



Prevention

Do a bedtime safety check

You are almost three times more likely to be killed in a fire that starts during the night.

- Switch off and unplug all appliances. (Only leave on those appliances that are designed to be left on – for example, DVD players/video recorders, freezers and clock radios.)
- Check that the oven, grill and hob are switched off.
- Don't leave the washing machine, tumble dryer or dishwasher running overnight (they are a fire risk because of their high wattage, friction and motors).
- Turn off all gas and electric heaters, and put a guard in front of an open fire.
- Check that candles are out. Never leave one burning when you go to sleep.
- Make sure that any cigarettes, cigars and pipes have been put out properly, and never smoke in bed. You could fall asleep and accidentally set fire to your bedding.
- Close all doors. By shutting doors you can keep your escape route free from fire. This is particularly important in homes where you would not be able to escape from a window, for example if you live in a high-rise flat.
- Turn off your electric blanket (unless it has a thermostat and is designed to be left on overnight).
- Check that your escape route is clear of obstacles and make sure door and window keys are in the right place.
- Before buying nightwear, visit www.dti.gov.uk for guidance on labelling. A label that reads 'low flammability' does not indicate a completely flameproof product. If any person's clothing should catch fire, follow the "stop, drop and roll" rule to put out the flames (for example see page 46).