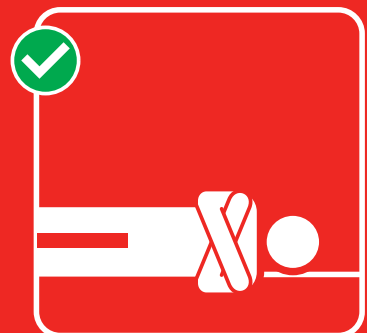
- Don't run around, you'll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!



STOP!



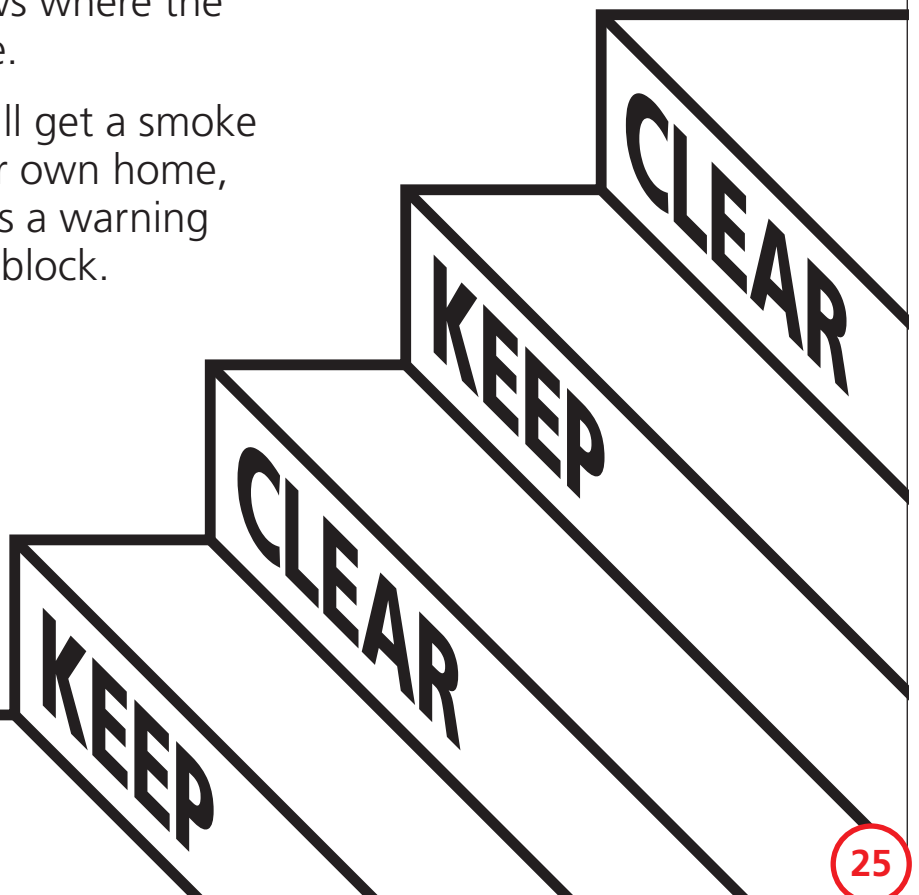
DROP!



ROLL!

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.



MAKE A BEDTIME CHECK



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.

Check list

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.

☐

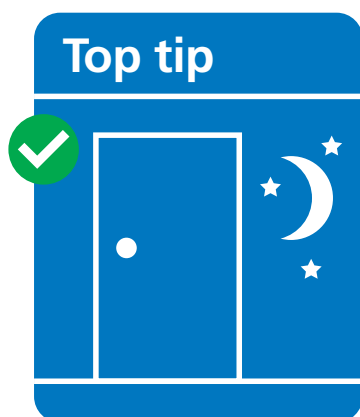
Put candles and cigarettes out properly.

☐

Make sure exits are kept clear.

☐

Keep door and window keys where everyone can find them.

☐

Close inside doors at night

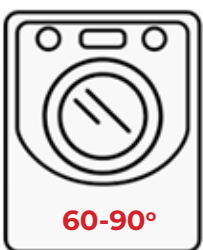




Fire Safety Advice

for clients who use paraffin based emollients

Emollient Creams are paraffin based and pose a significant fire risk. They can impregnate clothing and bedding making them particularly inflammable. If you use emollient creams to treat skin conditions please note the following:



- Do not smoke or use naked flames (or be near people who are smoking or using naked flames).
- Do not go near anything that may cause a fire while emollients are in contact with their medical dressings or clothing. For example, do not lean over a lit gas cooker hob or candles, or allow lit cigarettes to come into contact with clothing or dressings.
- Clothing and bedding should be changed regularly - preferably daily - to reduce the build-up of paraffin within the fabric.
- Clothing should be washed at a higher temperature. It is suggested that this should be between 60-90 degrees to remove the paraffin. Many garments cannot safely be washed at this temperature without causing damage in which case the advice must be to avoid wearing delicate clothing when using emollient creams.

For further advice please contact the Community Safety Department on 0800 177 7069 or visit our website at www.esfrs.org



Bedtime checklist

- ❑ 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 or tumble dryer 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.





East Sussex
Fire & Rescue Service

Fire Safety Advice

for clients who have been prescribed a dynamic airflow mattress, mattress overlay or cushion.



Why have I been prescribed this equipment?

Dynamic airflow mattresses, overlays and cushions are prescribed for people who have, or are at high risk of developing pressure ulcers, especially when people have severe restrictions to their mobility.

Air is pumped through these devices to reduce the pressure placed on the skin from a supporting surface, when a person is sitting or lying down. You, or a family member or friend, have been issued with one of these devices to stop a pressure ulcer from forming, or to prevent an existing pressure ulcer getting worse and allowing the ulcer to heal.

Prompt and proportionate treatment is essential, as the consequences of untreated pressure ulcers can be extremely serious. Dynamic airflow devices are uniquely placed to provide this level of pressure relief.

What's the risk?

Recently, there have been a small number of house fires where these devices have been a contributory factor. The instances of fire connected to these devices are extremely low, but it is important for all users of these devices to be aware of the risks and take the appropriate measures to reduce them.

For a fire to burn, three things are required: oxygen, heat and fuel. If a mattress, overlay or cushion is punctured and there is a source of heat nearby, such as a cigarette or candle, a fire may start and spread quickly. Even if the device is unplugged, this could still happen, as some devices have a backup battery which allows the pump to continue to function.

Potential risk factors

Of the incidents that have happened, smoking has been the most common cause. Therefore it is strongly recommended

that people who have been prescribed dynamic airflow devices do not smoke when using them, and no one around them smokes whilst the devices are in use. It is also worth pointing out that anything that is a significant risk of fire when used on or around dynamic airflow devices. Examples of such items are:



Candles



Matches/lighters



Electric blankets



Hot water bottles



Electric/gas heaters



Hair dryers, hair straighteners and curling tongs.

This list is not exhaustive, but represents some of the more common items that could pose a risk.

Non-heating items, such as televisions and computers,

placed close to, or on, dynamic airflow devices, could also pose a risk should they become faulty and catch fire. The use of emollient creams, especially paraffin-based creams, can increase the flammability of items they come into contact with. Consequently, if you have a skin condition that is treated with these you should be aware of an increased risk of flammability of items such as bed sheets, on to which these creams may have transferred.

All users of dynamic airflow devices are advised to review the environment surrounding the devices and take steps to reduce risk accordingly. Users who smoke are strongly advised to stop smoking when on or around the devices. Users should not allow others to smoke near the devices.

Those who continue, despite advice, **do so at their own risk.**

If, after you receive your device, you feel that your pressure care needs have changed, please contact your Occupational Therapist or District Nurse for reassessment.

If you are no longer receiving care from these teams, please call Millbrook Healthcare on 03332 400599 and state that you have a dynamic airflow device.



East Sussex
Fire & Rescue Service

East Sussex Fire & Rescue Service

Church Lane

Lewes

East Sussex

BN7 2DZ

0303 999 1000 | www.esfrs.org



East Sussex County Council

County Hall

St Anne's Crescent

Lewes

BN7 1UE

0345 608 0190 | www.eastsussex.gov.uk



Hoarding - Safety Tips

**For Care Agencies, Support Agencies,
Social Landlords, Family & Friends**

**Do you know, or work with, someone who stores large
amounts of possessions in and around their home?**

Help keep these highly vulnerable individuals safe from fire by
following the advice overleaf. Our 'top tips' are small, simple
steps that can easily be included in the regular
weekly/daily clearance sessions.



**For further information on help for hoarders
visit our website www.esfrs.org**

East Sussex
Fire & Rescue Service

Whether using a traditional oven/hob, or other methods of cooking such as a portable stove, make it a priority to keep the cooking area clear.

Do not place items on, or close to heaters, lamps or other electrical equipment.

Do not store cylinders in the home as they are a serious hazard during a fire. If there is a medical need for cylinders, they should be kept upright and outdoors where possible – never store cylinders in basements, under stairs or in cupboards with electric meters/equipment.

Smokers should use a proper ashtray that won't burn and put it on a flat, stable surface so that it can't tip over easily. Don't leave lit cigarettes unattended.

Put candles/tea lights in heat resistant holders that hold the candle/tea light firmly and ensure it is placed on a flat, stable, heat resistant surface. Keep candles/tea lights away from anything that can catch fire, and never leave them unattended.

Make sure there is a working smoke alarm and test it as part of regular clearance sessions. Contact the local fire and rescue service for advice.

Plan and practise how to escape if there were a fire. Choose an escape route and keep it clear of possessions – in the event of a fire this will aid a quick escape or allow firefighters to rescue anyone inside.

Ensure possessions are stored on stable surfaces and do not stack items to a height that they become unstable – they could fall over blocking the escape route.

Newspapers and mail stored in bulk are highly combustible and will cause a fire to spread rapidly. Sort mail and newspapers on the day they are received and recycle them on a regular basis.

In the event of a fire, do not attempt to put it out yourself – leave straight away and call the fire and rescue service once safely outside. Do not stop to collect possessions and do not go back inside.

If you feel that you need some help or assistance with the above, there are many organisations that will support you through the process free of charge - for details, go to www.helpforhoarders.co.uk/resources/

To request a home fire safety visit for a suspected hoarder contact us on 0800 177 7069. Alternatively, you can contact Adult Social Care (East Sussex) on 0345 608 0191 or Access Point (Brighton & Hove) on 01273 295555 for help and advice.

Vaping and e-cigarettes

Dropping a vape on a carpet, duvet or armchair won't start a fire, but there are still fire risks associated with e-cigarettes.

The risks around vaping tend to come from counterfeit or faulty products, and poor charging practises, so take a look at our advice below.

Batteries

- Never let your battery come into contact with metal items such as coins or keys in a pocket or bag, as this can cause a short circuit and explosion.
- Store removable and spare batteries in a plastic case to prevent accidental contact. Store them out of reach of children.
- Don't mix a battery from one supplier or product with a charger from another.
- Regularly inspect your vape batteries. If your battery is damaged in any way, leaking or not functioning properly, stop using it and replace it.

- Dispose of batteries carefully – your local authority should be able to advise on safe disposal

Charging

- Only use the charger that came with your vape. Never charge your vape with a phone, tablet or other charger.
- Don't charge your vape overnight, or leave it charging anywhere without regularly checking on it.
- Unplug your vape once it's fully charged. Don't leave it charging for an extended period of time.
- Charge your vape on a clean, flat surface, away from anything that could easily catch fire, and somewhere you can clearly see it - not on a sofa or pillow where it is more prone to overheat or get switched on accidentally.

Buying the right equipment

- Only buy vape equipment and chargers new, from reputable sellers. Second hand or counterfeit equipment may be dangerous.
- Only use batteries recommended for your device. Not all batteries are suitable for vapes. Don't mix different brands of batteries, use batteries with different charge levels, or use old and new batteries together.
- Only buy batteries from reputable sellers. Beware cheap, re-wrapped or fake batteries.

Looking after your e-cigarette

- Make sure you read and understand the manufacturer's recommendations for use and care of your device. If your vape did not come with instructions or you have further questions, contact the manufacturer.

- Look for any safety markings or warnings displayed on the battery or packaging
- Protect your vape from extreme temperatures by not leaving it in direct sunlight or in your car on a freezing cold night. Prevent it from getting wet, or from impact damage.

Safety features

- Consider using vape devices with safety features, such as protection against overcharging, firing button locks and vent holes.
- Don't remove or disable safety features that are designed to prevent battery overheating and explosions.

Safety tips for charging your devices

- Always use the charger that came with your phone, tablet, e-cigarette or mobile device.
- If you need to buy a replacement, always choose a branded, genuine product from a supplier you can trust. There are lots of fakes out there, and it can be difficult to spot the difference.
- Avoid storing, using or charging batteries at very high or low temperatures.
- Protect batteries against being damaged – that's crushed, punctured or immersed in water.
- Don't leave items continuously on charge after the charge cycle is complete – it is best not to leave your phone plugged in overnight for example.
- Never cover chargers or charging devices – that includes using your laptop power lead in bed.
- When you travel, avoid keeping all your items containing lithium ion batteries together, especially on a plane. Check with your flight carrier for additional information or advice.
- Don't overload your sockets.

Did you know?

Counterfeit electrical chargers can be deadly – many fail to meet UK safety regulations leading to fires and injury. What may seem like a bargain at the market isn't worth the risk when you consider that it could cost a family member's life.

Wheat Bags

Wheat bags can provide warmth, relief and comfort when used properly but, as with any product involving heat, there is a danger of fire and a risk of injury if care is not taken.

Safety tips

- If you want to use wheat bags, buy from a shop rather than making your own and make sure there are clear instructions.
- Ensure that the wheat bag conforms to British Standards and always follow the manufacturer's instructions with care.
- Make sure that the wheat bag is not heated for too long, or at too high a temperature, and never leave unattended during the heating process.
- Check that the microwave turntable is working properly and is not obstructed in any way. This will ensure that the bag is heated safely, without 'hot spots' being formed.
- Don't add oils to wheat bags as, over time, you will saturate the cover cloth and create an added fire risk.
- Continual heating and drying of the wheat bag may overheat it to ignition point. When heating it in a microwave, add a cup or bowl of water on the turntable to reduce this risk.
- Don't use wheat bags or heat packs as bed warmers – only use for direct application to the body.
- Don't use if the bag shows any signs of over-use, e.g. discolouration, smell of burning or charring.
- Leave bags to cool on a non-combustible surface, such as a draining board, and never reheat bags until they are completely cooled (which could be up to two hours).

Balconies

The fire risk on balconies can also be increased due to the use of balconies as storage. A significant number of balcony fires start from the unsafe disposal of smoking materials and the misuse of barbeques. Building owners may have existing policies in place as to what can and cannot be stored and used on balconies by residents and may wish to review these in the light of the materials used in the balcony construction.



East Sussex
Fire & Rescue Service



DANGER



**OXYGEN
NO SMOKING NO OPEN
FLAMES**

For further information or advice regarding your oxygen equipment, contact Dolby Vivisol on: 0500 823773

For further home fire safety advice, call: 0800 177 7069 or visit:
www.esfrs.org

www.facebook.com/firekills



Fire Safety Advice Whilst Using Oxygen Therapy

Now you are benefiting from oxygen therapy in your home, follow these few important tips to help keep yourself safe from fire:

DO keep at least 10 feet (3m) away from sparking objects, naked sources of flame, flammable materials and extreme heat.

DO ensure you turn off your oxygen supply when not in use, even for short durations.

DO allow at least 30 minutes after you have removed your oxygen before, for example, cooking. Oxygen may build up in material and make it more flammable, so allow time for it to be dispersed.

DO ensure oxygen is used in a well-ventilated room and not in a confined area.

DO ensure the firebreak (provided on concentrator machines only) remains in the tubing as left by the Dolby Vivisol technician. This piece of white plastic should have the blue arrow pointing towards the patient. It helps stop a fire spreading up the tubing if one end catches alight.

DO NOT smoke or let anyone else smoke near you. Not only will smoking aggravate your condition, it is extremely dangerous when oxygen is being used.

DO NOT use or let anyone else use electronic cigarettes near you whilst undergoing oxygen therapy. Additionally, batteries of electronic cigarettes should not be charged in the vicinity of a patient undergoing oxygen therapy or the oxygen source itself.

DO NOT apply oil or grease to the equipment. Keep all equipment clean using a damp cloth and a mild cleaning fluid, allowing equipment to dry properly before using. Ensure your hands are clean when handling your equipment.

DO NOT use face or hand creams that are oil based. Only use water based creams. If unsure seek advice from your pharmacist.

When using your oxygen, **DO NOT** leave your mask or cannula in your lap or lying on the bed or chair for any length of time.

DO NOT let your tubing get trapped as this can reduce the flow of oxygen or even stop it. The maximum length of tubing we can install is 15m so always take care not to slip or trip up over your tubing. Be extra careful around doors and furniture.

DO NOT let anyone tamper with your oxygen equipment or change the flow rate ordered by your Healthcare Professional.

DO NOT cover or hang items on your concentrator or other oxygen equipment.