



FIRE SAFETY **IN THE HOME** **家庭消防安全**



**FIRE
KILLS**

**YOU CAN
PREVENT IT**

CHINESE (SIMPLIFIED)





2





Did you know...?

- You're four times more likely to die in a fire if you don't have a smoke alarm that works.
- Around half of home fires are caused by cooking accidents.
- Two fires a day are started by candles.
- Every six days someone dies from a fire caused by a cigarette.
- About two fires a day are started by heaters.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 6,000 fires in the home across the country every year.

您知道吗...?

- 如果没有烟雾报警器，您可能已经四次在火灾中丧生了。
- 约一半的家庭火灾是由于烹饪事故造成的。
- 每天有两起因为蜡烛引发的火灾。
- 每六天就会有人在吸烟引起的火灾中丧生。
- 每天约有两起因为加热器引发的火灾。
- 在全国范围内，每年家庭电气故障（家电、线路和插座过载）造成约 6,000 起火灾事故。





PROTECT YOUR HOME WITH SMOKE ALARMS



用烟雾报警器为您的家庭提供保护

The easiest way to protect your home and family from fire is with working smoke alarms.

Get them. Install them. Test them. They could save your life.

为家庭和家人提供防火保护最简单的方式就是采用烟雾报警器。

购买，安装，测试。烟雾报警器可以挽救您的生命。

4





Choosing your smoke alarms

- Fit at least one smoke alarm on every level of your home.
- Smoke alarms are cheap and easy to install.
- They are available from DIY stores, electrical shops and most high street supermarkets.
- There are a variety of different models to choose from. Your local fire and rescue service will be happy to give you advice on which one is best suited for you.
- Ten-year sealed battery smoke alarms are the best option. They are slightly more expensive, but you save on the cost of replacing batteries.
- Look out for one of these symbols, which shows the alarm is approved and safe.

选择烟雾报警器

- 在家中每个楼层安装至少一个烟雾报警器。
- 烟雾报警器价格低廉，而且安装简单。
- 可以到 DIY 店铺、电器店和街上大部分超市购买。
- 有很多型号可供选择。当地消防部门会很乐意为您选择最合适的烟雾报警器提供建议。
- 建议选用十年免更换电池烟雾报警器。这种报警器价格较高，但是可以节约更换电池的费用。
- 选择具有下述符号的产品，这表示报警器已经经过认证，可以确保安全。

Top tip 重要提示



Fit smoke alarms 安装烟雾报警器



British Standard Kitemark



烟雾报警器可以挽救您的生命

A WORKING SMOKE ALARM COULD SAVE YOUR LIFE



How to make sure your smoke alarms work

Test your smoke alarms at least monthly.

- If any of your smoke alarms have a one year battery, make sure it is changed every year. Only take the battery out when you need to replace it.
- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to test the batteries, so longer life batteries are better.
- Mains-powered alarms are powered by your home power supply. They need to be installed by a qualified electrician, but like battery alarms, they do require testing.
- Testing smoke alarms tests the smoke sensor as well as the power supply and/or battery.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Action on Hearing Loss Information Line on **0808 808 0123** or textphone **0808 808 9000**.

如何确保烟雾报警器正常工作

至少每月进行一次烟雾报警器测试。

- 如果您的烟雾报警器安装的是一年期电池，确保每年更换电池。只有在需要更换时才取出电池。
- 如果报警器误报，请勿断开或取出报警器电池。
- 普通的电池供电报警器价格最便宜，但是需要每年更换电池。
- 很多人会忘记测试电池，因此，建议选择寿命较长的电池。
- 电网供电的报警器由家庭电源供电。这种报警器需要有资质的电工安装，但是这种产品与电池供电报警器一样，也需要测试。
- 测试烟雾报警器是要测试烟雾传感器以及电源和/或电池。
- 安装时，还可以将多个报警器联接在一起，一旦一个报警器探测到火灾，所有报警器将一同报警。如果房子比较大或有多个楼层，这种联动方式很有效。

聋人或有听力障碍的人群可以选择闪光灯和振动盘警报器。请联系听力损失患者协会信息热线 **0808 808 0123** 或文本电话 **0808 808 9000**。





Top tip 重要提示



Test it
测试报警器

Fitting your smoke alarms

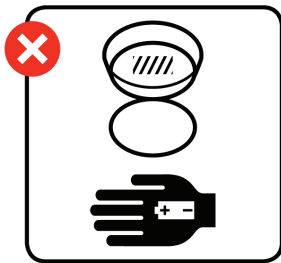
The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear an alarm throughout your home.

- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- If it is difficult for you to fit smoke alarms yourself contact your local fire and rescue service for help. They'll be happy to install them for you.

安装烟雾报警器

理想的安装位置是屋顶，在房间的中间位置以及门厅和楼梯平台，这样整个房子都可以听到警报。

- 不要将报警器安装在厨房或浴室内部或附近，以免烟雾或蒸汽造成误报。
- 如果自己很难安装烟雾报警器，请联系当地消防部门寻求帮助。他们会很乐意为您安装。





Looking after your smoke alarms

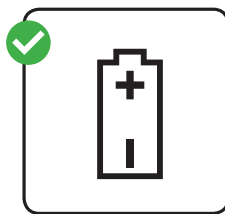
- Make testing your smoke alarms part of your regular household routine.
- Test them by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If a smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

Other equipment you could consider

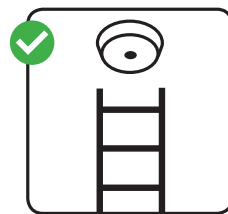
- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.
- Heat alarms can detect fires in kitchens where smoke alarms should not be placed.



Test it
测试



Change it
更换



Replace it
替换

8

烟雾报警器维护

- 将烟雾报警器测试作为一项定期的家庭活动。
- 测试时，只需要按住按钮，直到发出警报声。如果没有发出警报声，您需要更换电池。
- 如果烟雾报警器发出有节奏的蜂鸣声，您需要立即更换电池。
- 如果是十年免更换电池烟雾报警器，您需要每十年更换一个报警器。

可以考虑的其他设备

- 灭火毯用于扑灭火灾或包裹衣服着火的人。最好在厨房准备灭火毯。
- 灭火器可以通过喷射灭火剂来控制火势。灭火器使用快速而且简单，但是使用前，请阅读说明。
- 如果厨房没有安装烟雾报警器，可以使用高温报警器来探测火灾。





HOW TO PREVENT COMMON FIRES

IN THE KITCHEN
ELECTRICS
CIGARETTES
CANDLES

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, heaters, candles and cigarettes.

如何避免普通火灾厨房吸烟蜡烛

这一部分介绍如何避免家庭火灾，包括如何安全烹饪并避免在使用电器、加热器、蜡烛和吸烟过程中引发火灾。





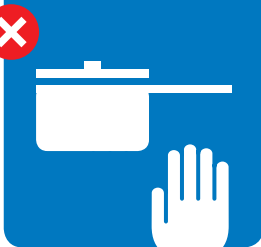
In the kitchen

Cook safely

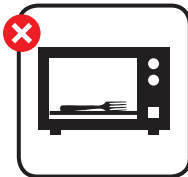
Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they 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 the cooker is off when you've finished cooking

Top tip
重要提示



Keep out of reach
避免接触



Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave

Deep fat frying

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

What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

GET OUT
STAY OUT
AND CALL
999



10





厨房

安全烹饪

如果需要在烹饪过程中离开厨房,把锅从热源上拿开或关闭热源以防发生火灾。

- 避免在有酒精的环境下烹饪。
- 避免使用炉架做饭时,让孩子单独在厨房中。将火柴和炖锅柄放在接触不到的位置,以保证安全。
- 确保炖锅柄不会伸出,以确保不会被打翻。
- 穿着宽松衣物时要小心,因为这种衣物容易失火。
- 保持茶巾及抹布远离炊具和炉架。
- 用点火设备给燃气灶点火比用火柴或打火机更安全,因为不会产生明火。
- 烹饪结束时,一定要确认炊具已经关闭。

小心使用电器

- 让电器(导线和用电器)远离水。
- 检查烤箱是否清洁并远离窗帘和厨房卷纸。
- 保持烤箱、炉架和烤具清洁并且摆放有序。油脂堆积会引起着火。

切勿将金属物放入微波炉

油炸

- 用热油烹调时请多加小心 - 很容易失火。
- 在把食物放入灼热的油锅前确保其干燥,这样不会溅油。
- 若油开始冒烟 - 意味着油温过高。关掉热源并使之冷却。
- 用控温的深底电炒锅。不会过热。

若锅着火该怎么办

- 切勿慌张。如果可以安全关掉热源,请关掉热源。切勿浇水。
- 切勿自己单独处理火灾。



**逃离现场
远离现场
并拨打
999**



11



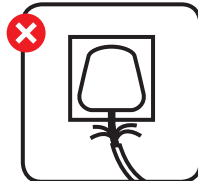
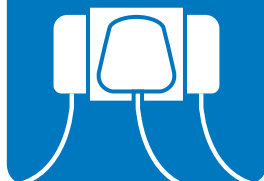


Electrics

How to avoid electrical fires

- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.
- When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicates chargers comply with European safety standards.

Top tip 重要提示

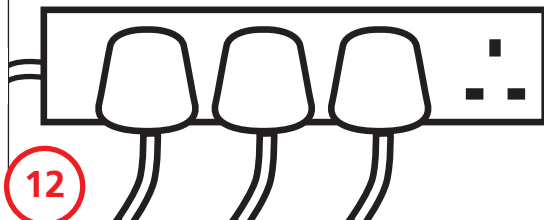


Don't overload

切勿过载

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



电器

如何避免电气火灾

- 始终检查并确认使用的是正确的保险丝，以防止过热。
- 确保在购买电器时查验其有否英国或欧洲安全标志。
- 某些电器，如洗衣机，功率很大，应该使用单独的插座。
- 争取做到每个插座只配一个插头。
- 电气充电时，遵守制造商说明并查看是否有可以证明充电器符合欧洲安全标准的 CE 标志。

Know the limit!

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

了解极限！

每个延长线或适配器都会有耐受电流的极限，故请小心切勿超负荷使用以减少火灾风险。

电器功率不同 - 例如，电视机可能用 3 安培的插座而吸尘器则用 5 安培的。





Keep electrical appliances clean and in good working order to prevent them triggering a fire.

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Using an electric blanket

- Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.
- Always follow the manufacturer's instructions.

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.



保持电器设备清洁且状态良好以防引发火灾。

- 密切留意任何危险迹象或松散电线，如烧焦痕迹、热插头和插座、熔断的保险丝或无明显的原因而跳闸的断路器或是闪烁的光。
- 检查并替换旧电缆和电线，特别是那些藏在不太显眼的地方- 在家具后面或地毯或挂毯下的。
- 拔掉插头有助减少火灾风险。
- 您不用电器或上床睡觉时请拔掉插头。

便携式加热器

- 请尽量将加热器安全地倚墙而放以防止其倾倒。
- 使其远离窗帘和家具并切勿用于晾晒衣物。

使用电热毯

- 存放电热毯时，应平放或卷起或松散折叠，以防止损坏内部电线。
- 除非有控温设置，否则在睡觉前拔掉电热毯插头，以保证整夜的使用安全。
- 尽量不要购买二手电热毯并定期检查是否发生磨损和撕裂。
- 始终按照制造商说明使用。

家具

- 始终确保您的家具有永久防火标签。





Cigarettes

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!

- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and match boxes.

**Top tip
重要提示**



**Put them out. Right out!
熄灭。正确熄灭!**



香烟

正确熄灭香烟并小心处置。熄灭。正确熄灭!

- 切勿在床上吸烟。
- 使用适当的烟灰缸 - 切勿丢到废纸篓里。
- 确保您的烟灰缸不会被打翻且由非可燃性材质制成。
- 切勿丢放还在燃烧的香烟、雪茄或烟斗。它们易于跌落并引起火灾。
- 疲惫、服用处方药或在酒精作用下吸烟时要特别小心。这种情况下，您可能会睡着并点燃床铺或沙发，酿成火灾。
- 将火柴和打火机放在儿童拿不到的地方。
- 请考虑购买防儿童的打火机和火柴盒。

Matchboxes now carry this warning label



现在在火柴盒上贴这种警告标签





Candles

Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.

- Put candles out when you leave the room, and make sure they're put out completely at night.
- Children shouldn't be left alone with lit candles.
- Keep pets away from lit candles.

蜡烛

确保蜡烛放在安全的烛台内并远离会着火的物体 - 如窗帘。

- 离开房间时熄灭蜡烛，并确保在晚间将其完全熄灭。
- 蜡烛在燃烧时不宜将儿童单独留在家中。
- 让宠物远离燃烧的蜡烛。



Top tip
重要提示

Be careful with candles
小心使用蜡烛





PLAN A SAFE ESCAPE

计划安全的逃生策略

Fitting smoke alarms is the first crucial step to protecting yourself from fire. But what would you do if one went off during the night?

安装烟火报警器是安全防火的第一个关键步骤。但是若夜间着火您该怎么办？

这一部分将帮您设计紧急措施。

This section will help you make a plan ready for an emergency.

16





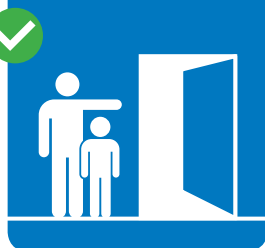
Be prepared by making a plan of escape

- Plan an escape route and make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practise your escape plan.
- Review your plan if the layout of your home changes.

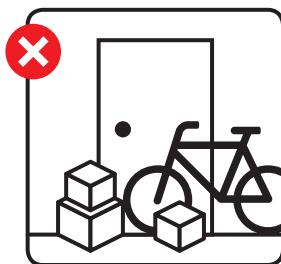
准备好逃生计划

- 计划逃生路线并确保人人了解如何逃生。
- 确保出口无障碍物。
- 最佳路线是您平时在家里进出的正常路线。
- 一旦第一条路堵死则考虑第二条路线。
- 用几分钟演习您的逃生计划。
- 如果您家居布置发生变化，请检查您的计划。

Top tip 重要提示



Plan an escape route
计划逃生路线



Keep door and window keys where everyone can find them

将门窗钥匙放在人人都能找到的地方。





What to do if there is a fire

Don't tackle fires yourself. Leave it to the professionals.

- Keep calm and act quickly, get everyone out as soon as possible.
- Don't waste time investigating what's happened or rescuing valuables.
- If there's smoke, keep low where the air is clearer.
- Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.
- Call 999 as soon as you're clear of the building. 999 calls are free.

发生火灾时应该怎么办

切勿自己单独处理火灾。让专业人员处理。

- 保持镇静并快速行动，尽快让每个人逃离。
- 勿费时调查所发生情况或抢救值钱物品。
- 若有烟雾，将身体保持在能见度高的低处。
- 在您开门前，请检查它是否烫手。若是，别开门 - 火是从另一面来的。
- 一旦您逃离着火建筑，请立即拨打 999。999 是免费电话。

Top tip 重要提示



Get out, stay out and call 999

逃离现场、远离现场并拨打 999

18





What to do if your escape is blocked

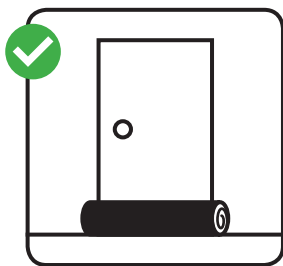
若逃生路线被堵该怎么办

If you can't get out, get everyone into one room, ideally with a window and a phone.

- Put bedding around the bottom of the door to block out the smoke.
- Call 999 then open the window and shout "HELP FIRE".
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.
- If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.

若不能逃离，让所有人进入一个房间，最好是有窗户和电话的。

- 用床单堵住门口底部以阻挡烟雾。
- 拨打 999 接着打开窗户，并大声喊“着火啦，救命啊”。
- 若您在一楼或二楼，您可以从窗户逃离。
- 使用卧具来缓冲您的降落并小心着陆。切勿跳。
- 若不能打开窗户，则打碎玻璃下角。用毛巾或毯子裹住突兀的边缘，以保证安全。





What to do if your clothes catch fire

- Don't run around, you'll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!

衣服着火该怎么办

- 不要到处跑，那会使火焰更大。
- 躺下并在地上打滚。这样火势难以蔓延。
- 用重布料熄火，如棉衣或毯子。
- 切记：站住、趴下并在地上打滚！



STOP!
站住!



DROP!
趴下!



ROLL!
打滚!

20





How to escape from a high level building

- As with all buildings, you should plan and practise an escape route.
- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
- Make sure doors to stairways are not locked.
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.

如何从高层建筑物逃生

- 就像所有建筑一样，应规划逃生路线并进行演习。
- 发生火灾时避免使用电梯及阳台。
- 在烟雾中容易迷路，所以计算一下至您抵达楼梯时须经多少道门。
- 检查走廊或楼梯间有无任何易燃物 - 如箱子或垃圾。
- 确保通往楼梯间的门没有上锁。
- 确保建筑物内的每个人了解防火报警器在哪里。
- 尽管在建筑物内有报警系统，您家里仍然应装有一个烟火报警器。



保持道路畅通





MAKE A BEDTIME CHECK



作好睡
前检查

You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

睡着时您更易处于火灾风险中。故在就寝前对家里进行检查是个好办法。



22





Check list

检查清单

Close inside doors at night to stop a fire from spreading.

Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.

Check your cooker is turned off.

Don't leave the washing machine on.

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.

晚间关好内室门以防火势蔓延。

关闭电器并拔掉插头，除非本身设计要求它们保持在开启状态 - 如冰箱。

检查炊具是否关闭。

切记关闭洗衣机电源。

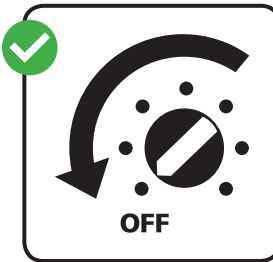
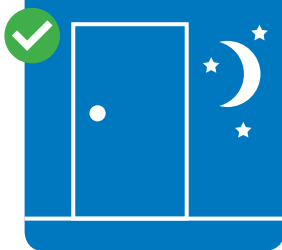
关闭加热器并放好防火装置。

正确熄灭蜡烛和香烟。

确保出口通道畅通。

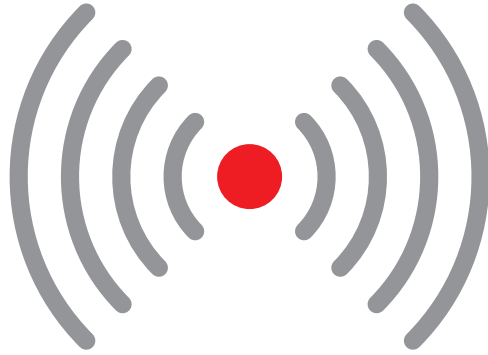
将门窗钥匙放在人人都能找到的地方。

Top tip 重要提示



Close inside doors at night
夜间关好内室门





SMOKE ALARMS

**SAVE
LIVES**

In the event of a fire, get out,
stay out and call 999. For further
fire safety information contact
your local fire and rescue
service (not 999). Or visit
www.facebook.com/firekills

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Version 3

烟火报警器 挽救生命

如果发生火灾,逃离现场、远离现场
并拨打 999关于消防安全的信息,
请联系当地消防部门(非 999)。或访
问 www.facebook.com/firekills

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