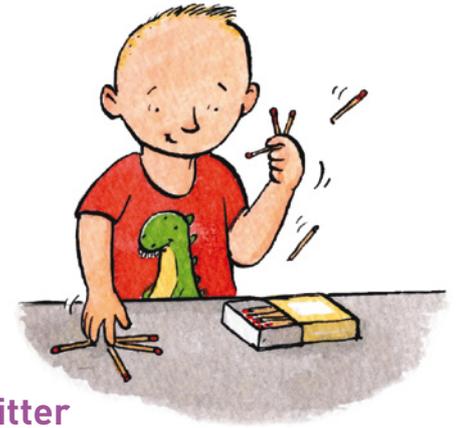


Stay tuned into fire safety



“We were going out for dinner with friends and the babysitter had already arrived. I’d only had about 15 minutes to get ready after getting the kids down so I was really rushing. I went back into the bedroom to grab something and realised I’d left the hair straighteners on. I’d chucked them on the bed thinking I’d turned them off. There was a brown line on the cover where they had just started to burn through. Can’t bear to think what might have happened.”

The smoke from a fire can make you unconscious while you sleep and can **kill your child in less than a minute.**

Prevent fires

- Keep matches and lighters out of sight and reach of young children
- Stub your cigarette out properly and avoid smoking if you’re really tired (or in bed) - you may fall asleep with it in your hand
- Change your chip pan to an electric one if you can. If not, never fill the pan more than half full
- Store your hair straighteners safely. A growing number of house fires are caused by hair straighteners left switched on
- Take care not to overload electrical sockets. For example, if you use the combination of a toaster and a kettle on an extension lead running from one socket, it’s dangerously overloaded.

Plan your escape

- With your family, work out the best route for you to get out of the house. Talk about it together and make sure everyone knows what to do in an emergency
- Keep the stairs and the escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

Check your smoke alarms

- You need a working smoke alarm both upstairs and downstairs, to warn you quickly if a fire starts
- Test your alarms every month
- If your alarm keeps going off while you’re cooking, don’t remove the battery – the chances are you’ll forget to put it back. Instead move it further away from the kitchen or fit one that has a silencer button
- Encourage children to get involved in testing the smoke alarms.

Find out more and share

Follow us on Facebook and share with friends and family:

www.facebook.com/ChildAccidentPreventionTrust

Visit the safety advice section of the Child Accident Prevention Trust website:

www.capt.org.uk

Fire safety

You're 7 times more likely to die in a house fire if there's no working smoke alarm.



Activity ideas

- Call the fire and rescue service. Ask if someone can come to talk to your group about the importance of smoke alarms and fire escape routes.
- All UK fire and rescue services provide free home fire safety checks. They fit free smoke alarms in the homes of the most vulnerable families and some offer this to all families. Make sure your families know how to find out more.
- Using paper and pens in your session, help parents and older children to plan and draw an escape route out of their house and get them to practice it with their children.
- For Scotland visit the Go Safe Scotland website www.gosafescotland.com for a range of fire activities for Early Level and Levels 1 and 2.

CAPT resources for your event

- How safe is your child from burns and scalds? leaflet
- How safe is your child at home? leaflet
- I'm only a baby but... booklet
- Now I'm a toddler I can... booklet
- Now I'm getting bigger I can... booklet

Available from CAPT's online shop

www.capt.org.uk/shop

Useful links

Visit the Firekills website www.direct.gov.uk/firekills for Time to test video, top tips and leaflets.

Visit the Electrical Safety First website for help and advice www.electricalsafetyfirst.org.uk

This includes an online socket overload calculator: www.electricalsafetyfirst.org.uk/guides-and-advice/electrical-items/overloading-sockets

The WatchTower Giraffe makes it easier to test your alarms. The story book involves children, so they encourage parents to test alarms regularly. Available from CAPT's online shop

www.capt.org.uk/shop/watchtower-giraffe

You can now buy a 10-year smoke alarm from our online shop www.capt.org.uk/shop/fireangel-st-622-10-year-combined-optical-smoke-and-heat-alarm (with a donation to CAPT)

The DAIO™ hair appliance organiser is safe way to store hair straighteners www.the-daio.com (with a donation to CAPT).