



# **FIRE SAFETY** **IN THE HOME** **家居防火安全**



**CHINESE (TRADITIONAL)**





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.

### 您知道嗎...?

- 若無有效的煙霧報警器，您可能已在火災中喪生四次了。
- 約半數的家庭火災是由烹飪事故引起的。
- 每天有兩起火災是由蠟燭引發的。
- 每六天有人死於由香煙引起的火災。
- 每天約有兩起火災是由加熱器引發的。
- 每年全國約有六千起家居火災是由有缺陷的電器（家電、電線及超負荷的插座）引起的。





# PROTECT YOUR HOME WITH SMOKE ALARMS



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.

4

用煙霧報  
警器保護  
您的住宅

使您的住宅和家庭免遭火災的最簡便辦法是使用有效的煙霧報警器。

獲取它們。安裝它們。測試它們。它們可能挽救您的生命。





## Choosing your smoke alarms

## 選擇您的煙霧報警器

- 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.
- 在您的住宅中每一層都至少安裝一個煙霧報警器。
  - 煙霧報警器既便宜又容易安裝。
  - 自己動手 (DIY) 商店、電器商場和大多數商業街上的超市都出售煙霧報警器。
  - 有各種類型的煙霧報警器供選擇。您當地的消防救濟中心將非常樂意向您提供哪種類型適合於您的建議。
  - 十年密封電池煙霧報警器是最佳選擇。它們稍微貴一些，但您節省了更換電池的成本。
  - 請查看產品是否帶有這些標誌之一，這樣的標誌表明報警器通過檢驗並且安全。

### Top tip 重要提示



### Fit smoke alarms 安裝煙霧報警器



British Standard Kitemark



有效的煙霧報警器  
可能挽救您的生命

**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**.

## 如何確保您的煙霧報警器處於工作狀態

### 至少每月測試您的煙霧報警器一次。

- 如果您的任何煙霧報警器有一年的電池，請確保電池每年被更換。僅當您需要更換電池時才將其取出。
- 若您的報警器因失誤而報警，切勿斷電或取出電池。
- 使用標準電池運作的報警器是最實惠的選擇，但每年均需更換電池。
- 許多人忘記測試電池，所以建議選擇壽命較長的電池。
- 由電網供電的報警器由您的住宅電源供電。它們需要由有資質的電工來安裝，但它們也像電池供電的報警器一樣需要被測試。
- 對煙霧報警器的測試包括測試煙霧傳感器以及供電電源和/或電池。
- 您甚至可安裝連接在一起的報警器，這樣，一個報警器測到火情時，所有報警器同時報警。您若住在大房子裡或多層住宅內，這樣做非常有用。

可為那些失聰或聽力困難的人安裝燈感應或震動報警器。請撥打電話 **0808 808 0123** 或文字電話 **0808 808 9000** 與聽力損失行動資訊熱線 (Action on Hearing Loss Information Line) 聯絡。





## Top tip 重要提示



Test it  
測試它

## Fitting your smoke alarms

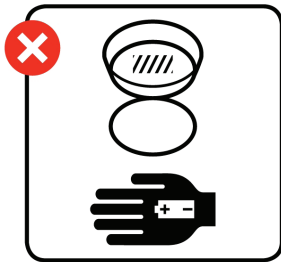
The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear an alarm throughout your home.

- 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.

## 安裝您的 煙霧報警器

理想的安裝位置是在天花板上、房間中央、或門廳及樓梯過渡平臺，這樣您在家中的任何地方都可以聽到警報聲。

- 不要將報警器放在廚房或浴室內或附近，其中的煙霧或水蒸氣會意外地觸發報警器。
- 您若自己安裝報警器感到困難，請與當地的消防救援中心聯絡尋求幫助。他們將十分樂意為您安裝煙霧報警器。



7





## Looking after your smoke alarms

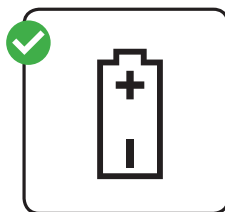
- Make testing your smoke alarms part of your regular household routine.
- Test them by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If a smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten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



**Change it**  
更換它



**Replace it**  
更換它

8

## 維護您的煙霧報警器

- 請將檢查報警器作為您日常生活的一部分。
- 通過按下按鈕測試它們，直至鈴響時為止。如果鈴不響，則需更換電池。
- 若煙霧報警器開始經常性發出響聲，您得立即更換電池。
- 若這是一個十年報警器，您將需要每十年更換一個報警器。

## 您可考慮的其它設備

- 滅火毯被用來滅火或裹住身上衣服著火者。它們最好被置放在廚房裡。
- 滅火器會噴出滅火劑來幫助控制火勢。它們迅速且易於操作，但一定要首先閱讀使用說明。
- 熱報警器可以探測不應放置煙霧報警器的廚房中的火災。







# 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.

如何防止普通火災在廚房內電器香煙蠟燭

本部分將告訴您如何能在家裡避免火災，包括如何安全烹飪並避免在使用電器、加熱器、蠟燭和吸煙過程中引發火災。





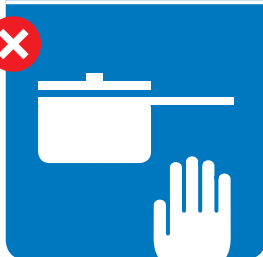
## In the kitchen

### 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**  
**將物品放在不能被觸碰到的地方**



### 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





## 在廚房裡

### 安全烹飪

**若您烹調時必須離開廚房，則需要格外小心，請將炊具從熱源上移開或者關閉熱源以避免風險。**

- 避免在酒精的影響下烹飪。
- 在爐架上烹飪時避免讓孩子單獨呆在那裡。將火柴和平底鍋把柄放在讓他們難以碰到的安全處。
- 請確保平底鍋把柄沒有伸出 - 這樣不會被從爐灶上掀翻。
- 若您穿寬鬆的衣服請務必小心 - 它們容易失火。
- 保持茶巾及抹布遠離炊具和爐架。
- 用打火設備點燃用氣炊具比用火柴或打火機安全，因為它們沒有裸火。
- 烹調結束時請再次檢查炊具電源關閉或關火。

### 小心使用電器

- 讓電器（導線及用電器）遠離水。
- 檢查烤麵包器是否清潔並將其放在遠離窗簾和廚房捲紙處。
- 保持烘箱、爐架和烤具清潔並且擺放有序。油脂堆積會引起火災。

### 切勿將金屬物放入微波爐

### 油炸

- 用熱油烹調時請多加小心 - 很容易失火。
- 在把食物放入熱油鍋前確保其乾燥，這樣不會濺油。
- 若油開始冒煙 - 則意味著油太熱了。關掉熱源並使之冷卻。
- 用控溫的深底熱油炸鍋，它們不會過熱。

### 若鍋子著火該怎麼辦

- 切勿冒險。如果可以安全關掉熱源，請關掉熱源。切勿往上澆水。
- 切勿自己單獨處理火災。



逃離火  
災現場  
遠離火  
災現場  
並呼叫  
999



11



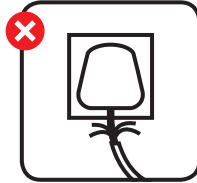
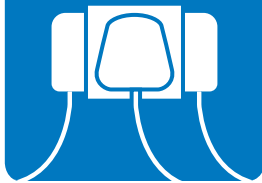


## Electrics

### 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

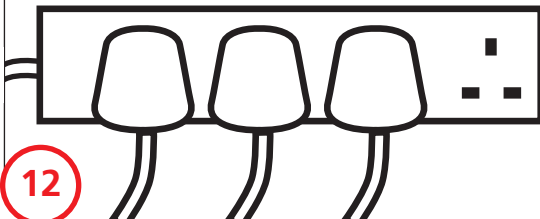


Don't overload

切勿超負荷

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



## 電器

### 如何避免電氣火災

- 始終檢查您是否使用正確的保險絲，以防止過熱。
- 確保在購買電器時查驗其是否有英國或歐洲安全標誌。
- 某些電器，如洗衣機等，由於功率很大，應該為其單獨設置插座。
- 爭取做到每個插口只配一個插頭。
- 在對電氣產品充電時，請遵循製造商的說明並查找是否有可以證明充電器符合歐洲安全標準的 CE 標誌。

### 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.

### 了解各種限制！

每個延伸線或適配器都會有可用多少安培的限制，故請小心切勿超負荷使用以減少火災風險。

電器所耗能量不同 - 例如，電視機可能用3安培的插座而吸塵器則用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.



### 保持電器設備清潔且狀態良好以防引發火災。

- 密切留意任何危險或鬆動的接線跡象，如燒焦痕記、熱的插頭和插口、燒斷的保險絲或無明顯原因而觸發的斷路器或閃爍的光等。
- 檢查並替換任何舊電纜和電線，特別是那些藏在不太顯眼的地方 - 在家具後面或地毯或掛毯下的電纜和電線。
- 拔掉電器的插頭有助減少火災風險。
- 您不用電器或上床睡覺時請拔掉插頭。

### 便攜式加熱器

- 請盡量將加熱器安全地倚牆而放以防止其傾倒。
- 使其遠離窗簾和家具並切勿用於曬晾衣物。

### 使用電熱毯

- 將電熱毯平放、捲起或鬆散折迭存放，以防損壞裡面的電線。
- 在睡覺前拔去電熱毯插頭，除非它有整晚控溫設置。
- 盡量勿購二手電熱毯並經常檢查磨損程度。
- 始終遵循製造商的說明。

### 家具

- 始終確保您的家具有永久防火標籤。



## 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!**

**熄滅它們。將它們丟棄在適當處！**



## 香煙

**正確熄滅香煙並小心丟棄。熄滅它們。將它們丟棄在適當處！**

- 切勿在床上吸煙。
- 使用適當的煙灰缸 - 切勿使用廢紙簍。
- 確保您的煙灰缸不會被打翻且由非可燃性材料製成。
- 切勿隨手丟放還在燃燒的香煙、雪茄或煙斗。它們易於跌落並引起火災。
- 若您在疲憊、服藥或飲酒時，吸煙要特別小心。您此時若睡著了會點燃床鋪或沙發釀成火災。
- 將火柴和打火機放在兒童拿不到的地方。
- 請考慮購買防兒童使用的打火機和火柴盒。

**Matchboxes now carry this warning label**



**火柴盒現在帶有此警告標籤**





## 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.

## 蠟燭

確保蠟燭放在安全的燭台內並遠離易著火的材料 - 如窗簾。

- 離開房間時熄滅蠟燭，並確保在晚間將其完全熄滅。
- 蠟燭在燃燒時不宜將兒童單獨留在家中。
- 讓寵物遠離燃燒的蠟燭。



Be careful with candles  
小心使用蠟燭





# PLAN A SAFE ESCAPE

## 計劃一條 安全逃逸 路線

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?

安裝煙霧報警器是安全防火的第一個關鍵步驟。但是若夜間著火您該怎麼辦？

本部分將幫您設計應急措施。

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

16







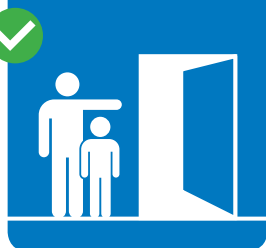
## Be prepared by making a plan of escape

- 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.

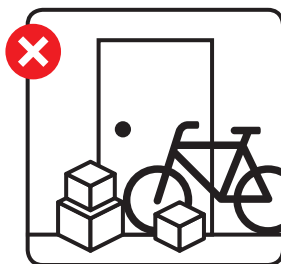
## 通過制定逃逸計劃做好準備

- 計劃逃生逃逸路線並確保人人了解如何逃生。
- 確保出口無障礙。
- 最佳路線是您平時在家裡進出的正常路線。
- 考慮第二條路線，以防第一條路線被堵。
- 用幾分鐘演習您的逃逸計劃。
- 如果您的家居佈置發生變化，請複查您的計劃。

### Top tip 重要提示



Plan an escape route  
計劃一條逃逸路線



Keep door and window keys where everyone can find them

把門窗鑰匙放在人人找得到的地點。





## 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.

## 若發生火災 該怎麼辦

**您自己不要試圖救火。讓專業人員來滅火。**

- 保持鎮靜並快速行動，盡快讓每個人逃離。
- 不要費時調查所發生情況或搶救值錢物品。
- 若有煙霧，將身體保持在空氣較清新的低處。
- 在您開門前，請檢查它是否燙手。若是，別開門 - 火在另一面。
- 一旦您逃離著火建築物，請馬上撥打 999。999是免費的。

### Top tip 重要提示



**Get out, stay out and call 999**

**脫離火災現場、遠離火災現場、並撥打 999**

18





## What to do if your escape is blocked

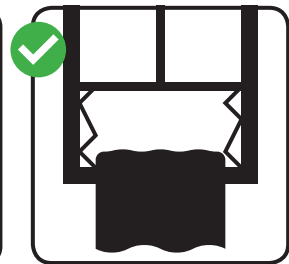
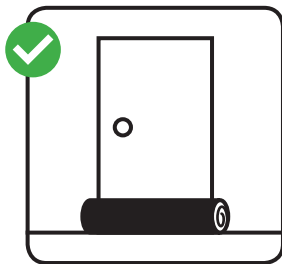
## 若您的逃逸路線被堵 怎麼辦

**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.

**若不能逃離，讓所有人進入一個房間，最好是有窗戶和電話的房間。**

- 用臥具堵住門的底部以阻擋煙霧。
- 撥撥打999然後開窗並呼喊「救火」。
- 若您在首層或二層，您可能從窗戶逃離。
- 使用臥具來緩衝您的降落並小心著陸。切勿往下跳。
- 若您不能開窗戶，則打碎玻璃下角。用毛巾或毯子覆蓋鋸齒狀邊緣以保證安全。





## What to do if your clothes catch fire

## 若您的衣服著火 該怎麼辦

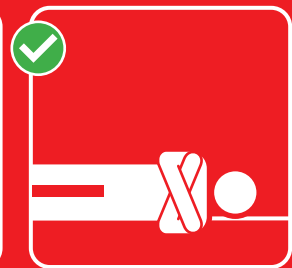
- Don't run around, you'll make the flames worse.
  - Lie down and roll around. It makes it harder for the fire to spread.
  - Smother the flames with a heavy material, like a coat or blanket.
  - Remember, Stop, Drop and Roll!
- 不要到處跑，那會使火焰更大。
  - 躺下並在地上打滾這樣火勢難以蔓延。
  - 用重布料熄火，如外衣或毯子。
  - 切記：站住、趴下並在地上打滾！



**STOP!**  
站住！



**DROP!**  
趴下！



**ROLL!**  
打滾！

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.

## 如何從高層建築中逃生

- 如同在所有的建築物中一樣，您應該計劃和演習一條逃逸路線。
- 發生火災時避免使用電梯及陽台。
- 在煙霧中容易迷路，所以數一下至您抵達樓梯時須經多少道門。
- 檢查走廊或樓梯間有無任何易燃物 - 如箱子或垃圾等。
- 確保通往樓梯間的門沒有鎖上。
- 確保建築物內的每個人都知道防火報警器在哪裡。
- 儘管在建築物內有報警系統，您家裡仍然應裝有一個煙霧報警器。



保持無障礙





# MAKE A BEDTIME CHECK



做好睡  
前檢查

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.

睡著時您更易處於火災風險中。故在就寢前對家裡進行檢查是個好辦法。



22





## Check list

## 檢查清單

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.

晚間關好內室門以防火勢蔓延。

關閉電器並拔掉插頭，除非本身設計要求它們保持在開啟狀態 - 如您的冰箱。

檢查您的炊具是否被關閉。

切記關閉洗衣機電源。

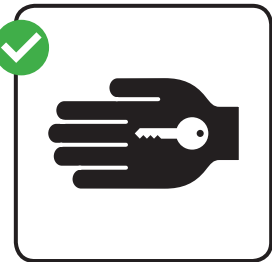
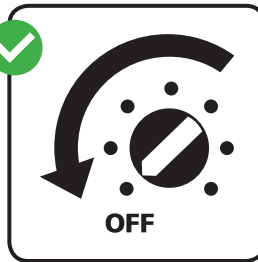
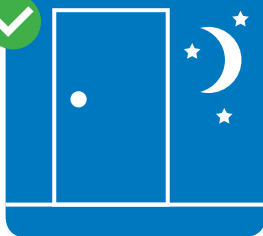
關閉加熱器並放好防火裝置。

正確熄滅蠟燭和香煙。

確保出口無障礙。

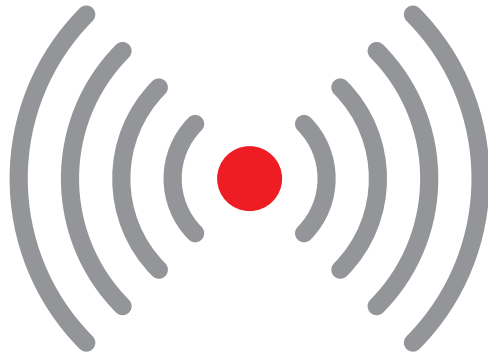
把門窗鑰匙放在人人找得到的地點。

### Top tip 重要提示



Close inside doors at night  
晚間關好內室門





**SMOKE ALARMS**

**SAVE  
LIVES**

**煙霧報警器  
挽救生命**

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](http://www.facebook.com/firekills)

©Crown Copyright 2017

Published by the Home Office, June 2017

Version 3

如果發生火災，逃離火災現場，遠離火災現場並呼叫999。有關進一步的消防安全資訊，請聯繫您當地的消防救援中心（不是999）。或訪問 [www.facebook.com/firekills](http://www.facebook.com/firekills)

© 2017年英國皇家版權

2017年6月由英國內政部出版

第3版

