

FIRE SAFETY

FOR PARENTS AND CHILD CARERS



**FIRE
KILLS**

**YOU CAN
PREVENT IT**

Did you know?

- **1,200 children under the age of 11 are injured and 35 are killed in fires in the home in the UK every year.**
- **Fires account for nearly half of all accidental child deaths.**
- **6,000 fires a year are caused by children under the age of 10.**

This leaflet has been put together for parents and anyone looking after children, including childminders. The advice and tips provided here supplement our main *Fire Safety in the Home* leaflet.



Reducing risks to children

Matches, lighters and candles

- Remember to keep things that can cause fires out of children's reach.
- Position lighted candles and tea lights out of reach of children.

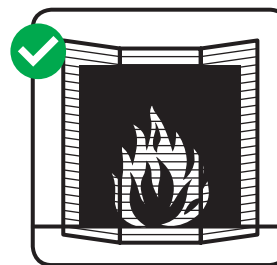
Electrics and heaters

- Teach children not to poke anything, including fingers, into sockets.
- Consider getting plug guards to cover sockets.
- Make sure electrical appliances (TVs and computers) in children's bedrooms are switched off at night.

- Fit a childproof guard in front of open fires or heaters – the best ones can be fixed to the wall.
- Make sure children don't play near fires or heaters to avoid them getting burnt.

The kitchen

- As kitchens can be dangerous places for children, avoid leaving them unsupervised.
- Avoid using the front of the hob when small children are around.
- Make sure that saucepan handles don't stick out to avoid them being knocked off.



What your children should know

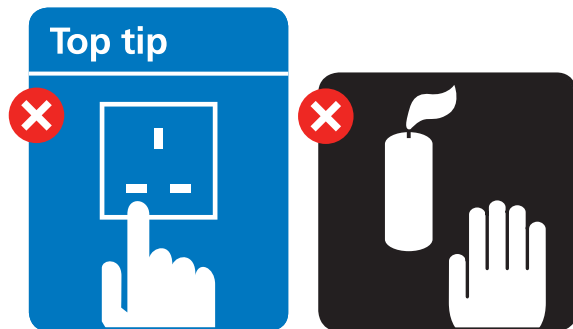
You will want to make sure children are always safe. This includes teaching them how to prevent a fire and what to do if there is one.

You will probably need to talk about fire safety with children more than once, to make sure that they have remembered and understood what you have taught them.

As a general rule younger children, around five and below, should be given clear instructions about what they should and shouldn't do. With older children, it's better to explain why.

It's important that they know how to prevent a fire:

- Not to touch or play with matches, lighters, candles, electrical appliances or sockets.
- To tell a grown up if they see matches or lighters lying around.
- To be extra careful near fires and heaters.
- Never to switch on the cooker.
- Not to touch saucepans.
- Not to put things on top of heaters or lights.



Don't touch

Share these safety messages with your children so they know what to do in the event of a fire.

Tell them:

- If you see smoke or flames tell a grown-up straight away.
- Get out of the building as quickly as you can if there is a fire.
- Don't go back for anything, even toys or pets.
- Find a phone. (You might need to go to the neighbours to find one.)
- Call 999. Ask for Fire and Rescue Service and tell them your address. (You might want to practice making this call with children and will need to make sure they know their address.)

- Only call 999 in a real emergency.
- Never hide if there is a fire. Get out as quickly as you can.
- If there's smoke, crawl along the floor (the air will be clearer down there).
- Go into a room with a window if the way out is blocked.
Put bedding or towels along the bottom of the door to stop smoke getting in.
Open the window and call "HELP FIRE".

**GET OUT
STAY OUT
AND CALL
999**



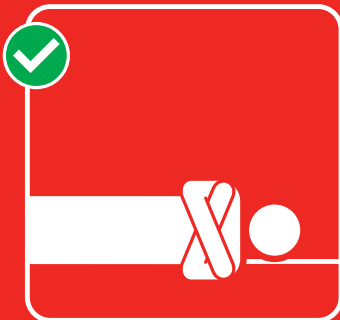
Make fire safety fun. Practise...



STOP!
Don't run around, you'll make the flames worse.



DROP!
Lie down and roll around. It makes it harder for the fire to spread.



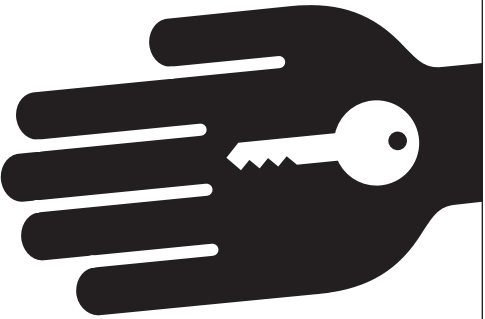
ROLL!
Smother the flames with a heavy material, like a coat or blanket.

Have an escape plan

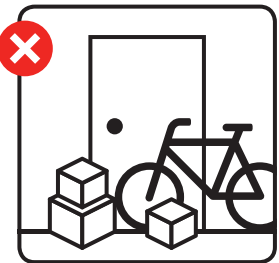
Plan an escape route and make sure that children and childminders or babysitters know it.

- Practise the escape plan together with children.
- Be careful to keep all exits clear.
- Think about how you would get out if your escape route is blocked.

Keep door and window keys where childminders and babysitters can find them



Plan an escape route



Remember these general tips from our *Fire Safety in the Home* leaflet to stay safe from fire.

- Fit smoke alarms on every level of your home. ✓
- Test your smoke alarm batteries every week. Change them every year. Never remove them. ✓
- Avoid leaving children in the kitchen alone when cooking is on. Keep matches and sauce pan handles out of children's reach. ✓
- Take care when cooking with hot oil – it sets alight easily. ✓
- Extension leads and adaptors have a limit to how many amps they can take. Be careful not to overload them. ✓
- Dispose of cigarettes carefully. Put them out. Right out. ✓
- Make sure candles are always secure and away from materials that may catch fire – like curtains. ✓
- Plan an escape route and make sure everyone knows it. ✓
- If there's a fire, get out, stay out and call 999. ✓
- Close inside doors at night to stop fire from spreading. ✓

www.direct.gov.uk/firekills

FIRE SAFETY CHECKLIST

These general tips are taken from our *Fire Safety in the Home* leaflet. For a copy, visit www.direct.gov.uk/firekills or contact your local fire and rescue service.



**SMOKE ALARMS
SAVE
LIVES**

For more information on
general fire safety visit
www.direct.gov.uk/firekills

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