

What to do:

Plan for a safe place in case you cannot get out of the house.

- ✓ Make sure there is a phone or personal alert in the room to call for help.
- ✓ Make sure there is a window so you can either get out or call for help. Stay by the window if you can't get out.
- ✓ Close the door and seal the bottom with towels or blankets to stop smoke getting in.

Call 999 or 112

- ✓ Ask for the fire service.
- ✓ Speak calmly and clearly.
- ✓ Give your address and phone number. If you are calling on your mobile, say what county you are in.
- ✓ Only hang up when the operator tells you to.

Don't:

- ✗ Go back into a burning house for any reason.
- ✗ Borrow batteries from the smoke alarm.
- ✗ Have mirrors over fire places with real fires. Your clothes might catch fire if you stand too close to look in the mirror.



FACTS!

- On average 46 people die each year in fires in Ireland.
- Fires do not always happen to other people.
- The next fire could be in your home.

Remember:

Be careful when using portable electric, gas or oil heaters.

- Don't use heaters near furniture, curtains or beds.
- Don't leave heaters on when you go to bed.
- Take care if pets are near the heaters.
- Don't use heaters to dry clothes.



Fire safety for older people



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fire safety
Be on your guard



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Prevent fire

Don't:

- ✗ Smoke when you are in bed, tired or on medication.
- ✗ Leave the room when there are candles burning.
- ✗ Leave young children alone near an open fire or cooker.
- ✗ Leave matches and lighters where children can get them.
- ✗ Leave the room when a chip or frying pan is on even for a minute.
- ✗ Overload electric sockets – one socket, one plug.
- ✗ Use electric appliances that don't work properly.
- ✗ Run electrical appliances from a light socket.
- ✗ Use a heater or the cooker to dry clothes.
- ✗ Stand too close to fires or heaters.
- ✗ Use petrol or paraffin to light a solid fuel stove.

Make sure to:

- ✓ Clean your chimney and service your heating system at least once a year.
- ✓ Use a sparkguard with open fires.
- ✓ Keep your gas cylinder outside, on solid ground and away from anything hot.
- ✓ Use a proper holder for candles.
- ✓ Keep a suitable fire extinguisher and fire blanket in the kitchen.
- ✓ Repair or replace faulty electrical appliances immediately.
- ✓ Empty ashtrays before you go to bed. Run the contents under the tap before you empty them.
- ✓ Do a fire safety check before you go to bed.
- ✓ Unplug all electrics (except the fridge) at night.
- ✓ Close all doors at night.

Detect fire

Smoke alarms give you an early warning of a fire. 82% of fires that kill people are in homes with no working smoke alarm.

- ✓ Fit a smoke alarm in every room (except the bathroom and the garage) to protect your home. Fit a heat alarm in the kitchen.
- ✓ Test your smoke alarms at least once a week.
- ✓ Change the batteries every year.
- ✓ Change the battery right away when you hear the warning beep.

Escape

Know what to do when you hear a smoke alarm so you and your family can get out safely.

- ✓ Make an escape plan for your home and practise with everyone who lives with you.
- ✓ Plan at least two ways out in case one way is blocked by fire.
- ✓ Have a meeting point in a safe place outside the house.
- ✓ Keep your way out clear day and night.
- ✓ Keep the keys to doors and windows nearby.
- ✓ Know where the nearest phone is to call the fire service.
- ✓ If you hear the fire alarm, check doors with the back of your hand for heat before you open them. If they are warm, the way might be blocked by fire.

FACT!

Over 1,000 people every year attend casualty with burns or scald injuries.
(HIPE & NPRS Unit ESRI)

Fire safety check:

A fire safety check only takes a few minutes but it could mean the difference between life and death. Make it part of your routine before you go to bed.

Every night

- ✓ Unplug all electrical appliances (except fridge freezer).
- ✓ Turn off gas appliances.
- ✓ Put out candles and naked flames.
- ✓ Place a spark guard in front of open fires.
- ✓ Empty all ashtrays.
- ✓ Keep your way out completely clear.
- ✓ Close all doors.

FACT!

Some medications can make you feel drowsy. Make sure your home is fire safe before taking your medication. Don't smoke or cook if you are drowsy.

For more information on fire safety please contact your local fire service, public health nurse, home help or meals on wheels.