

FIRE SAFETY

**FOR PEOPLE WITH SIGHT,
HEARING OR MOBILITY
DIFFICULTIES**



**FIRE
KILLS**

**YOU CAN
PREVENT IT**

PROTECT YOUR HOME WITH SMOKE ALARMS



This leaflet has been developed for people with sight, hearing and mobility difficulties. It provides practical advice and tips that will help protect you from the risk of fire.

Smoke alarms save lives

Fit smoke alarms in your home and test them regularly.

- If you can't fit the alarm yourself, contact your local Fire Service who may be able to fit it for you.
- Most house fires happen at night, so make sure your alarm is in a position that will wake you up, such as in your bedroom.
- If it is difficult to test your alarm ask somebody to do it for you. You can also get easy access alarms, which can be tested from the wall rather than ceiling. The Disabled living foundation can provide more information on these products.
- If you have a hearing difficulty you can get a smoke alarm which uses a strobe light and vibrating pads.
- Put a coloured sticker on your smoke alarm if you have trouble seeing it to test it, or ask your local Fire Service if they can provide a coloured cover.
- If you have trouble moving around, consider fitting an intercom to get help quickly. (To be tested)
- You can be alerted that your smoke alarm going off by paging equipment. (To be tested)



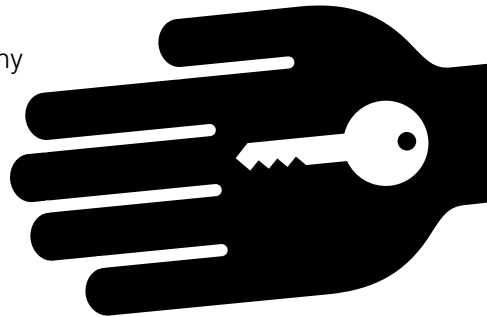
Fit smoke alarms

Plan an escape route

Think about how to escape if there is a fire.

- It is a good idea to practise an escape so that you feel confident you could do it day or night.
 - Make sure exits are kept clear and well lit.
 - Keep a phone in your bedroom in case you need to make an emergency call. If it's a mobile, keep it charged.
 - Make sure you know how your alarm works, including any passwords or codes.
- If you have sight difficulties consider placing a tactile indicator along your escape route. (To be tested)
 - Make sure you have easy access to any mobility aids you may need, such as a walking stick.

Keep keys where you can find them in case you need them in a hurry.



Plan an escape route



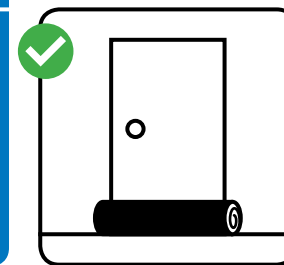
In the event of a fire

Don't tackle fires yourself. If you can, get out, stay out and call 999.

- If you can't get out stay in a room with a shut door, window and phone, ideally at the front of the house.
- Put bedding round the bottom of the door to block out the smoke, then open the window and call "HELP FIRE". Keep a whistle handy if it's hard to shout.
- If you can, close inside doors at night. This will help prevent a fire from spreading.



Get out, stay out and call 999



Useful tips if you have hearing or sight difficulties

Hearing difficulties

If you have a text phone dial 18000 to contact emergency services.

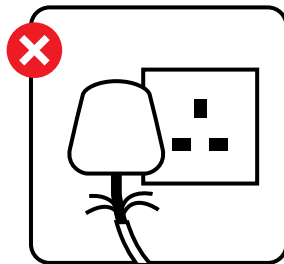
- The best way to contact the emergency services is to call 999. If this is difficult ask a neighbour.
- You could also use an emergency text number. Not all regions have one, so check with your local Fire Service.
- Remember mobile networks are not 100% reliable and should be backed up with a 999 call.

Sight difficulties

- Consider fitting bump-ons (also known as plastic blisters) to electrical appliances as a way of making sure they are switched off properly. (To be tested)
- Electric leads giving off a burning smell could be frayed or faulty. Check them carefully by touch. Never plug them in



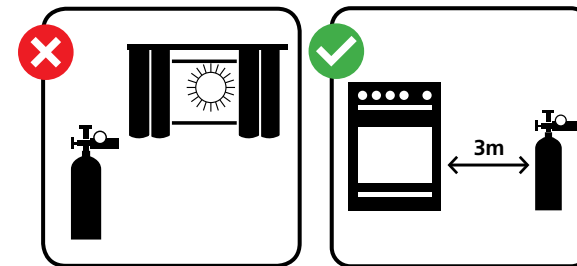
Text 18000 in an emergency



If you use oxygen

- Make sure your oxygen equipment is stored safely out of direct sunlight, well ventilated, always dry and away from heat sources.
- Don't use oxygen near naked flames, including gas and electric cookers – 3 meters is a safe distance.
- For further info, contact your oxygen supplier.

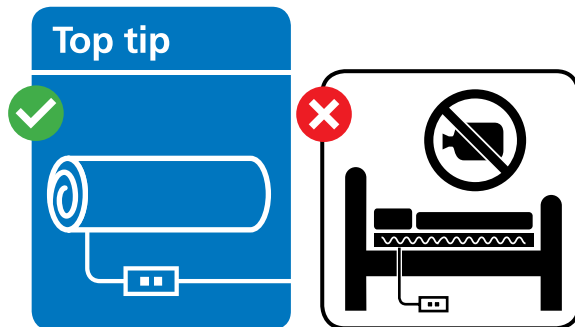
Never smoke or use electrical appliances, such as hairdryers, whilst using oxygen.



If you use an electric blanket

Store electric blankets flat or rolled up. Folding them can cause damage and increase the risk of fire.

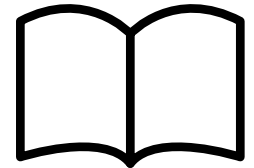
- Water and electricity don't mix, so avoid getting an electric blanket wet. If you do, wait until it is completely dry before using it again.
- Never use a hot water bottle and an electric blanket together.
- Test electric blankets every three years. Your local Fire Service or Age Concern may do this for you for free.



Store electric blankets flat or rolled up

Support tailored to your needs

- Register with your local Fire Service if you have a sight, hearing, mobility difficulties or if you use oxygen. This will mean a fire crew is made aware of your circumstances in the event of an emergency.
- Contact your local Fire Service or Social Services if you need practical help tailored to your needs. They may be able to fit a smoke alarm for you or provide other safety equipment.
- The numbers for your local Fire Service or Social Services can be found in the phone book, via directory enquiries or online at www.direct.gov.uk
- See the Fire Safety in the Home leaflet for further advice and top tips.



Don't forget...

The Fire Safety in the Home leaflet provides more advice on how to stay safe, including the following tips:



Take care when cooking. Take pans off the heat if you need to leave the kitchen. Be extra careful with hot oil – it sets alight easily. ✓

Don't overload electrics. Keep to one plug per socket and don't overload adaptors. ✓

If you can, unplug electrical appliances if you are not using them, unless they are designed to be left on (e.g. freezers) ✓

Stub cigarettes out properly and dispose of them carefully. ✓

Make sure candles are in secure holders. Put them out when you leave the room or go to bed. ✓

Check your home is safe before you go to bed. If you can, close inside doors to stop a fire from spreading. ✓

Check if your furniture and furnishings are fire resistant. ✓

www.direct.gov.uk/firekills

More information and support

Electric blanket testing or access to handymen
Age Concern
Freephone 0800 00 99 66
www.ageconcern.org.uk

Help the Aged
020 7278 1114
www.helptheaged.org

Free, impartial advice on disability and mobility products
Disabled Living Foundation
0845 130 9177
www.dlf.org.uk

Specialist equipment and advice for blind and partially sighted people
RNIB
0845 766 9999
www.rnib.org.uk

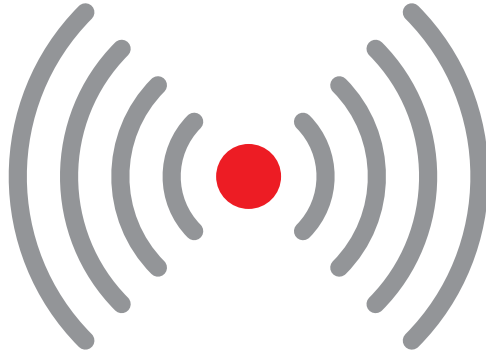
Specialist equipment and advice for deaf and hard of hearing people
RNID
0808 808 0123
Textphone: 0808 808 9000
www.rnid.org.uk

Support for people who are deafblind
Sense
0845 127 0060
Textphone: 0845 127 0062
www.sense.org.uk

Information and support for people who are disabled, especially for those with cerebral palsy
Scope
0808 800 3333
www.scope.org.uk

A national network of disability organisations and disabled people
Royal Association for Disability and Rehabilitation (RADAR)
0207 250 3222
www.radar.org.uk

Advice on fire prevention, including downloadable leaflets
Fire Kills
www.firekills.gov.uk



SMOKE ALARMS
SAVE
LIVES

For more information on
general fire safety visit
www.direct.gov.uk/firekills

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