



# **FIRE SAFETY** **IN THE HOME**

# **DAB KA BADBAADIDA** **GURIGA GUDAHIISA**



**FIRE  
KILLS**

**YOU CAN  
PREVENT IT**

**SOMALI**





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### 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.

### Ma ogsoonayd...?

- Inaad afar mar uga dhowdahay inaad dab ku dhimato haddii aadan lahayn alaarmi qiiq oo shaqaynaya.
- Ilaa kala badh ka mid ah dabka ay guryuhu ku gubtaan waxaa sababa shil cunto karin.
- Labo dab maalin walba ayaa waxay ku bilaabmaan shamacyo.
- Lixdii maalmoodba qof ayaa u dhinta dab uu sababay sigaar.
- Ilaa labo dab maalintii ayaa ka bilawda kululeeye.
- Qalab koronto oo ciladaysan (shay'yaal, fiilooyin iyo bareesooyin xadhko badan la geliyey) ayaa sababa ilaa 6,000 dab oo guryaha dhexdooda ah waddanka gudahiisa sannad kasta.





# PROTECT YOUR HOME WITH SMOKE ALARMS



**GURIGAAGA  
KU ILAALI  
ALAARMIYO  
QIIQ**

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.

Dariiqaa ugu sahlan ee aad gurigaaga iyo qoyskaaga kaga ilaalin karto dabka waa alaarmiyo qiiq oo shaqaynaya.

Soo hel. Rakib. Tijaabo ku samee. Nolashaada ayay badbaadin karaan.

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## 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.

## Dooro alarmiyadaada qiiqa

- Ku rakib ugu yaraan hal alaarmi qiiq dabaq walba oo gurigaaga ah.
- Alaarmiyada qiiqu waa raqiis wayna sahlan tahay in la rakibo.
- Waxaa laga heli karaa bakhaarada DIY, dukaamada qalabka korontada iyo inta badan ee subermarkedyada dariiqyada waaweyn ku yaala.
- Waxaa jira noocyo kala duwan oo la kala doorto. Adeega agagaarkaaga ee dabka iyo badbaadinta ayaa ku farxi doona inuu ku siiyo talobixin la xidhiidha kan adiga kuugu haboon.
- Alaarmiyada baytariyada sajalaataysan ee tobanka sano ah ayaa ah xulashada ugu wanaagsan. Way ka yare qaalisan yihiin, laakiin waxaad lacag ka badbaadinaysaa kharasha bedelaada baytariyada.
- U fiirso mid ka mid ah astaamahaan, taas oo muujinaysa in alaarmiga la ansixiyey oo uu badbaado yahay.

### Top tip Talo sare



### Fit smoke alarms Rakib alaarmiyo qiiq



British Standard Kitemark



**A WORKING  
SMOKE ALARM  
COULD SAVE  
YOUR LIFE**

**ALAARMI QIIQ OO  
SHAQAYNAYA WUXUU  
BADBAADIN KARAA  
NOLOSHAADA**



## 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**.

## Sida loo hubinayo in alarmiyadaada qiiqu uu shaqaynayo

### Tijaabi alaarmigaaga qiiqa ugu yaraan bishiiba mar.

- Haddii mid ka mid ah alaarmiyadaada qiiqu uu leeyahay baytari sannad ah, hubi in sannad walba la bedelo. Keliya soo saar baytariga marka loo baahdo in la bedelo.
- Marnaba haka furin ama haka saarin baytariyada alaarmigaaga haddii uu si khalad ah u qayliyo.
- Alaarmiyada ku shaqeeya baytariyada heerka caadiga ah waa xulashada ugu raqiisan, laakiin baytariyada ayaa u baahan in la bedelo sannad walba.
- Dad badan ayaa ilaawa inay tijaabiyaan baytariyada, sidaa darteed waxaa wanaagsan baytariyo muddo dheer shaqaynaya.
- Alaarmiyada dabka guud ku shaqeeya waxaa dabka siiya korontada gurigaaga. Waxaa loo baahan yahay inuu rakibo korontiiste takhasus leh, laakiin sida alaarmiyada baytariyada waxay u baahan yihiin in la tijaabiyo.
- Tijaabinta alaarmiyada qiiqa waxaa lagu tijaabiyaa dareemaha qiiqa iyo sidoo kale dab siinta iyo/ama baytariga.
- Xataa waxaa lagu rakibi karaa alaarmiyada isku xidhiidhsan, si marka hal alaarmi dab dareemo ay dhammaantood isla qayliyaan. Tani waa muhiim haddii aad ku nooshahay guri weyn ama dhawr dabaq.

Alaarmiyada laydhka bixiya iyo kuwa gariirka waxaa heli kara dadka dhegaha la' ama dhega culus. Kala xidhiidh the Khadka Warbixinaha Maqal Luminta (The Action on Hearing Loss Information Line) **0808 808 0123** ama qoraal-telefoon ugu dir **0808 808 9000**.





## Top tip Talo sare



Test it  
Tijaabi

## Fitting your smoke alarms

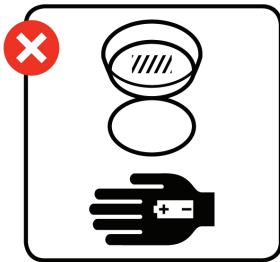
The ideal position is on the ceiling, in the middle of a room, and on the hallway and landing, so you can hear an alarm throughout your home.

- 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.

## Rakibidda alarmiyadaada qiiqa

Booska ugu wanaagsan waa saqafka, qolka badhtamaha, iyo daashka iyo jaranjarada agteeda, si aad gurigaaga oo dhan uga maqli karto alaarmiga.

- Haku rakibin alaarmiyada kijada ama meel u dhow ama musqusha qubayska halkaas oo qiiq ama uumi uu si shil ah uga dhawaajin karo.
- Haddii ay adiga dhib kugu tahay rakibidda alaarmiyaal qiiq caawimo kala xidhiidh adeega agagaarkaaga ee dabka iyo badbaadinta. Waxay ku farxi doonaan inay kuu rakibaan.



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## 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.

## Daryeelidda alaarmiyadaada qiiqa

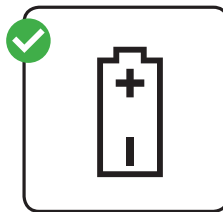
- Ka dhig tijaabinta alaarmiyadaada qiiqa qayb ka mid ah hawlahaaga joogtada ah ee guriga gudahiisa.
- Tijaabi adigoo riixaya badhanka ilaa uu alaarmigu ka dhawaaqo. Haddii aanu dhawaaqin, waxaad u baahan tahay inaad baytariga bedesho.
- Haddii alaarmi qiiq uu bilaabo inuu dhawaaqo si joogto ah, waxaad u baahan tahay inaad isla markaaba bedesho baytariga.
- Haddii uu yahay alaarmi toban sanno ah, waxaad u baahan doontaa inaad alaarmiga oo dhan bedesho tobankii sannoba.

## Qalabka kale ee aad ka fekeri karto

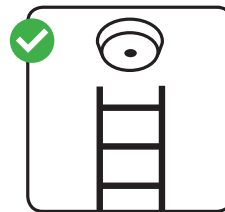
- Bustayaasha dabka waxaa loo isticmaalaa in lagu damiyo dabka ama in lagu duubo qof dharkiisu gubanayaan. Waxaa ugu fiican in kijada lagu hayo.
- Dab-damiyayaashu waxay tuuraan biyo cadaadis leh si ay caawimo uga noqdaan xakamaynta dabka. Waa degdeg isticmaalkooduna waa sahlan yahay, laakiin had iyo goor marka ugu horaysa akhri tilmaamaha.
- Alaarmiyada kulaylku waxay dareemi karaan dab kijada gudaheeda ah halkaas oo ay tahay in aan lagu rakibin alaarmiyada qiiq.



**Test it**  
**Tijaabi**



**Change it**  
**Bedel**



**Replace it**  
**Mid kale ku bedel**







# 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.

## SIDA LOOGA HORTAGO DABABKA INTA BADAN DHACA EE KIJADA GUDAHEEDA QALABKA KORONTADA SIGAARKA SHAMACYADA

Qaybtani waxa kuu sheegaysaa sida aad uga fogaan karto dababka gurigaaga, oo ay ku jirto sida cuntada badbaado loogu kariyo, looga taxadaro qalabka korontada, kulayliyayaasha, shamacyada iyo sigaarka.





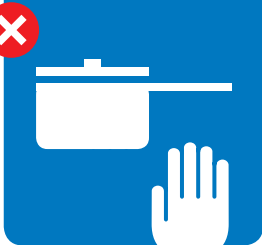
## In the kitchen

### 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.**

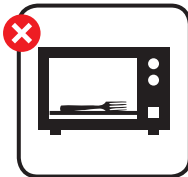
- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're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



**Keep out of reach**

**Dhig meel aan la gaadhi karin**



### 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**



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## In the kitchen

### Cuntada u kari si badbaado ah

**Taxader dheeraad ah samee haddii aad u baahan tahay inaad kijada ka baxdo xiliga aad cuntada karinayso, digsiyada dabka ka qaad ama ka gaabi si aad khatar uga fogaato.**

- Iska ilaali inaad cunto kariso adiga oo khamro cabay.
- Iska ilaali inaad caruurta kijada kaga tagto iyagoo keligood ah marka aad shooladda wax ku karinayso. Kabriidada iyo dhegta maqliga ka fogee meel ay gaadhi karaan si aad badbaado ugu ilaaliso.
- Hubi inaan dhegta maqligu soo baxsanaan – si aan girgiraha qof uga tuurin.
- Taxadar samee haddii aad gashan tahay dhar balaqsan – si fudud ayaa dab u qabsan karaa.
- Ka ilaali tuwaalada kijada iyo maryaha shoolada iyo cunto kariyaha.
- Qalabka hilaaca ee wax lagu shido ayaa ka badbaado badan kabriidka ama qaracadda marka shooladda gaasta ah la shidayo, waayo ma laha olol qaawan.
- Laba mar hubi in shooladda cuntadu damsan tahay marka aad cunto karinta dhamayso.

### Ka taxadar qalabka korontada

- Ku ilaali qalabka korontada (qaybisooyinka iyo qalabka kale) meel biyaha ka fog.
- Hubi in rooti-dubuhu nadiif yahay kana fogee daahyada iyo waraaqaha faraha layska mariyo ee kijada.
- Ku ilaali foornada, shooladda iyo daawaha wax lagu dubo inay ahaadaan nadiif iyo inay si fiican u shaqaynayaan. Ururitaanka xaydh iyo dufan waxay dhalin kartaa dab qarxa.

**Shay bir ah ha gelin microweeyfka gudahiisa**

### Dufan ku shiilidda

- Taxadar samee marka aad saliid kulul wax ku karinaysid – dab ayaa si sahlan uga dhalan kara.
- Hubi in cuntadu qalalan tahay ka hor inta aadan ku ridin saliid kulul si aanay u firdhin.
- Haddii saliidu qiiq bixiso – aad bay u kulushahay. Ka dami kulaylka oo daa ha qabawdee.
- Isticmaal dufan ku shiilid koronto ku shaqeeya oo leh heerkulbeeg cabire. Aad uma kululaan karaan.

### Waxa la samaynayo haddii maqliga dab qabsado

- Khatar ha is gelinin. Dami kulaylka haddii in sidaa la sameeyaa tahay badbaado. Weligaa biyo dusha ha kaga shubin.
- Adigu dabka ha wajihin.



**DIBADDA  
U BAX KU  
SUGNOW  
DIBADDA  
OO WAC  
999**



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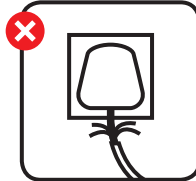
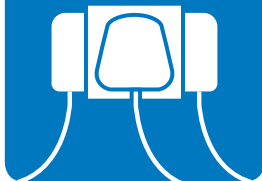


## Electrics

### 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 Talo sare

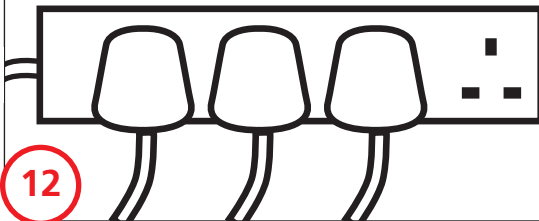


**Don't overload**

**Xadhko badan ha gelin**

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



## Qalabka korontada

### Sida looga fogaado dabka korontada

- Had iyo goor hubi inaad isticmaasho fiyuus saxda ah si aad uga ilaaliso kululaansho saa'id ah.
- Hubi in qalabka korontadu leeyihiin calaamadda badbaadada ee Biritishka ama Yurub marka aad iibsano.
- Qaar ka mid ah qalabka korontada, sida qasaaladdaha, waa inay yeeshaan bareeso keliya, maadaama ay quwad weyn leeyihiin.
- Isku day inaad hal xadhig geliso bareesadiiba.
- Ma aad bedelayso qalabka korontada, raac tilmaamaha wershada samaysay kana eeg calaamada Midowga Yurub ee tilmaamaysa in dabeyayaashu waafaqsan yihiin heerka badbaado ee Yurub.

### 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.**

### Aqoon u lahaw xaddiga!

**Qaybiso ama madax bareeso wuxuu leeyahay xaddi qalab koronto oo uu qaadi karo, markaa ka taxadar oo ha xad dhaafin si aad u yaraysno khatar dab.**

**Qalabka korontadu waxay isticmaalaan awood koronto oo kala duwan – tusaale ahaan, telefshinka waxaa laga yaabaa inuu isticmaalo bareeso 3amp qashin nuuguhuna (vacuum cleaner) bareeso 5amp.**





**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.



**Ku hay qalabka korontada nadiif iyo caalad wanaagsan oo inay shayqaynayaan ah si aad uga ilaaliso inay dab kiciyaan.**

- Isha ku hay tilmaamaha khataraha ama fiilooyin go'an sida meelo diiran, bareeso ama qaybiso kululaatay, fiyuu qarxay ama mareeg- jebiyayaal dhaqaaqa sabab cad la'aan, ama laydh big-biglaynaya.
- Hubi oo bedel wixii fiilooyin iyo qaybisooyin duug ah, gaar ahaan haddii ay qorsoon yihiin – farniijarka dabadiisa maraan ama kaarbedka iyo dermooyinka hoostooda maraan.
- In qalabka korontada bareesada laga saaro waxay caawimo ka noqotaa yaraynta khatarta dabka.
- Bareesada ka saar qalabka korontada marka aadan isticmaalayn ama marka aad seexanayso.

**Kulayliyayaasha la qaadan karo**

- isku day inaad kulayliyayaasha ku tiiriso derbiga si aad uga ilaaliso inay dhacaan.
- Ka fogee daahyada iyo qalabka farniijarka marnabana ha u isticmaalin inaad dharka ku qalajiso.

**Isticmaalidda buste koronto**

- U xafid bustayaasha korontada adigoo jiifinaya, duubaya ama si nefis ah u laalaab si aad uga ilaaliso in fiilooyinka gudaha ugu jiraa wax noqdaan.
- Bareesada ka saar bustayaasha ka hor inta aadan sariirta korin, ilaa haddii mooyee uu leeyahay xakameeye heerkulbeeg oo loo isticmaalo badbaado habeenkii oo dhan ah.
- isku day inaad iibsano buste hore loo isticmaalay si joogto ahna uga ilaali dildilaaca iyo googo'a.
- Had iyo goor raac tilmaamaha wershadii soo samaysay.

**Alaabta guryaha**

- Had iyo goor hubi in qalabkaaga farniijarku uu leeyahay qoraalka rasmiga ah ee u-adkaysiga dabka.



## 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  
Talo sare**



**Put them out. Right out!**

**Bakhtii. Si dhab ah u bakhtii!**



## Sigaarka

**Sigaarka u dami si dhab ah si taxadar lehna khashinkiisa meel ugu rid. Bakhtii. Si dhab ah u bakhtii!**

- Weligaa sariirta sigaar haku cabin.
- isticmaal haashtari sax ah – weligaa ha isticmaalin bashqad warqad qashin ah.
- Hubi in aan haashtarigaagu is rogi karin uuna ka samaysan yahay shay aan gubanayn.
- Ha ka tegin sigaar, sigaarka buurbuuran ama beeb daaran oo meelahaas yaal. Si fudud ayay u dhici karaan oo dab uga dhalan karaa.
- Taxadar dheeraad ah ka samee haddii aad sigaar cabayso adiga oo daalan, daawo qaadanaya ama aad khamri cabtey. Waxaa laga yaabaa inaad seexato oo aad deb qabadsiiiso sariirtaada ama kursigaaga fadhiga.
- Kabriidada iyo qaracadaha dhig meel aan caruurto gaadhi karin.
- Ka feker inaad soo iibsato qaracadaha iyo kabriidada caruurto aanay shidi karin.

**Matchboxes now carry this warning label**



**Kabriidada hadda waxaa ku qoran qoraalkan digniinta ah**





## 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.

## Shamacyo

**Hubi in shamacyadu ay ku fadhiyaan shay haya oo hagaagsan iyo inay ka durugsan yihiin alaabooyinka laga yaabo in dabku qabsado – sida daahyada.**

- Dami shamacyada marka aad qolka ka baxayso, oo hubi inay si dhab ah u bakhtiisan yihiin habeenkii.
- Caruurta maaha in keligood lagaga tago shamac daaran.
- Xayawaanada guryaha lagu haysto ka fogee shamac daaran.



**Top tip  
Talo sare**



**Be careful with candles  
Ka taxadar shamacyada**





# PLAN A SAFE ESCAPE

## QORSHEE KA BAXSASHO BADBAADO AH

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?

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

Ku rakibidda alaarmiyo qiiq waa talaabada ugu horaysa ee lamahuraanka ah ee aad naftaada uga ilaalinayso dab. Laakiin maxaad samayn lahayd haddii mid ka mid ahi qayliyo habeennimada?

Qaybtan waxay kaa caawinaysaa in aad samayso qorshe diyaar ah oo xaalad degdeg ah.







## 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.

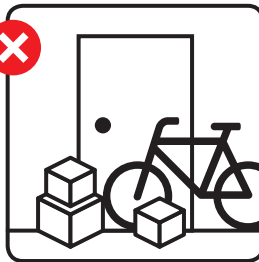
## Diyaarsanow adiga oo samaynaya qorshe aad ku baxsato

- Qorshee marin baxsi, hubina in qof walba ogyahay sid uu u baxsanayo.
- Hubi in meelaha laga baxayaa banaan yihiin.
- Marinka ugu fiican waa kan caadiga ah ee aad gurigaaga kasoo gasho kana baxdo.
- Ka feker marin labaad haddii ka kowaad xaniban yahay.
- Qaado dhawr daqiiqo oo aad ku tijaabiso qorshahaaga baxsi.
- Dib u fiirin ku samee qorshahaaga haddii qaab-dhismeedka gurigaagu is bedelo.

### Top tip Talo sare



Plan an escape route  
Qorshee marin baxsi



Keep door and window keys where everyone can find them

Dhig albaabada iyo daaqadaha furayaashooda meel qof walba ka heli karo.

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## 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.

## Waxa la samaynayo haddii uu qarxo dab

**Adigu dabka ah wajihin. U daa dadka xirfadda u leh.**

- Is deji oo si dhakhso ah wax u samee, dadka oo dhan dibadda ugu saar sida ugu dhakhso badan ee suurtoagal ah.
- Wakhti haku dayacin inaad u kuurgasho waxa dhacaya ama aad badbaadiso hanti.
- Haddii uu qiiq jiro, hoos isugu dhig meesha ay hawadu nadiifta tahay.
- Ka hor inta aadan furin albaab hubi inuu diiran yahay. Haddii uu diiran yahay, ha furin – dabku wuxuu ka jiraa xagga kale.
- Wac 999 isla marka aad dhismaha dibada uga baxdoba. 999 wicitaankiisu waa bilaash.

### Top tip Talo sare



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

**Dibadda u bax, ku sugnow dibadda oo wac 999**





## What to do if your escape is blocked

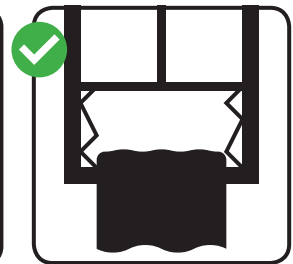
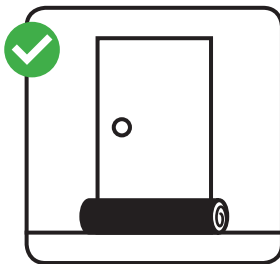
**If you can't get out, get everyone into one room, ideally with a window and a phone.**

- 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.

## Waxa la samaynayo haddii meeshii aad ka bixi lahayd xaniban tahay

**Haddii aadan bixi karin, dadka oo dhan ku ururi hal qol, haddii la heli karo qolku waa inuu lahaadaa daaqad aadna haysataan telefoon.**

- Maryo ku awd fakadda hoose ee albaabka si aad u xanibto qiiqii soo geli lahaa.
- Wac 999 dabadeedna daaqada fur oo ku qayli "HELP FIRE".
- Haddii aad ku sugan tahay dabaqa ugu hooseeya ama dabaqa labaad, waxaa laga yaabaa inaad ka baxsan karto daaqad.
- Isticmaal maryo si aad isaga xejiso ku dhicida dhulka, si taxader lehna u deg. Ha boodin.
- Haddii aadan daaqadda furi karin muraayadda ka jebi koonaha hoose. Koonayaasha fiiqfiqan badbaaddooda ku ilaali tuwaal ama buste.





## 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!

## Waxa la sameeyo haddii dharkaaga dab qabsado

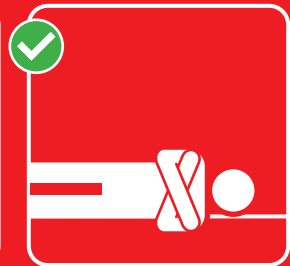
- Ha carcararin, waxaad sii xumaynaysaa oolka.
- Jiifso oo is rogrog. Waxay yaraynaysaa in dabku baaho.
- Oolka ku ded shay culus, sida koodh ama buste.
- Xasuuso, Istaag, Istuur oo Is rogrog!



**STOP!**  
**ISTAAG!**



**DROP!**  
**ISTUUR!**



**ROLL!**  
**IS ROGROG!**

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## How to escape from a high level building

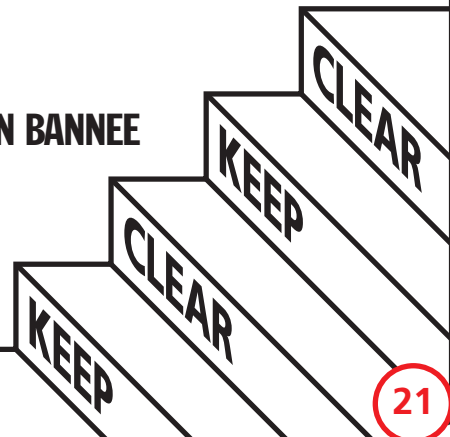
- As with all buildings, you should plan and practise an escape route.
- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch 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.

## Sida looga baxsado dhisme dabaq dheer ah

- Sida dhismayaasha kale oo dhan, waa inaad qorshaysaa oo isku daydaa dariiq ka baxsasho.
- Iska ilaali isticmaalidda wiishka iyo berendaha haddii uu dab kaco.
- Waxaa sahlan in la jaahwareero marka qiiq la dhexgalo, markaa tiri inta albaab ee aad u baahan tahay inaad marto si aad u gaadho jaranjaradda.
- Fiiri in aanay oolin daashka ama jaranjarada wax dabku qabsan kara – sida kartoono ama qashin.
- Hubi inaan albaabada jaranjarada loo maro qafilnayn.
- Hubi in qof walba oo guriga gudahiisa ku sugan og yahay halka ay ku yaalaan alaarmiyada dabku.
- Weli waa inaad gurigaaga u heshaa alaarmi qiiq, xitaa haddii dhismuhu leeyahay hanaan digniineed.



**MARIN BANNEE**



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# MAKE A BEDTIME CHECK



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.

Waxaad khatar ka badan oo dab ku sugan tahay xiliga aad hurudo. Waa fekred wanaagsan inaad gurigaaga kormeerto ka hor inta aadan seexan.

## SAMEE KORMEER XILIGA SEEXASHADA





## Check list

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.

## Liiska hubinta

Xidh albaabada gudaha habeenkii si aad uga joojiso dab inuu baaho.

Dami oo bareesada ka saar qalabka korontada ilaa haddii mooyee loo qaabeeyey in daaraan loo daayo – sida barafeeyahaaga.

Hubi in cunto kariyahaagu damsan yahay.

Ha uga tegin qasaaladda iyadoo daaran.

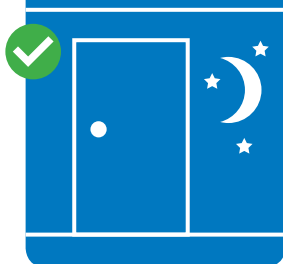
Bakhtii kulayliyaasha oo u dhig dab ilaaliyayaal.

Shamacyada iyo sigaarka u bakhtii si sax ah.

Hubi in meelaha laga baxo ay banaan yihiin.

Dhig albaabada iyo daaqadaha furayaashooda meel qof walba ka heli karo.

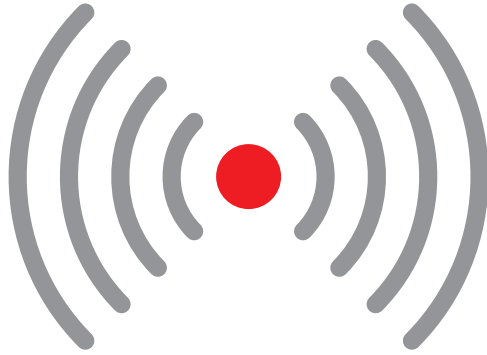
### Top tip Talo sare



Close inside doors at night

Xidh albaabada gudaha habeenkii





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

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Version 3

**ALAARMİYADA QIIQU  
NAFO AYAY BADBAADIYAAN**

Haddii dab bilaabmo, dibadda u bax, ku sugnow dibadda oo wac 999. Wixii faahfaahin dheeraad ah oo la xidhiidha badbaadada dabka la xidhiidh adeega agagaarkaaga ee dabka iyo badbaadinta (maaha 999). Ama booqo [www.facebook.com/firekills](http://www.facebook.com/firekills)

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Waxaa daabacay Xafiiska Arimaha Gudaha, Juun 2017

Daabacaadii 3aad

