

Fire safety in the home - some essential tips



Plan an escape route

- Have an escape route and practice it regularly.
- Make sure your escape routes are kept clear of anything that may slow down or block your escape.
- Mobility aids and any methods of calling for help should always be kept close to hand (for example, mobile phone or link alarms/pendant).
- Ensure security gates can be easily opened from the inside without the need for a key.
- Keep door and window keys where everyone can find them.



Cook safely

- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn down the heat to avoid risk.
- Avoid cooking under the influence of alcohol.
- 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.
- Make sure saucepan handles don't stick out.
- Take care when wearing loose clothing as it 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 cooker is off when you've finished cooking.
- Keep oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Deep fat frying

- Take care when cooking with hot oil as it sets alight easily.
- Make sure food is dry before putting it in hot oil, so it doesn't splash.
- If oil starts to smoke, it's too hot. Turn off the heat and leave it to cool.
- Using a thermostat controlled electric deep fat fryer or an air fryer is safer as these devices can't overheat.



Take care with electrics

- Keep electrical leads and appliances away from water.
- Don't put anything metal in the microwave.
- Check toasters are clean and kept away from curtains and kitchen rolls.



Smoking

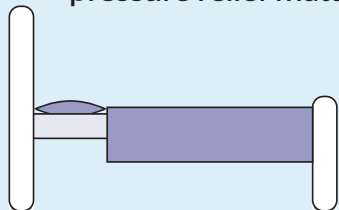
- Stopping smoking is a good way to reduce risk.
- Anyone who smokes should try to do so outside the building.
- Use deep heavy ashtrays and always make sure cigarettes are completely put out.

Heaters

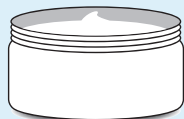
- Sit at least one metre away from heaters and keep them well away from anything that can catch light.

Beds and bedding

- Consider fire retardant bedding, nightwear and throws..
- Never smoke or vape
 - in bed or an armchair, if there's a chance of falling asleep; or
 - on or close to an airflow pressure relief mattress.



Emollient creams



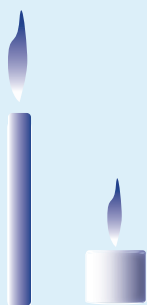
- Emollient creams should be kept away from lighted cigarettes and other heat sources.
- A build-up of oily residue on bedding and clothing can increase flammability.

Oxygen



Oxygen is highly inflammable.

- Never smoke, vape, use matches or candles near any oxygen cylinder or allow others to do so.



Candles, tealights and incense burners

- Candles, tealights and incense burners should be placed in stable, heat-resistant holders and kept away from curtains, furniture and clothes.
- Put candles out when you leave the room and make sure they are completely put out at night.
- Ensure that incense is out of reach of children and pets.
- Consider using led or battery-operated candles.
- Buy only child-resistant lighters and match boxes.

Make a bedtime check

- Close all doors at night as this helps to prevent fire and toxic smoke from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on such as fridge or freezer.
- Check that the cooker is turned off.
- Don't run appliances such as washing machines, tumble dryers and dishwashers overnight.
- 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.



Book a free London Fire Brigade home fire safety check

To book a fire safety check of your home contact London Fire Brigade (LFB) in any of these ways:

Freephone: **0800 028 4428**

Email: **smokealarms@london-fire.gov.uk**

Text/SMS: **07860 021 319**

On the website: **london-fire.gov.uk**

Contact Newlon's Building Safety Team for more information

For further building safety information please contact us in either of the following ways:

Telephone: **020 3234 2287**

Email: **building.safety@newlon.org.uk**