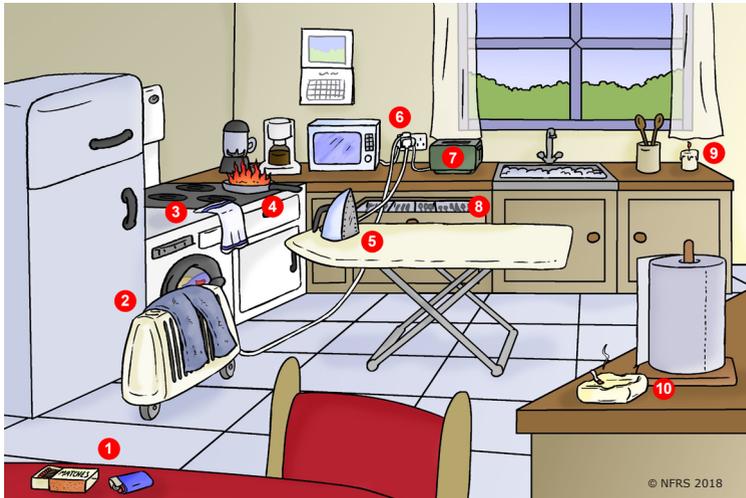


Avoid kitchen dangers

The kitchen can be a dangerous place. Here are some common hazards to avoid



1. Matches and lighter left in reach of children
2. Clothes drying on top of electric heater
3. Tea towel left right next to cooker
4. Cooking left unattended, pan handle sticking out
5. Iron left plugged in and unattended
6. Electrical plug socket overloaded
7. Toaster placed underneath flammable item
8. Cutlery drawer left open
9. Lit candle left unattended, not in suitable holder and underneath flammable curtains
10. Lit cigarette left close to worktop edge and next to flammable paper towels

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NORTHAMPTONSHIRE FIRE AND RESCUE SERVICE HOME FIRE SAFETY ADVICE



Test alarms monthly



Change batteries yearly (even in a mains-wired alarm)



Replace alarms every 10 years

Be carbon monoxide aware

If you experience any of these symptoms and could have been exposed to carbon monoxide, seek medical advice immediately.



Carbon monoxide (CO) is a highly poisonous gas produced by the incomplete burning of carbon-based fuels, including gas, oil, wood and coal. CO has no smell, taste or colour, meaning it can poison or kill you without warning.

Fit CO alarms in your home and test them regularly. Landlords must ensure that gas appliances are checked annually by a Gas Safe registered engineer.

Follow this advice from Northamptonshire Fire and Rescue Service to keep your home and family safe



Fit smoke alarms

Smoke alarms

To protect yourself and your home, fit at least one working smoke alarm on every floor. Ideal places to fit alarms are hallways, landings and near bedrooms.

At least once a month, check your smoke alarms are working and able to protect you.

Ten-year sealed battery alarms still need to be checked. All other alarms need their battery changing every year. Don't remove the battery at any other time. Replace all alarms every 10 years.

If you pay rent to a landlord, they must ensure working smoke alarms are fitted. You should test them regularly and report issues to your landlord.



Put cigarettes out properly

Smoking safety

Smoking is the biggest cause of fire deaths in the UK.

Smoke outside if you can, but when inside always use a proper ashtray and make sure cigarettes are completely stubbed out. Never smoke in bed.

Keep lighters and matches away from children.



Find more fire safety advice at
www.northantsfire.gov.uk
or call us on **01604 797000**

In an emergency, get out, stay out and call **999**





Take care with hot oil

Cooking safety

Fires can start because of a build-up of grease and oil in your oven, grill or hob, so keep everything clean. Clear away any clutter or flammable items from your cooking area.

Concentrate when cooking and avoid being distracted.

Never leave cooking unattended, and take extra care when children and pets are nearby. Check all appliances are off once you've finished. Don't fill chip pans or hot oil pans more than one third full and be careful oil doesn't overheat. Never throw water on a chip pan fire.



Keep away from fabric

Heating your home

If you use an open fire or wood burner, chimneys should be professionally swept at least once a year, or every four months if using wood. Always use a fire guard if young children are present.

Never put furniture, clothes or anything flammable close to an open fire, stove or heater. Keep heaters away from flammable materials, and unplug when you leave the room or finish using them.



Plan an escape route

Escape route

Make sure everyone knows what to do if a fire breaks out by making an escape plan. Include a different exit route in case your main one is blocked. Talk about your escape plan with your family, including children, and practise it regularly.



Close inside doors at night

Bedtime routine

Before you go to bed, make sure your keys are to hand and your exit routes are clear.

Turn off and unplug unused electrical appliances, especially heaters, and check cigarettes and candles are extinguished.

Close all internal doors to stop a fire spreading.



Be careful with candles

Candle safety

Never leave lit candles or tea lights unattended. Always use a heat resistant holder, placed on a flat, stable surface.

Don't leave candles or tea lights near children, pets or anything flammable e.g. curtains, books or magazines.



Don't overload

Electrical home safety

Check that your electrical sockets aren't overloaded. Remember: one plug to one socket.

Switch off electrical appliances when you are not using them and before you go to bed.

Never use damaged plugs or flexes, or run electrical cables under carpets/rugs - they can fray and become dangerous.

Use the right fuse for the job

The fuse in a plug is designed to cut out if an appliance or extension lead draws too much current, cutting off the electricity to stop it overheating and causing a fire. A blown fuse must be replaced with the same rating, usually 3A or 13A.

Find out more about choosing the correct fuse at www.electricalsafetyfirst.org.uk

Electrical appliances

Keep electrical appliances clean and in good working order.

Remove the fluff from your tumble dryer regularly.

Charger safety

Always use genuine chargers - fakes can cause deadly electric shocks or start a fire. Follow manufacturer's instructions, avoid leaving devices on charge for long periods and never leave devices charging on soft surfaces such as sofas or beds. Unplug chargers and devices when not in use, and don't use damaged chargers or leads. Share this advice with children so they can use their devices safely.



Need further help? A more detailed home fire safety checklist can be downloaded at www.northantsfire.gov.uk

You can also request a free home fire safety check by calling **01604 797000**