

HOME SAFETY BOOKLET



East Sussex
Fire & Rescue Service

Version 2.
June 2023



Today's Home Safety Visit

Date:

Visited by:

Following your Home Safety Visit today, we discussed:

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2

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Contents

DIY checklist	Page 4	Where to get healthy living advice	Page 30
Smoke alarms	Page 5	The Eatwell Guide	Page 32
Carbon monoxide alarms	Page 8	Alcohol	Page 33
In the kitchen	Page 10	Reducing the risk of falls	Page 34
Electrics	Page 12	Quitting smoking	Page 36
Vaping and e-cigarettes	Page 15	Mental health	Page 37
Cigarettes	Page 17	Urgent help	Page 39
Candles, incense and joss sticks	Page 18	Covid	Page 40
Wheat bags	Page 19	Dementia	Page 41
Emollient creams	Page 20	Telecare alarm services	Page 42
Dynamic airflow mattress	Page 21	Cost of living	Page 43
Oxygen therapy	Page 22	Help with hoarding	Page 44
Make an escape plan	Page 23	Keeping young children safe	Page 46
What to do if there is a fire	Page 24	Firewise	Page 54
What to do if your escape is blocked	Page 25	Safeguarding	Page 55
What to do if your clothes catch fire	Page 25	Fire safety advice for autistic children and adults	Page 56
How to escape from a high level building	Page 26	Dealing with scams	Page 58
Balconies	Page 26	Alternative formats and translation	Page 59
Make a bedtime check list	Page 27	Useful contacts	Page 60
Healthy Living	Page 28		
Winter and Summer wellbeing	Page 29		

Do it yourself fire safety checklist

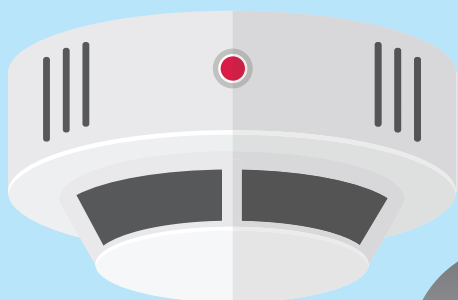
PLEASE WORK THROUGH THE CHECK LIST BELOW TO KEEP YOU AND YOUR FAMILY SAFE:

- ☐ I HAVE CHECKED THERE IS A WORKING SMOKE ALARM ON THE CEILING OF EVERY LEVEL OF MY HOME.
- ☐ I HAVE A WAY OF REMINDING ME TO CHECK MY SMOKE ALARMS EVERY MONTH.
- ☐ I HAVE CHECKED THERE IS NOTHING NEAR THE HOB OR COOKER THAT COULD CATCH FIRE, SUCH AS TEA TOWELS OR KITCHEN ROLL.
- ☐ IF THERE ARE SMOKERS IN THE HOUSE I HAVE ADVISED THEM OF WHERE TO FIND SUPPORT TO STOP SMOKING AND ASKED THAT THEY DON'T SMOKE IN THE HOUSE.
- ☐ I HAVE MADE SURE MATCHES AND LIGHTERS ARE OUT OF REACH AND HIDDEN FROM CHILDREN.
- ☐ I HAVE CHECKED THAT ALL EXTENSION LEADS ARE IN GOOD CONDITION AND PLUG SOCKETS ARE NOT OVERLOADED.
- ☐ I HAVE CHECKED THAT ALL CANDLES ARE PLACED IN SUITABLE HOLDERS AND WILL MAKE SURE THEY ARE NEVER LEFT UNATTENDED.
- ☐ I HAVE SHARED THE FIRE ESCAPE PLAN WITH EVERYONE IN MY HOME.
- ☐ I HAVE IDENTIFIED ALTERNATIVE WAYS TO ESCAPE IN CASE OUR NORMAL EXIT ROUTE IS BLOCKED.

Smoke alarms

Choosing your smoke alarm

- Fit smoke alarms on every level of your home.
- 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.
- Smoke alarms are cheap and easy to install.
- Consider installing a 10 year battery smoke alarm. 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.



YOUR LANDLORD'S RESPONSIBILITY

All landlords must ensure at least one smoke alarm is equipped on each storey, a carbon monoxide alarm is in any room used as living accommodation, which contains a fixed combustion appliance (excluding gas cookers) and smoke alarms and carbon monoxide alarms are repaired or replaced once informed and found that they are faulty.

How to make sure your smoke alarm works

- 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. Generally they don't need replaceable batteries, but need to be installed by a qualified electrician.
- An alarm with ten-year batteries is the best option.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the light is on.
- 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.

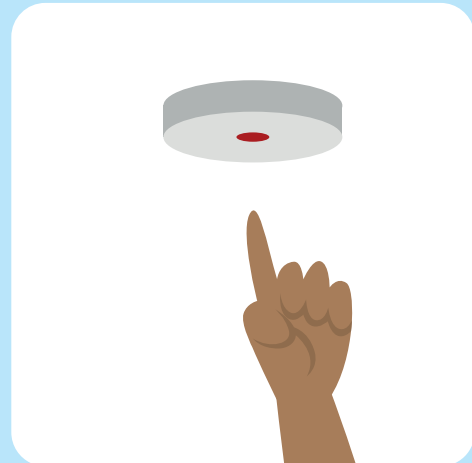


Fitting your smoke alarm

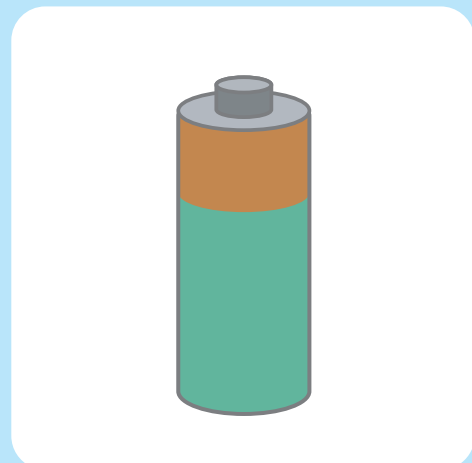
- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear the alarm throughout your home.
- If it is difficult for you to fit your alarm yourself contact your local fire and rescue service for help. They'll be happy to install it for you.

Looking after your smoke alarm

- Make testing your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your 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, including hard-wired systems.



Test it



Change it



Replace it

Carbon monoxide alarms

Carbon monoxide (CO) is a colourless, odourless, tasteless, poisonous gas which is produced when fuels such as gas, oil, coals and wood don't fully burn.

Burning charcoal, running cars and the smoke from cigarettes also produce CO gas. If you have cookers, heaters, boilers, a gas fire, an open fire or a log burner which uses any of these fuels you need to fit a CO detector.

- Have your gas appliance checked annually by a Gas Safe registered engineer.
- Check their I.D. card on both sides to ensure they are competent to carry out the work.
- Have your chimney checked and swept annually.
- Read and follow all of the instructions that accompany any fuel-burning appliance.
- Never run the car in a garage even if the garage door to the outside is open. Fumes can build up very

quickly in the garage and living area of your home.

- Never use a gas oven/grill to heat your home, even for a short time.
- Never use a gas stove or BBQ in confined space.
- Never ignore symptoms, particularly if more than one person in the home is feeling them.

CO poisoning kills 40 people and injures a further 300 every year in the UK.

If you have an oil heating system, get it checked every year by an OFTEC registered engineer.

If you have a solid fuel heating system, get it checked by a HETAS registered engineer.



What are the symptoms of carbon monoxide poisoning?

- The most common symptoms include headaches, dizziness, tiredness and nausea.
- Symptoms can be mistaken for flu, viruses or even food poisoning.
- If someone suffers from these symptoms whilst at home but is fine elsewhere, they may be suffering from CO poisoning.

Look for warning signs that your appliances aren't working correctly, such as:

- Black sooty marks around stoves, boilers or fires.
- Smoke accumulating in rooms due to faulty flues.
- Gas appliances burning with a yellow instead of a blue flame.

What to do if your carbon monoxide alarm sounds or you suspect a leak:

- Stop using all appliances, switch them off, and open doors and windows to ventilate the property.
- Stay calm and evacuate the property immediately.
- Call the gas emergency number 0800 111 999 to report the incident, or call the Health and Safety Executive (HSE) Gas Safety advice line 0800 300 363.
- Seek immediate medical help and advice if you think you've been exposed.
- Go immediately to your local accident and emergency department (A&E) if you are feeling unwell after being exposed to carbon monoxide.

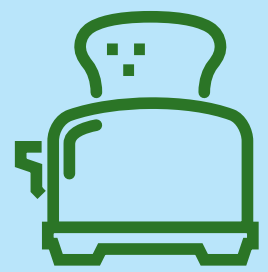
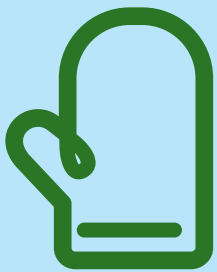
In the kitchen

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.

How to 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.
- 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.





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.

Take care with electrics in the kitchen

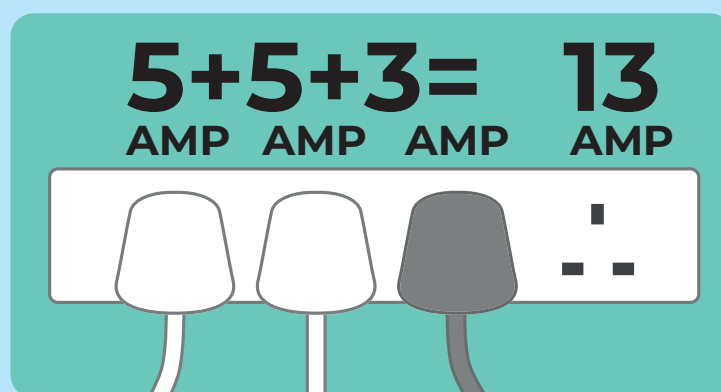
- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.
- Don't put anything metal in the microwave.
- Check for hot plugs or sockets, scorch marks, fuses that often blow, or flickering lights.
- Unplug all appliances and chargers when you're not using them.
- Have your electrics checked at least every ten years by a registered electrician.

Electrics

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.
- Daisy Chaining is dangerous; the term refers to the practice of plugging

a multiway extension/ adapter into a mains power socket and when you run out of sockets, plugging a second multiway extension into one of the power sockets on the extension. It's the process of looping more than one power extension together to create a chain of them, all powered by the same single power source in the wall. Though it might seem convenient, like some quick fixes in life, it's extremely dangerous.



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.

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 label.

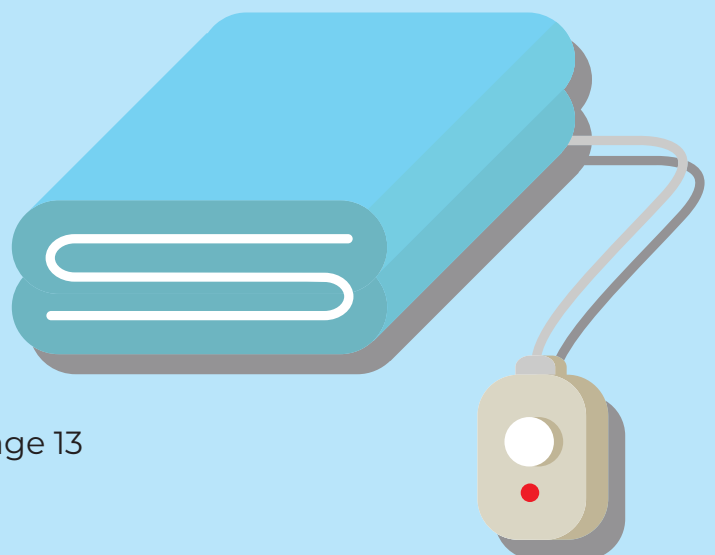
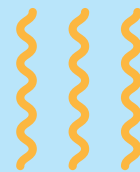
Using an electric blanket

- 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.

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.



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.
- Laptops with cooling fans are at higher risk of overheating when covered. We advise not to place them on soft furnishings when in use or being charged.
- Incorrectly charging Lithium (Li) batteries can cause them to overheat and explode, resulting in a ferocious fire. These batteries are in common use and should always be charged with the manufacturer's approved charger. Using a cheaper or alternative charger may result in the wrong charge being applied which can result in them catching fire.
- There have been a number of serious and fatal fires nationally caused by e-Bike batteries being incorrectly charged. These create a particular risk to occupants as they are often stored in the means of escape – next to exit doors. Similar risks relate to charging mobility scooters.
- Charging e-cigarettes and mobile phones using non-original chargers can cause overcharging and also lead to fire.



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 practices, so take a look at our advice below.

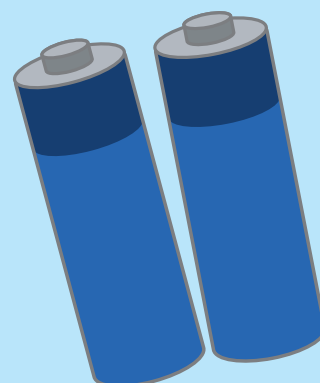
Vape Batteries

- 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.

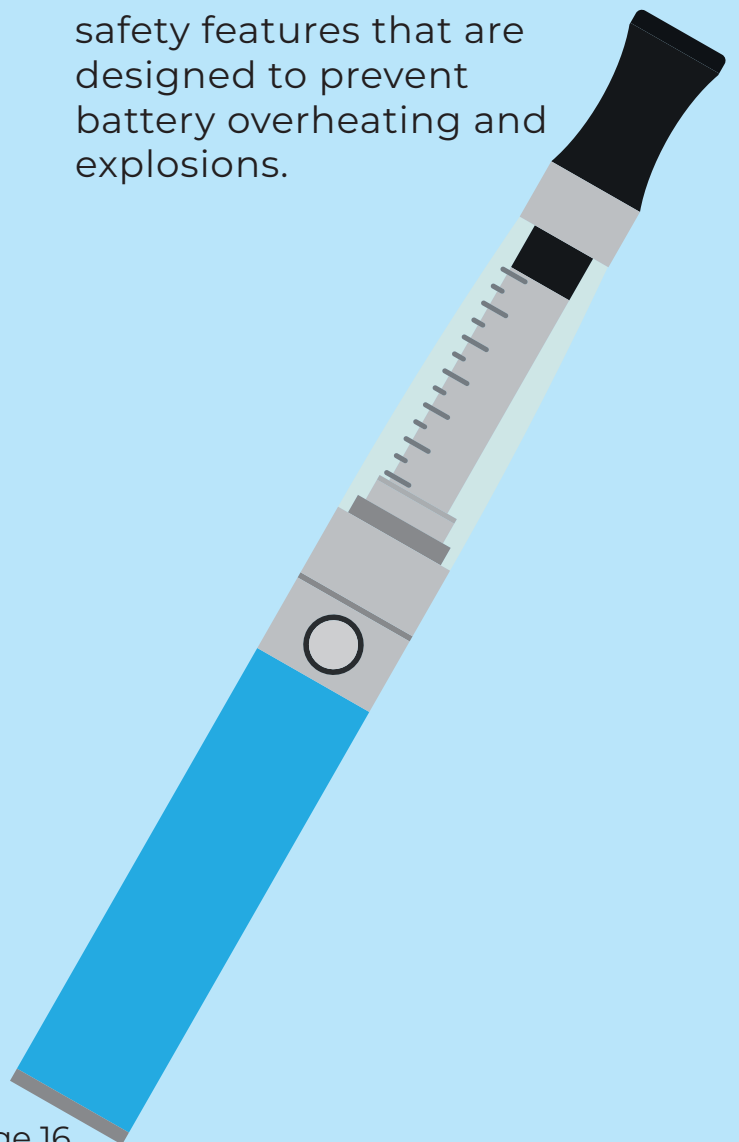
Looking after your e-cigarette

- 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.



Cigarettes

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

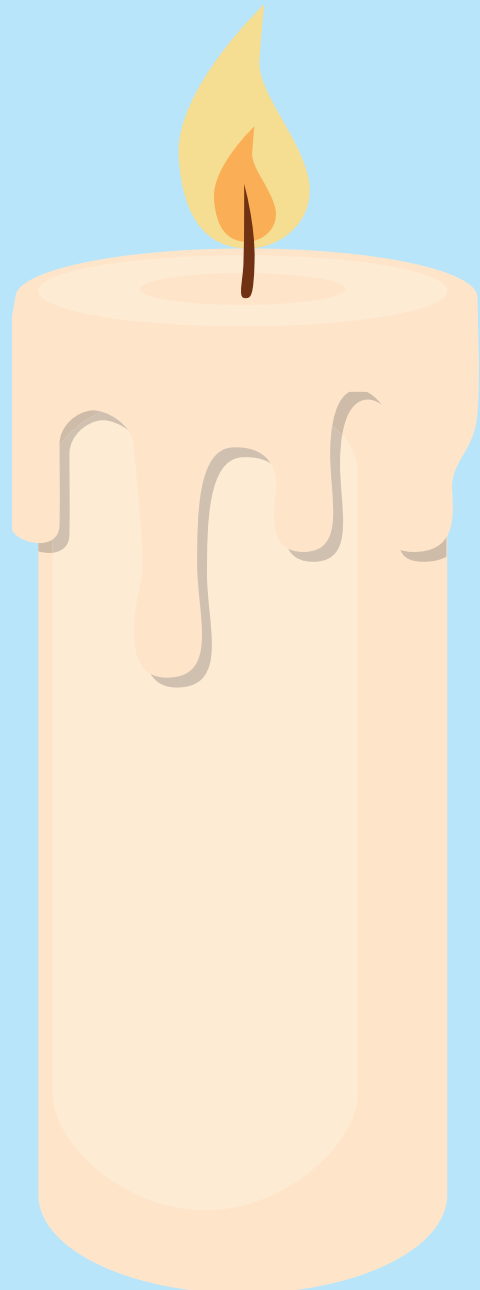
- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're 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.
- Fake and counterfeit cigarette products can present a greater fire risk as they continue to burn when left unattended, legal cigarettes self-extinguish if not actively smoked, reducing the risk of fire.



Candles, incense and joss sticks

Incense and candles can be dangerous if left unattended, so always ensure they are placed in a draught-free area, well away from curtains, furniture or other flammable surfaces. Make sure you leave plenty of space around the area and ensure that the surface is flat and stable. Taking the necessary precautions can help protect your family, property and belongings.

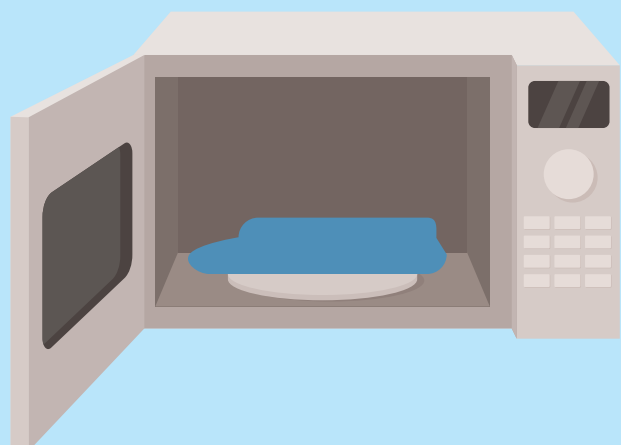
- Place candles on a candle holder and use an incense stick holder so the ash falls on it.
- You should make sure that your incense burner or candle holder is heat-resistant and suitable.
- Place them all well away from curtains, furniture or other flammable surfaces.
- Leave plenty of space around the area and make sure the surface is flat and stable.
- Never leave incense, joss sticks or candles unattended. It's really easy for them to fall over and set nearby items on fire.
- Keep pets and children away from them.
- Put candles out when you leave the room, and make sure they're put out completely at night.



Wheat bags

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).



Emollient creams

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.
- Never use paraffin or oil-based cream or liquid on your skin if you are using oxygen.
- 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.
- Cover your furniture with throws to avoid them becoming contaminated.



Dynamic airflow mattress

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.

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.

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.

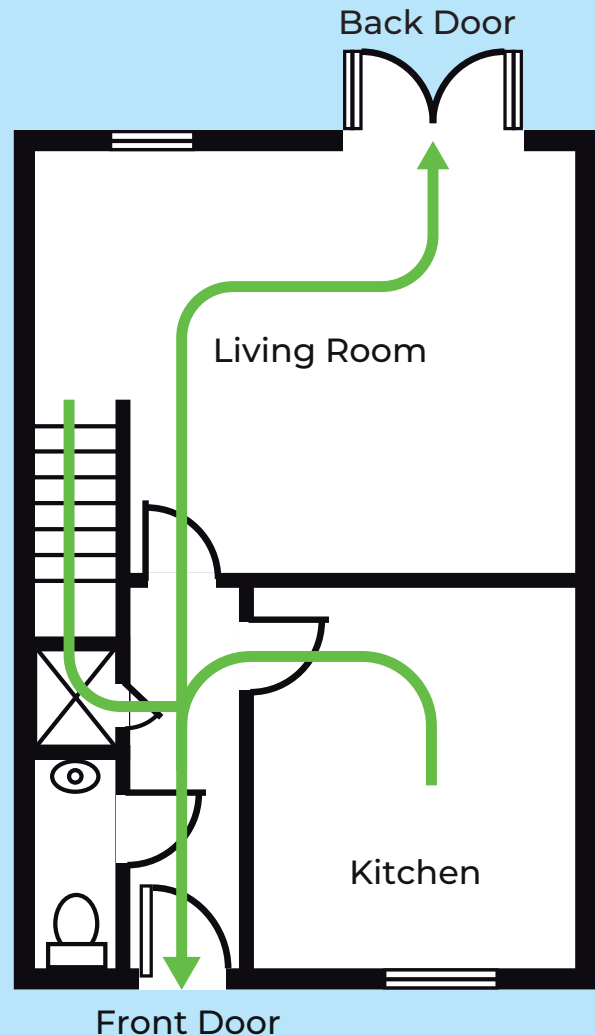
Non-heating items, such as televisions and computers, placed close to, or on, dynamic airflow devices, could also pose a risk should they become faulty and catch fire. The use of emollient creams, especially paraffin-based creams, can increase the flammability of items they come into contact with. Consequently, 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.

Oxygen therapy

- Keep at least 10 feet (3m) away from sparking objects, naked sources of flame, flammable materials and extreme heat.
- Ensure you turn off your oxygen supply when not in use, even for short durations.
- 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.
- Ensure oxygen is used in a well-ventilated room and not in a confined area.
- Don't 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.
- Don't smoke or let anyone else smoke near you.
- Don't let your tubing get trapped as this can reduce the flow of oxygen or even stop it.
- 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.
- Don't 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.
- 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, don't leave your mask or cannula in your lap or lying on the bed or chair for any length of time.

Make an escape plan

- 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.
- Let other people in the property know your plan.



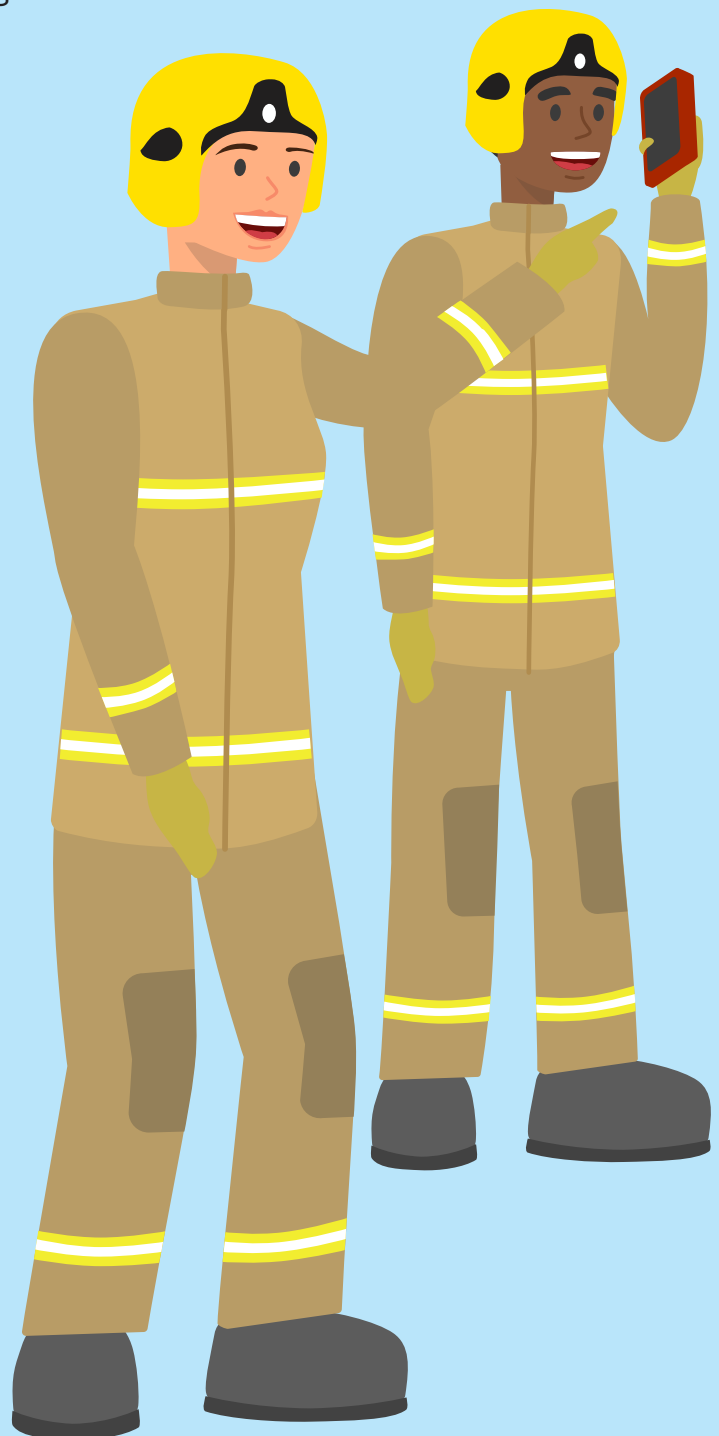
**GET OUT
STAY OUT
CALL 999**



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.



What to do if your escape is blocked

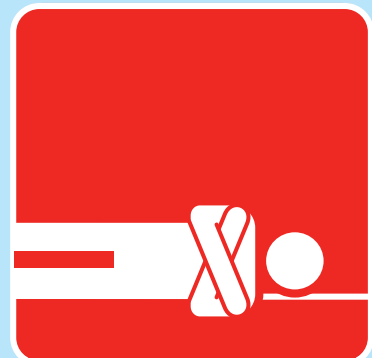
If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket

- 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, then open the window and call "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.

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!

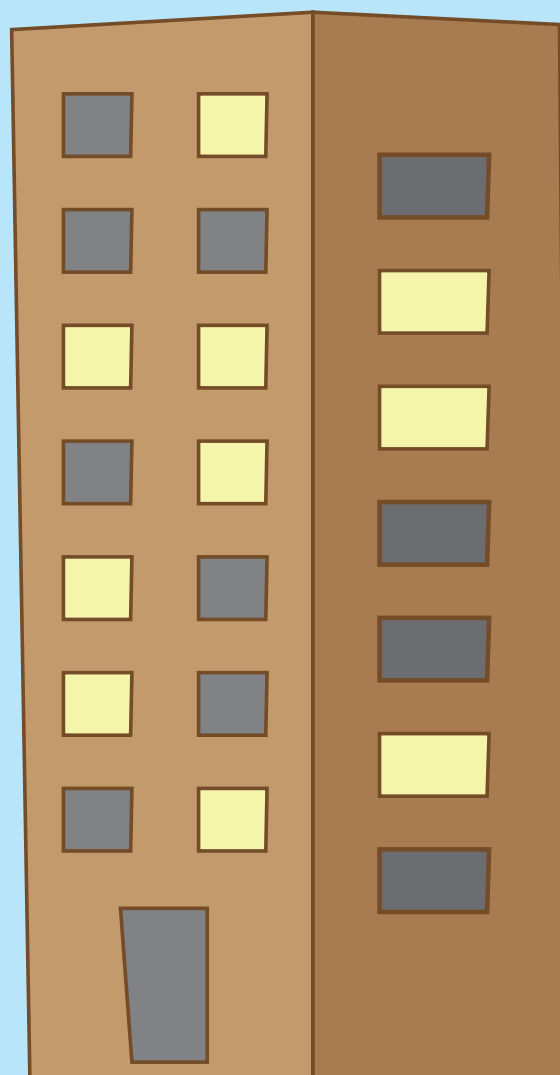


How to escape from a high level building

- 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.

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.



MAKE A BEDTIME 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.

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.



Healthy Living

By making simple, small changes to your everyday life you can make big differences that will help you live longer and in better health.

Move more. Whatever your age, there are lots of different health benefits from being active.

Birth – 5 years

Aim for at least 3 hours across every day.

Move more, sit less, play together, including:

- Crawling
- Walking
- Jumping
- Playground
- Messy play

Every movement counts.

Public Health nurses will be able to advise on individual needs.

6 – 18 years

Aim for at least 60 minutes every day.

Sit less, move more, including:

- Walking
- Running
- Swimming
- Climbing
- Skipping

Any movement that makes them breathe faster and feel warmer.

Adults

Aim to do 150 minutes of moderate activity over a week.

This is activity to a level that makes you breathe faster, your heart to beat faster and you to feel warmer, including:

- Walking
- Gardening
- Swimming
- Dancing

Something is better than nothing and just 10 minutes at a time provides benefit.



For more ideas visit www.nhs.uk/oneyou and download the Active 10 app for your phone.

Five tips for **winter** wellbeing:

1. Get your free flu jab if you are aged 65 and over, pregnant, have certain medical conditions, live in a residential or nursing home, or are the main carer for an older or disabled person.
2. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
3. Keep warm. Setting your heating to at least 18c in winter poses minimal risk to your health when you are wearing suitable clothing.
4. Make sure you are getting the best deal from your energy supplier, or consider switching to another one. You could save around £200 per year. Talk to your supplier first to discuss how to pay what you can afford. Citizens Advice can also help.
5. You may be able to get free help with reading a meter or be treated as a priority customer if there is a power cut. Contact your gas, electricity and water suppliers to join their Priority Service Register.

Five tips for **summer** wellbeing:

1. Don't spend long periods sitting or working outside in the hottest time of the day (11am- 3pm) and always wear sunscreen.
2. Avoid strenuous activities and limit activities to early morning/evening when it's cooler.
3. Drink plenty of fluids.
4. Wear loose/lightweight cotton clothing.
5. Shut windows when it's cooler inside than out and open when it's hotter inside than out. Leave them open at night if it's safe.

Where to get healthy living advice

You can get advice and support on how to make small changes to improve your health and wellbeing, including how to stop smoking, how to become more active and how to make your meals healthier.

Friendly and impartial service which comes from your local authority and other partners, the majority of our services are completely free to users.

As well as using the website, you can find out more about local activities and support services by talking to our friendly Wellbeing Advisors over the phone or in person.

- How can the Wellbeing service help me?
- Have you thought about losing weight, but don't know where to start?
- Do you want to get more active and energised, but aren't sure what's happening in your area?
- Do you want to stop smoking, but aren't confident in taking that first step alone?
- Do you sometimes feel low and want a boost to your general wellbeing?

If the answer to any of these questions is yes, then they can help you. They can offer advice and information and they will also put you in touch with more specialist support if it's needed.

There are three simple steps to get started:

1. Get ready - Think about the changes you would like to make to lead a healthier lifestyle.
2. Get set - Check out the wellbeing website for local activities or support that can help you achieve your goals. Phone or email for a one-to-one chat with a Wellbeing Advisor, or to make an appointment if you need that extra bit of help.
3. Go - They will give you advice and support on how to take control and build small changes into your life. They understand how hard it can be, but they can help to make it easier.

For more information about looking after yourself throughout the year contact:

In East Sussex:

'One You' offer free health and wellbeing services.

Look at the website www.oneyoueastsussex.org.uk

Phone number: 01323 404600

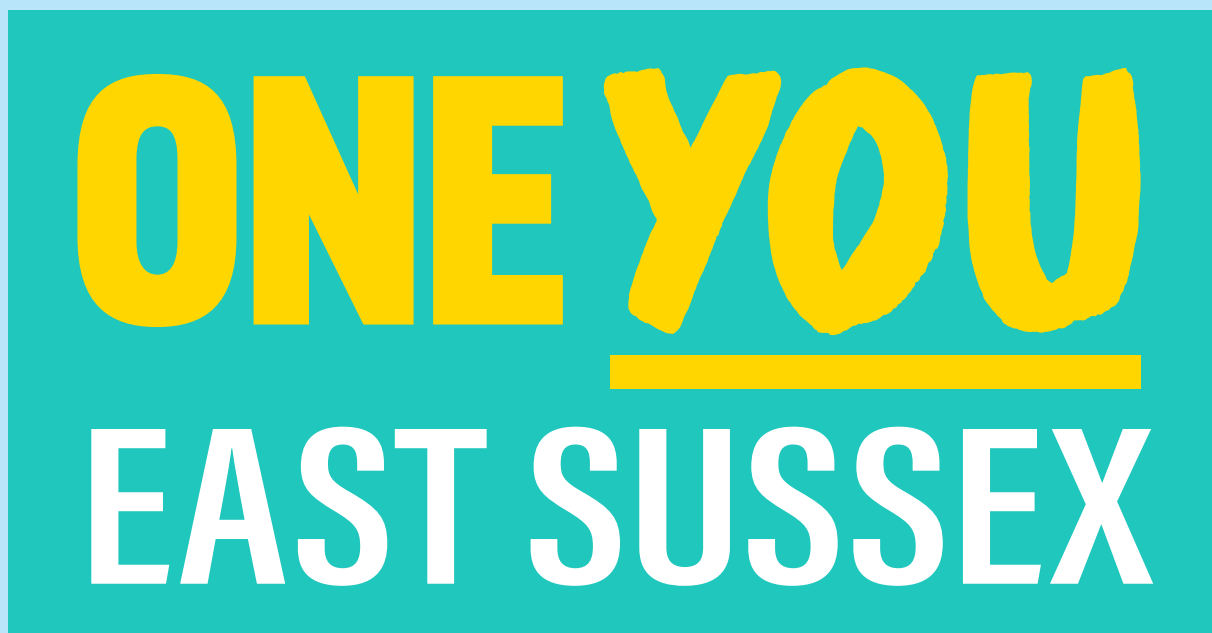
Email: hello@oneyoueastsussex.org.uk

In Brighton and Hove:

'Healthy Lifestyles' offer free health and wellbeing services.

Phone: 01273 294589

Email: healthylifestyles@brighton-hove.gov.uk



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Alcohol

Being under the influence of alcohol means you are three times more likely to be involved in a fatal fire and you are four times as likely to be injured.

Spread no more than 14 units a week over three or more days.
14 units is roughly the same as either:



Regularly drinking too much alcohol increases risks to health as follows:

- Liver damage, such as cirrhosis and several cancers.
- High blood pressure, increased risk of heart disease and stroke.
- Depression, memory loss, brain damage or dementia.
- Stomach damage.
- Potentially fatal alcohol poisoning.

For drug and alcohol support:

Talk to FRANK

Tel: 0300 123 6600

Email: Frank@talktofrank.com

In East Sussex visit

www.oneyoueastsussex.org.uk/services/drink-less

In Brighton & Hove visit

www.brighton-hove.gov.uk/alcohol-or-drug-misuse

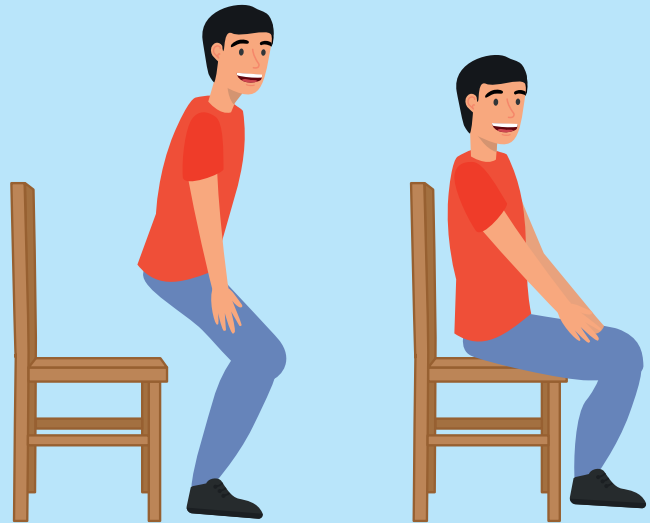
Reducing the risk of falls

If you have mobility issues or other conditions that could affect balance, please consult a GP or professional before undertaking these exercises.

1. Sit to stand

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.

Repeat up to 10 times.

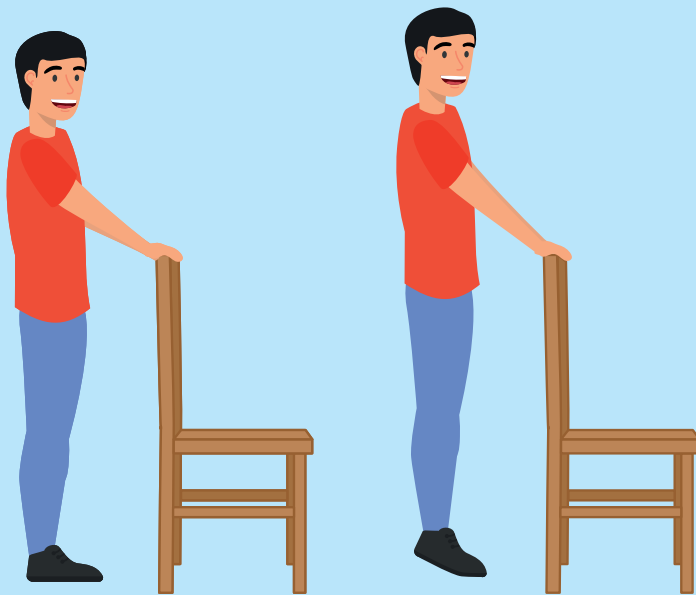


2. Heel raises

Stand tall with your feet hip-width apart. Hold your support.

Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.

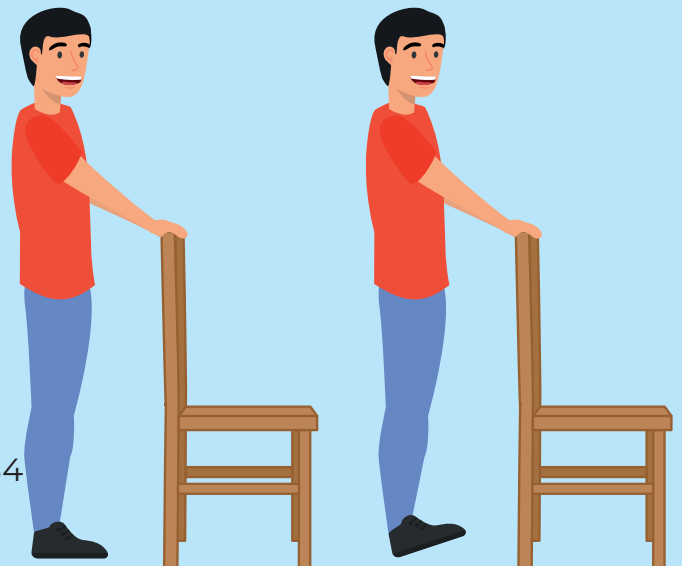


3. Toe raises

Stand tall with your feet hip-width apart. Hold your support.

Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

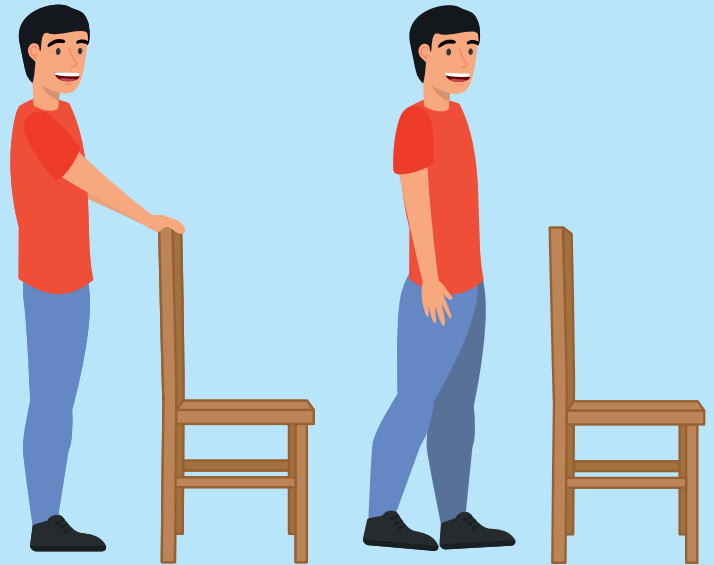
Repeat up to 10 times.



4. Heel toe stand

Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hands off if possible. Take your feet back to hip-width apart.

Repeat with the other foot in front, balancing for another 10 seconds.



5. Heel toe walking

Stand tall, side on to your support.

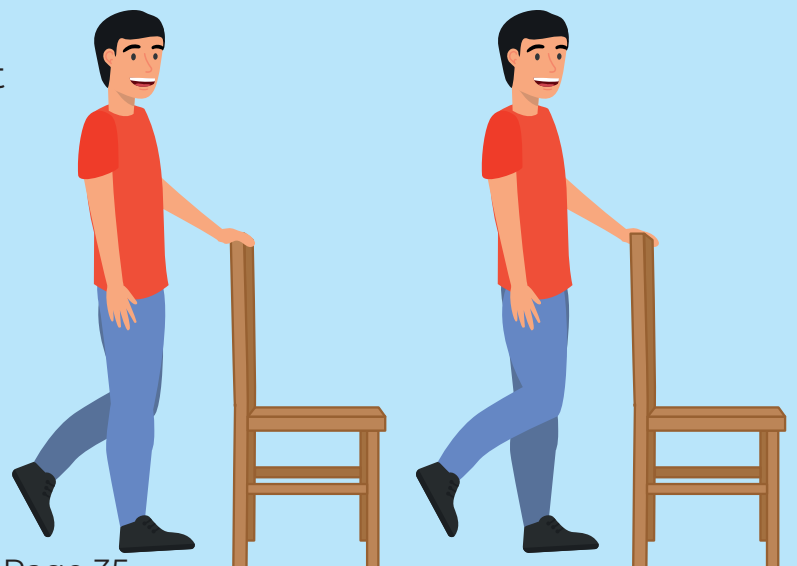
Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line.

Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip-width apart before turning slowly towards your support. Repeat the steps in the other direction.

6. One leg stand

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds.

Repeat with the other leg.



Quitting smoking

Smoking damages your body in many ways. From the day-to-day effects on your heart and your breathing, to longer-term smoking-related diseases such as heart disease, cancer and stroke. Your smoke can harm your family's health, too.

No matter how long you've smoked for, quitting can help improve your health straight away.

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

After 20 minutes



Check your pulse rate, it will already be starting to return to normal.

After 8 hours



Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours



All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours



If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 to 12 weeks



Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 to 9 months



Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year



Great news! Your risk of heart attack will have halved compared with a smoker's.

After 10 years



More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

Mental health

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

5 steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences, provide emotional support and allow you to support others. There are lots of things you could try to help build stronger and closer relationships.

2. Be physically active

Being active is not only great for your physical health and fitness, evidence also shows it can also improve your mental wellbeing by:

raising your self-esteem, helping you to set goals or challenges and achieve them causing chemical changes in your brain, which can help to positively change your mood.



3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

boosting self-confidence and raising self-esteem, helping you to build a sense of purpose helping you to connect with others.

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

4. Give to others

Research suggests that acts of giving, and kindness can help improve your mental wellbeing by:

creating positive feelings and a sense of reward giving you a feeling of purpose and self-worth helping you connect with other people.

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

5. Mindfulness

Some people call this awareness “mindfulness”. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Being depressed can leave you feeling low in energy, which might put you off being more active.

Regular exercise can boost your mood if you have depression, and it’s especially useful for people with mild to moderate depression.

Any type of exercise is useful, as long as it suits you and you do enough of it. Exercise should be something you enjoy; otherwise, it will be hard to find the motivation to do it regularly.

You are not alone

However you are feeling right now, things can get better.

Health in Mind



Health in Mind is a free NHS service for anyone in East Sussex experiencing emotional or psychological difficulties such as stress, anxiety and depression.

Visit their website www.healthinmind.org.uk for more information or to refer yourself into the service.

Urgent help contact information

- Call the Sussex Mental Health Line, open 24 hours a day, 7 days a week on 0800 0309 500
- The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247
- Text SHOUT to 85258 Free 24/7 mental health text support service
- Call the Samaritans, open 24 hours a day, 7 days a week on 116123
- Attend your local A&E (or call 999/112 or 111 for non-emergency medical attention).
- Go to www.sussexpartnership.nhs.uk/urgent-help-crisis

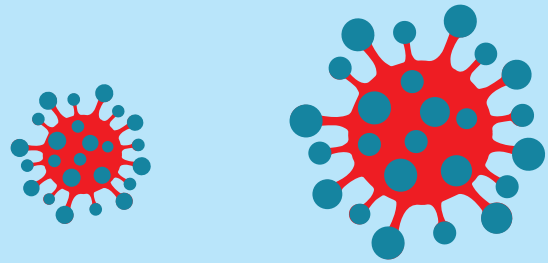
For more advice on coping with suicidal thoughts:

- www.nhs.uk/conditions/suicide/
- www.mind.org.uk/suicidal

Domestic abuse:

- Domestic violence website: www.nationaldahelpline.org.uk
- The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Covid



As we learn to live safely with COVID-19, there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others.

Vaccinations are very effective at preventing serious illness from COVID-19, however, even if you are vaccinated there is a chance you might catch COVID-19 or another respiratory infection and pass it on to other people.

People who are at higher risk include:

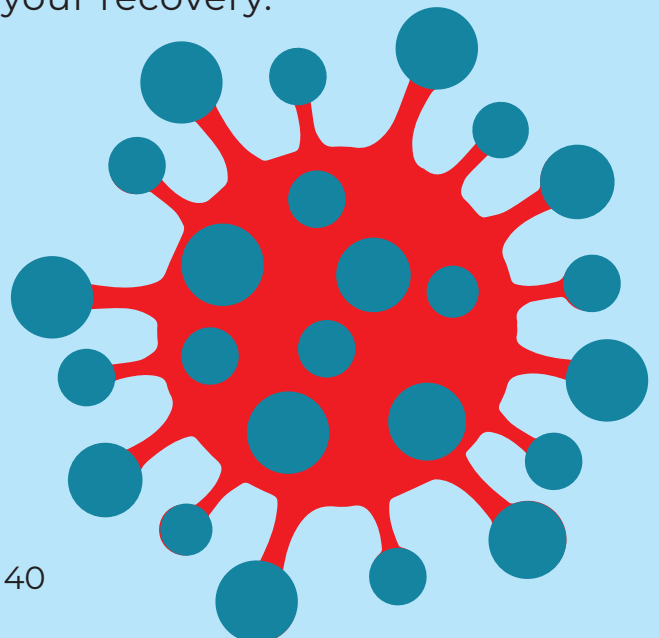
- Older people.
- Those who are pregnant.
- Those who are unvaccinated.
- People of any age whose immune system means they are at higher risk of serious illness.
- People of any age with certain long-term conditions.

Symptoms of COVID-19, flu and common respiratory infections include:

- Continuous cough.
- High temperature, fever or chills.
- Loss of, or change in, your normal sense of taste or smell.

- Shortness of breath.
- Unexplained tiredness, lack of energy.
- Muscle aches or pains that are not due to exercise.
- Not wanting to eat or not feeling hungry.
- Headache that is unusual or longer lasting than usual.
- Sore throat, stuffy or runny nose.
- Diarrhoea, feeling sick or being sick.

If you are feeling unwell with these symptoms, you should get plenty of rest and drink water to keep hydrated. You can use medications such as paracetamol to help with your symptoms. Antibiotics are not recommended for viral respiratory infections because they will not relieve your symptoms or speed up your recovery.



Dementia

People living with Dementia and Alzheimer's may need regular reminders about their safety.

We would prefer to carry out our home safety visit for a resident with Dementia or Alzheimer's with a family member, friend or carer to help reinforce our messages.

- Make sure there are smoke alarms on each level of the home.
- Test smoke alarms weekly.
- Have an escape route and keep it clear.

Some people living with Dementia or Alzheimer's may not recognise the sound of an alarm or know how to respond. Consider installing a CareLink (Brighton & Hove) or LifeLine (East Sussex) system, a radio-linked smoke alarm which means if the smoke alarm sounds it will alert CareLink/LifeLine who will contact the emergency services. CareLink and LifeLine systems can also include pendants which can be pressed in an emergency situation and automatic fall-detectors.

East Sussex Fire and Rescue Service is signed up to the Dementia Friends

programme coordinated by the Alzheimer's Society.

We want to encourage people living with Dementia to continue to live safely and independently in their own homes, East Sussex Fire and Rescue offer Home Safety Visits, which can include additional advice for people living with, or caring for those with Dementia.

We encourage another member of the family or a regular carer to be present during the home safety visit.

Dementia affects people in different ways, but can result in confusion, memory loss and disorientation. There may be reduced ability to finish thoughts or follow directions. There may be reduced mobility, hearing and sight loss, balance problems and loss of co-ordination. As the condition progresses, the person may struggle to perform familiar tasks, remember recent events or recognise potential dangers. If you have concerns regarding a friend or relative, in the first instance, contact their GP.

Telecare alarm services

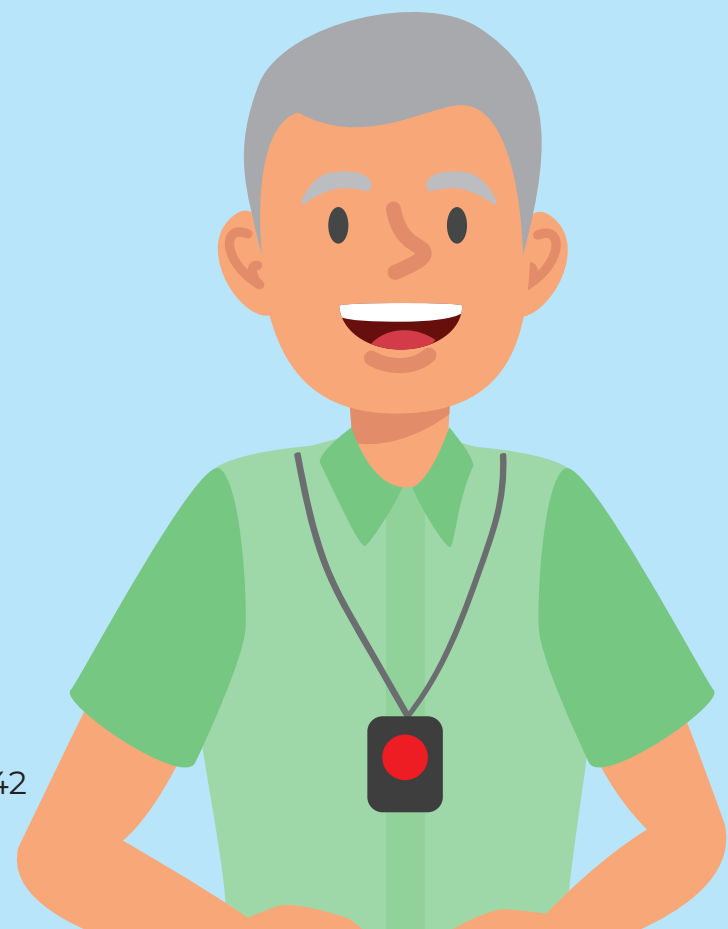
The UK has an ageing population, which means that pressure on hospitals and the care sector is increasing. Waiting times for both planned and urgent medical treatment are on the rise. Thankfully, personal alarms can help and a range of services and equipment are available to help support you at home, and also some devices which can help support you whilst you are out and about.

Having a personal system can help people continue living safely in the comfort of their own home, rather than moving into a care home or staying in a hospital bed that is in demand.

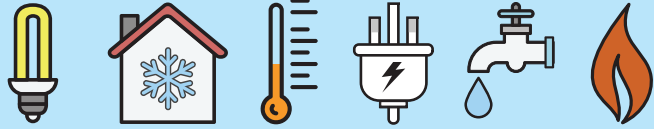
These systems provide Emergency 24/7 Response for anybody who is elderly, frail, disabled or suffer from a medical condition. It's particularly helpful for those who are at risk of a falls. It aims to give people the reassurance and confidence they need to live safely and independently in their own homes.

Careium (East Sussex): 01323 644422

CareLink Plus (Brighton & Hove): 03001233301



Cost of living



We are urging people to take fire safety precautions in the home to stay safe.

It is estimated one in four UK households are in fuel poverty and it is reported that the current cost of living issues could push more households into fuel poverty, leading to more fire risks. By taking a few simple steps, people can reduce their risk of fire in the home:

- Do not put yourself at additional risk.
- Buy, charge and run electrical products and white goods safely.
- Ensure you keep warm safely.
- Products such as portable heaters and electric blankets must be in good working order, not subject to any recalls and used correctly.
- Buy electrical products from reputable retailers – and always sign up to the national product safety alerts and recalls, and always to register appliances.

- There is a misconception, that it is cheaper to use electricity during off peak night-time hours. This may lead people to try and save money by running white goods such as tumble dryers and washing machines whilst they are asleep, which means if a fire should start it might go undetected for longer allowing occupants less time to respond quickly and safely. For most households this is simply not the case, unless like the minority of homes you are on an off peak or time of use tariff.
- Ensure you have working smoke alarms.

As the cost-of-living increases across the entire UK, we are offering help and advice to help people stay safer in their homes. This ranges from simple steps such as smoke detection and checking electrical items to how fire services can assist people who are more vulnerable, please see our web site for further up to date advice.

www.esfrs.org/save-safely

Help with hoarding

Many people have some belongings they consider special and it's common to save some things because they could come in useful in the future. Hoarding is when your need to keep things causes you distress or interferes with your day to day life.

If you think you may be a hoarder, the following suggestions may help:

- Prioritise keeping your cooking area clear
 - whether you use a traditional oven/hob, or other methods of cooking such as a portable stove.
- Do not place items on, or close to heaters, lamps or other electrical equipment as they could overheat and cause a fire.
- Try to sort your post and newspapers and recycle them on a regular basis. Large piles of paper will cause a fire to spread rapidly.
- If you use candles/tea lights put them 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 don't leave them unattended.
- If you smoke, try to smoke outdoors, use a proper ashtray that won't burn and put it on a flat, stable surface so that it can't tip over easily.



- If you have oxygen cylinders, do not store them in the home as they are a serious hazard during a fire. If you have medical need for cylinders, store them upright and outdoors where possible – never store cylinders in basements, under stairs or in cupboard.
- In the event of a fire, do not attempt to put it out yourself – Get out, stay out and call 999. Do not stop to collect possessions.
- Choose an escape route and keep it clear of possessions – in the event of a fire this will help you to escape quickly or allow firefighters to rescue anyone inside.
- Keep your possessions stored on stable surfaces and don't stack items too high - they could fall over and block the escape route.

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 more details go to:

www.helpforhoarders.co.uk

www.mind.org.uk/hoarding



Keeping young children safe

Did you know that children aged 0 – 4 years old are the most at risk from accidents in the home?

90% of the most serious preventable accidents to the under-fives fall into five main areas: Falls, Choking, Poisoning, Burns and Drowning. 76,000 under 5's attend A & E following a burn or scald each year.

Please follow our child Safety Advice to help keep your children even more safe.

1. Do you have a first aid kit? (All Ages)

Accidents will happen, despite our best efforts. First aid can make a difference to the long-term outcome of an injury, especially injuries such as burns. You will need to know how to deliver first aid, where to seek further advice when a child is injured and when to dial 999.

2. Do you keep pan handles/ Kettles/Irons and hot drinks out of reach? (All Ages)

Scalds and burns can be really severe because of the quantity of water and temperature, resulting in prolonged treatment. Kettle scalds can be very serious because of the quantity of water involved and the fact that it can be boiling. Ensure you use the back of work surfaces and back rings on your cooker. Hot drinks can scald at least 15 minutes after they are made. A mug of liquid landing on a baby is like a bucket of liquid being poured over an adult! Babies on your lap may wave their arms around and knock a drink that you are holding. Crawling babies and toddlers can easily reach drinks left on low tables.



3. Safer Sleeping (All Ages)

Falling asleep with a baby on a couch, sofa or an armchair can be very dangerous.

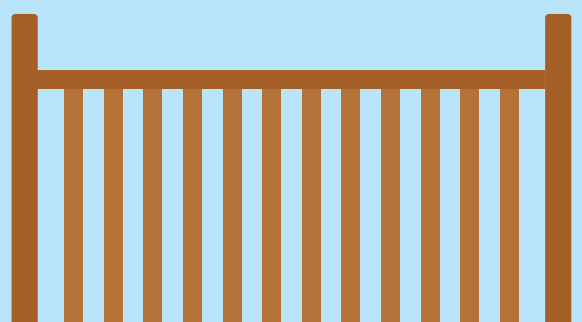
Babies can become wedged between a parent's body and the weight of the adult's body can prevent the baby from breathing causing suffocation, increased risk if the adult has consumed alcohol and or drugs. It is important that babies sleep in their own cot. Co sleeping can cause a baby to overheat and can also increase the risk of suffocation. Bunk beds are a very practical way of using space efficiently. Children love climbing and will play on bunk beds, but this can result in falls. While the bars may reduce the risk of a fall when the child is asleep, they may not make much difference during active play.

4. Do you have a fixed fireguard? (Recommended up to the age of 8 years old) (All Ages)

Burns are very serious injuries and can have long term consequences. Fireguards can be very effective at preventing children falling into the fire or allowing free-flowing clothes to catch light. But to be effective, the guard needs to be securely fitted to the wall or fireplace or it may be knocked aside.

5. Are large TV's secure and unable to topple on top of a child? (Baby and Toddler)

Large flatscreen TVs have fallen onto a small number of children causing death and serious injury. Children should never be left unsupervised close to an unsecured flat screen TV. It is advisable that families secure any large unsecure pieces of furniture including flat screen TVs.



6. Are small toys, coins, cleaning products, medications and small objects kept away from toddlers? (Baby and Toddler)

Babies and toddlers naturally put things in their mouths as a way of exploring taste and texture. This can lead to small objects being ingested or inhaled (into the lungs and airway). While most things that are ingested do not cause serious problems, some do, especially small magnets and button batteries. Objects that are inhaled can block the airway and cause suffocation. About two-thirds of poisonings to young children are caused by medications – tablets and liquids – the remainder being household and garden chemicals.

7. Are knives, razors and scissors kept out of children's reach? (Baby and Toddler)

Young children are not able to use sharp items safely so may well hurt themselves. Keep them locked away, or out of sight and out of reach, remembering that toddlers may be able to gain access to high cupboards because they can climb.

8. Are children constantly supervised during bath time/walking near ponds and while playing in a paddling pool (Baby and Toddler)

A child can drown in less than 5cms (2 inches of water).

Bath time can be fun but there are two major risks: drowning and severe scalding. Constant supervision is essential – do not be distracted even briefly by having to answer the door. A baby does not have strength to turn over if it lies face down in the bath.

Even rainwater collecting in a bucket can be a danger for a small child. If you have a pond and a young child or baby, fence it off or securely cover it. Make sure their garden is secure so that children can't get to the neighbours' pond.

They may have more control over their limbs, but they still may not be able to get themselves out of trouble if they go under the water in the bath, paddling pool or fall into the garden pond. It's safest to empty your paddling pool after you've finished using it.

9. Do you always run the cold water before adding the hot? (All Ages)

The hot water from the tap may easily be hot enough to scald rapidly and severely. A toddler left alone in the bathroom while the bath is running may drop a toy into the water and climb in to retrieve it, resulting in severe burns. Putting the cold water in first can reduce the risk, although constant supervision is also needed to ensure that there is no drowning risk.

Toddlers may try and be helpful and turn on the hot tap if left alone, scalding themselves and any siblings in the bath. As children's skin is much thinner than an adult's severe burns are more likely.

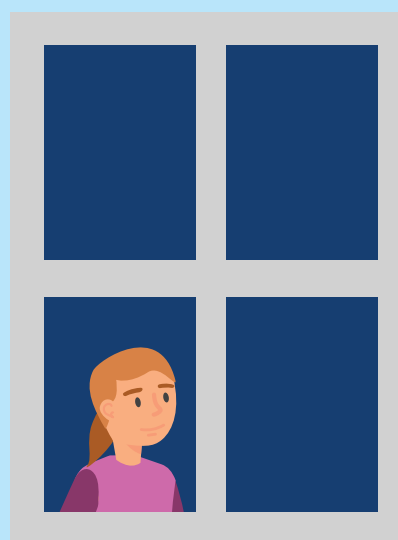
10. Are window restrictors fitted and in use? (All Ages)

Falls from heights, especially windows, can lead to serious and even fatal injuries. Inquisitive toddlers can easily move chairs or large toys around in their bedroom and climb on to a windowsill. If the window can be opened, the risk of falling is significant. Window restrictors need to be resistant to operation by a child, for example by

needing a key to unlock them. You may need to be able to open the window in an emergency such as fire so if the restrictors are key-operated the key needs to be readily accessible to adults, probably high up next to the window.

11. Are there window blinds that could cause strangulation hazard? (All Ages)

Blind cords in any room can cause a strangulation hazard to young children. Blind cords can easily get twisted around a child's neck causing strangulation. Parents should tie up the cords out of reach and use cleats where possible. Parents/carers should be encouraged to take any blinds out of their child's bedroom as children spend time unsupervised in their rooms leaving them at risk of strangulation. If a parent/carer is not willing to remove the blind, using cleats or cord winders should be encouraged.



12. Do you keep furniture away from windows? (All Ages)

As noted previously, falls from windows can be very bad news.

If the cot or bed is close to the window or there is a toy box or something else that can easily be climbed on under the window, there is an ideal climbing route.

13. Are nappy sacks stored out of babies reach? (Baby and Toddler)

There have been more than 11 deaths since 2001 caused by suffocating or choking on nappy sacks. Nappy sacks are everyday kit for parents of babies and young children nowadays. Like carrier bags, they are made of plastic. Unlike carrier bags however, they don't carry a warning.

14. Do you ensure hair straighteners are moved out of reach and not left plugged in? (All Ages)

There has been a recent increase in the number of children attending A & E with severe burns due to hair straighteners. Effectively hair straighteners are two plates which heat up very quickly and take some time to cool down once switched off. It is important that parents/

carers switch them off and unplug them when not in use. There are pouches which can be used to reduce the risk of burn injury while the device is cooling.

15. Are your stairs and floor areas free from clutter and obstacles that could cause a fall? (All Ages)

Stairs should not be used as places to store things! Tripping when carrying the baby downstairs can lead to very serious injuries. Imagine what would happen in the middle of the night when your smoke alarm goes off and you need to get out in a hurry – you don't want to be falling over shoes, toys, etc. Always ensure you have good lighting on and around the stairs. To minimise the risk of trips and stumbles, floors need to be free from clutter. Encourage children to put things away when they have finished playing with them. Ensuring your escape routes are clear of obstructions i.e. pushchairs, bikes, clutter. It is important to have a clear escape route in the event of a fire, every second counts and falling over clutter may hamper your escape.

16. Horizontal banisters, stair carpets and other carpets fixed down (All Ages)

Some homes have horizontal banisters on the staircase and landing. These make great climbing frames for toddlers but create the risk of falls from heights. In older houses, the gaps between the banisters on stairs and landings may be wide enough for some babies to squeeze their bodies through. This can lead to two problems because babies' heads are bigger than their bodies they may be left hanging and run the risk of strangulation. The only way to make such designs safe, other than changing them completely, is to board them over while the children are still at an age when they may climb. Ensure handrails are fitted and stair carpets and other carpets are fixed down securely. Falls on stairs can be very serious.



17. Do you keep matches and lighters out of children's reach? (All Ages)

Children are fascinated by flames so will play with matches and lighters if they have a chance. This leads to the risk of house fires. They need to be stored safely – out of sight and out of reach.

18. If you are a tenant, do you report urgent repairs immediately to your landlord? (All Ages)

Your landlord has an obligation to keep your home safe but needs your help. Report faults as soon as possible. If there are issues with the landlord not keeping up to important safety repairs, please inform housing as they may be able to offer advice.

19. Do you make sure that there are no trailing flexes or wires? (All Ages)

Electric sockets often seem to be in the wrong places! The problem with using long flexes or extensions with long leads is that they can produce tripping hazards and may even lead to an appliance being pulled down on the floor when the flex is pulled. Cables that are under mats may be damaged, but you cannot see this, so the risk of fire is increased.

20. Are reins or wrist straps used when walking with children? (All Ages)

Children love to run around when out and about but if you are on the pavement, it can be very easy for them to run into the road. Reins and wrist straps can be a very effective way of preventing this, especially when you have to supervise more than one child. Holding hands with parent's/carers is also an important preventative measure.

21. Are garden gates locked and fences secure when children are playing? (Toddlers)

Your own garden may be a great place for children to play, reasonably safe and with the right play equipment, etc. However, if the child can escape into the road or a neighbouring garden where there may be dangerous features such as a garden pond or gardening equipment, they can be at serious risk. Older children and adults need to understand the need to close the garden gate properly to keep youngsters safe.

22. Is high visibility clothing or similar items used when walking? (All Ages)

While drivers should always keep a close eye out for children and be aware when driving through residential areas that they can unpredictably run out into the road, it can make their task a bit easier and children are easier to see, especially in the dark.

High visibility clothing or items such as arm bands need to have two properties – in daylight they need to be very brightly coloured, while at night they need to be reflective.



23. Do children get out on the pavement side of the car? (All Ages)

By getting out on the pavement side, the risk of their running into the path of other traffic can be reduced. If you need to put a toddler into a pushchair, leave the child in the car in their child seat until the pushchair has been assembled so the child can be put straight into it. Take the older children out first as they may understand that they need to wait on the pavement and not run off – but do not rely on this!

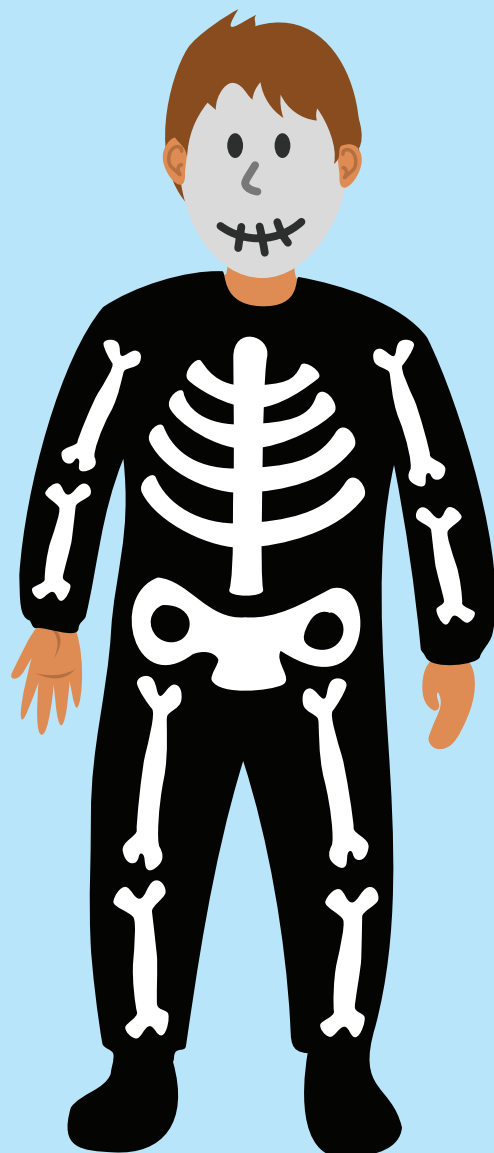
24. Are appropriate car seats or restraints used when children are transported in cars? (Toddler)

Although the use of baby and child restraints is required by law, this does not always happen. Every year, children are killed and seriously injured in car crashes because they are not properly restrained. “Properly restrained” means using a product that is right for the size of the child and that can be fitted properly in the car. Seat belts are intended for adults, not children. And it is simply not possible to hold a child safely on your lap in a crash – the child would be in a position that could result

in their flying out through a window, thus being at high risk of very serious injury.

25. Is your child’s costume highly flammable? (All Ages)

Children’s fancy dress costumes can be dangerous, keep children away from a naked flame, swap tea lights for LED versions. Make sure your child wears another garment underneath their costume. That way, there is a layer between the costume and their skin.



Firewise

Children who play with fire are an increasing problem. Very often, the child's fire play begins from curiosity.

However, in some cases, the problem may be more deep-rooted.

- The child may turn to fire to vent their feelings of frustration, anger or jealousy.
- It may also be a very graphic cry for help with a specific but unspoken problem.

Unfortunately, many parents do not recognise the symptoms, even fewer the cause.

The tell-tale signs of firesetting:

- Small burn holes in carpets.
- Charred paper in sinks or wastebaskets.
- Matches or lighters hidden in bedrooms.
- An unusual fascination with fires.
- Unexplainable fires in your home.

Why do children set fires?

Children who play with fire do so for various reasons, ranging from natural

curiosity to attention seeking. Without help and guidance, firesetting behaviour can develop - leading to more serious consequences such as major injuries, damage to home, schools, property and even death.

What is the Firewise?

The first visit by the advisors will attempt to discover more about the young person involved and establish a trusting relationship.

Advisors can, by agreement, visit your home, or school or similar location where young people feel comfortable.

If there is an agency referral parent or carer consent will be needed.

The duration of advisor involvement may vary depending upon the specific circumstances and problems. Your advisor will discuss times with you and will be available to answer any questions.

Contact details:

If you would like more information about this service:

Telephone: **0303 9991009**

e-mail: **firewise@esfrs.org**

Safeguarding

Abuse can come in many forms - domestic, physical, sexual, financial, neglect, emotional, modern slavery and organisational. It can happen anywhere, including in the home.

If you have a concern for the safety of a child or vulnerable adult, this is known as a safeguarding concern.

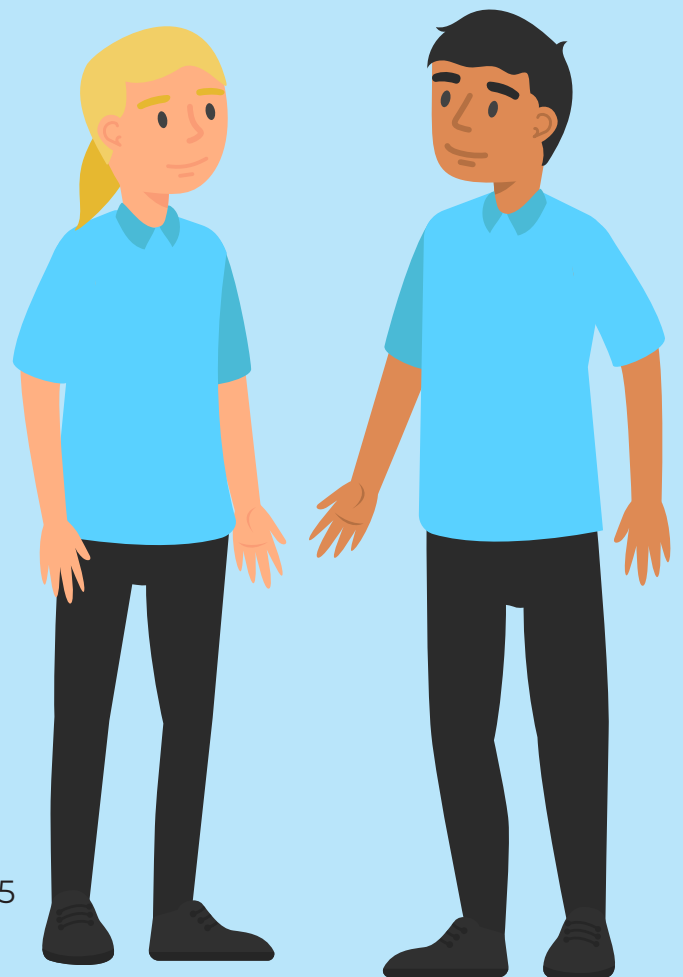
Safeguarding is ensuring everyone is safe and it is everyone's responsibility to act and look out for each other. Abusers rely on people not saying anything.

- If there is an immediate danger, for example you witness physical abuse, call the Police on 999.
- If you have concerns for a child, call your local council's children safeguarding team.
- For an adult (over 18) call the adult safeguarding team.

Your concerns will be taken seriously, and the matter will be dealt with sensitively, making sure the person is safe. This can be done anonymously if necessary.

If you have a gut feeling and something doesn't feel right, it probably isn't. Help children, young people and adults at risk to live free from harm and neglect by raising your concerns and making a safeguarding referral.

**IF YOU SEE
SOMETHING,
SAY SOMETHING.**



Fire safety advice for autistic children and adults

The following information, collated from a variety of sources including the National Autistic Society, aims to help you support autistic children and adults.

East Sussex Fire and Rescue Service is committed to increasing the understanding and acceptance of children and adults with autism and other neurodiverse conditions.

What is autism?

Autism spectrum conditions are lifelong developmental differences that affect how people communicate and interact with the world.

Each person with autism has a distinct set of strengths and challenges. Some people with autism may require significant support in their daily lives, while others live entirely independently.

One in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK. These figures just show how likely it is that you will meet and may need to support autistic people.

These tips may help you to interact with an autistic

person, whether it's a child, adult, colleague or friend.

- Always use their name (if you know it) when you start to address them so that they know you are talking to them.
- Say less and say it slowly.
- Provide one instruction at a time, so that the person is not overwhelmed with information.
- Do not use too many questions, and keep them short.
- Use visual supports such as photographs. Even if the child or adult is very good at communicating verbally, the use of visual supports can help support understanding. Autistic people are often very good at processing visual information and prefer this when communicating. For example, use maps, diagrams, flowcharts, lists, etc.
- Be aware of the environment (noisy/crowded/flashing lights) that you are in. Exposure to sensory stimuli may make someone feel completely overwhelmed, and the understandable result can be a meltdown.

- Avoid using irony, sarcasm, rhetorical questions, 'sayings' or exaggeration. For example: Avoid saying just a minute if you will be longer.
- They may not like the feel of certain materials (example: a blanket).
- They may be sensitive to smells.
- They may even seek out fire.
- They may have strong reactions to sirens/flashing lights.
- They may not feel pain.
- They may not allow you to touch them .

In case of fire

Autistic adults are just as likely to hide, similar to children, in a fire situation to get away from the noise and the unexpected situation. So check wardrobes, under beds and behind furniture.

Autistic people may resist moving during a fire emergency, so try to reassure and repeat instructions. Describe the emergency procedure/escape plan in advance if possible, using a step by step approach. Assign one carer or family member to be responsible for getting the person with autism out of the home and to a place of safety.

If the individual is presenting with behaviours that cause you to suspect someone is autistic, make your colleagues/friends aware of this, so everyone can be sensitive to the person's needs.

Autistic adults and children may wander off or bolt after rescue. Stay with the person with autism or hand over to another caregiver or advocate.

A reaction to the noise of a smoke alarm or a fire can be to run away. When autistic children and adults are in this 'flight mode' they may become oblivious to other dangers, such as road traffic or a barrier tape, and run towards a different danger. Make sure the person is supervised during this unsettling time.

For further information for Autistic adults and children

National Autistic Society

www.autism.org.uk

Ambitious about Autism

www.ambitiousaboutautism.org.uk/what-we-do

NHS

www.nhs.uk/conditions/autism/support/

Dealing with scams

If you receive an unexpected letter, phone call, email or visit, be cautious...it could be a scam.

Scam attempts typically start with someone making contact out of the blue. The fraudsters can be extremely convincing. Their aim is to catch you off guard to win your trust and take your money.

Fraudsters can often:

- Send letters falsely claiming you have won a lottery or prize draw.
- Offer bogus investment opportunities.
- Pose as individuals seeking romance.
- Send official looking emails containing false web links.
- Claim to be calling from an internet provider.
- Claim to be trusted officials such as emergency service officers or bank security staff.
- Claim to be from trusted agencies such as HMRC.

Never disclose security details such as your PIN or full

password. Take your time – don't be rushed! Stay in control.

Call Citizens Advice
consumer helpline on
0808 223 1133

Dealing with doorstep callers

If someone you don't know offers to do work at your property, sell you goods or buy items from you say 'no thanks' and shut the door.

Why?

- You may not need the work done.
- They may do a poor job.
- They may charge you far more than necessary.
- They may sell you faulty or overpriced items.

If you've been a victim of fraud contact Sussex Police on 101 to report it. To report a fraud attempt visit www.actionfraud.police.uk or call 0300 123 2040

Contact Trading Standards to check that they're an approved trader for advice.

Call: 0808 223 1133 Web: www.buywithconfidence.gov.uk

Alternative formats and translation

Albanian	Me kërkesë, një përmbledhje e këtij dokumenti gjendet edhe në gjuhën shqipe.
Arabic	ملخص لهذه الوثيقة متاحاً أيضاً باللغة العربية عند الطلب.
Bengali	এই ডকুমেন্টের সারাংশও অনুরোধে বাংলায় পাওয়া যায়।
Cantonese	本文件的摘要也可應要求製作成中文 (繁體字) 版本。
Farsi	خلاصه شده این مدرک هم در صورت درخواست به فارسی موجود است.
Russian	Краткое содержание настоящего документа по отдельному запросу предоставляется также на русском языке.
Gujarati	આ દસ્તાવેજનો ટૂંકસાર વિનંતી કરવાથી ગુજરાતીમાં પણ મળી રહેશે.
Kurdish	کورتەیهکی ئەم بەلگەیه ههروهها به پێی داواکاری به زمانی کوردی دهس دهکهویت
Portuguese	Encontra-se também disponível um sumário deste documento em Português, a pedido.
Polish	Dokument ten jest na życzenie udostępniany w języku polskim.

Visit **www.esfrs.org**



0303 999 1000

The following formats are available on request:

Large print

(reformatted and increased to 18 point sans serif font)

CD ROM in plain text format to enable computer 'reader' systems to access and translate the information. Audio tape, audio CD and braille. Pictorial format suitable for people with learning difficulties ('easy read').

For translations of this document please contact

Tel: 0303 999 1000

Minicom: 01323 462003

East Sussex Fire Authority is responsible for the preparation of this performance plan and for the information and assessments set out within it, and the assumptions and estimates on which they are based. The Authority is also responsible for setting in place appropriate performance management and data quality control systems for which the information and assessments in the performance plan have been derived. The Authority is satisfied that the information included in the plan is, in all material aspects, accurate and complete and that the Plan is realistic and achievable.

Useful contacts

East Sussex County Council

Tel: 0345 608 0190

Brighton & Hove City Council

Tel: 01273 290 000

One You East Sussex

Tel: 01323 404600

Brighton & Hove City Council Health Lifestyles Team

Tel: 01273 296580

healthylifestyles@brighton-hove.gov.uk

Health & Social Care Connect

Tel: 0345 608 0191

Email: hscc@eastsussex.gov.uk

East Sussex Fire & Rescue Service (to enquire about a Safe & Well Visit)

Tel: 0800 177 7069

In an emergency always call 999.

Citizens Advice Consumer Service

Tel: 0808 223 1133

Care for the Carers

Tel: 01323 738390

Email: info@cftc.org.uk

Environment Agency

Tel: 03708 506 506

Flood Line

Tel: 0345 988 1188 (24 hour)

Gas Emergency

Tel: 0800 111 999 (24 hour)

NHS Choices

Tel: 111 (non-emergency)

Web: www.nhs.uk

Silverline (help for older people)

Tel: 0800 4708 090

Email: info@thesilverline.org.uk

Web: www.thesilverline.org.uk

Emergency National Grid

Tel: 0800 40 40 90

Power cut tel: 105 (free of charge).

UK Power Network

Tel: 0800 1699970

National Domestic Abuse Helpline

Tel: 0808 2000 247

Department for Work & Pensions

Tel: 0345 605 6055

Alzheimers

Tel: 03002221122

Age UK Group

Tel: 0800 169 1819

Keep Warm & Well in East Sussex

Tel: 0800 46 47 307

LEAP Brighton & Hove

0800 060 7567