



## GET SMART!

Information that could save your life.

## GET EQUIPPED!

Investing in your own safety.

## GET OUT!

Make a plan. Be prepared.

This is one of a series of leaflets in the 'Get Smart! Get Equipped! Get Out!' fire safety range available from your local Fire and Rescue Service. Other leaflets in the series provide advice on fire safety equipment, fire safety for parents and children, and extra information for those with eyesight problems or problems getting around.

Translations and alternative formats are also available.

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For further information visit our website at: [www.firekills.gov.uk](http://www.firekills.gov.uk)

# Plan your escape



**PROTECT YOUR HOME FROM FIRE**

# Fire safety – your escape plan

If your smoke alarm went off in the night, would you know what to do? This leaflet explains how to make a 'fire action plan' for your home.

It's better for you to prevent fire than to fight it. Tackling fire is a job best left to professional firefighters.

**Make your plan. Get out alive.**

## Planning can **save lives.**



On 21 August 1999 there was a fire in the home of the Johnson family.

In thick smoke, the parents went looking for their three children, Tod (age three), Ben (age four) and

lisa (age six), but they weren't in their beds.

The parents searched frantically before escaping the house.

The children never emerged. They were found holding hands in a wardrobe. They had all been killed by smoke inhalation.

## PLAN AHEAD TOGETHER!

**Make your 'fire action plan' with everyone in your home, especially children, the elderly and disabled.**

- This involves making sure everyone who lives or visits your home knows what to do if there is a fire. By following the advice in this leaflet and planning your escape route together, you can save lives.



**Make sure everyone knows where to find door and window keys.**



- The best escape route is your normal way in and out of your home so keep it clear! Think of difficulties you may have getting out, for example in the middle of the night. Choose a second escape route, in case the first one is blocked.



- If you can't escape, you will need to find a room to wait in until the Fire and Rescue Service arrive. Choose a safe room, ideally one with a phone, and a window that opens. A safe room is particularly important if you have difficulty moving around.



## IF THERE IS A FIRE

**Keep calm and act quickly! Immediately tell everyone in your home. Don't delay – get everyone out!**

- Don't waste time investigating, or rescuing valuables.
- Before you open a door check it with the back of your hand. If it's warm, don't open it – fire is on the other side. Remember to shut doors behind you.



## If your escape route is blocked

- Get everyone into one room, with a window that opens, and shut the door.
- Put cushions and bedding around the bottom of the door to block out smoke.
- Open the window and call for help.

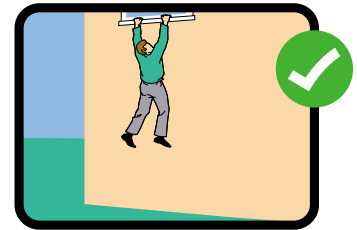


***If you can't get out, find a safe place to wait.***

## Get out of a window

- If you're on the ground or first floor, you may be able to escape through a window. If you are higher up, only consider this if you are in immediate danger.

- If you need to break a window, use a heavy object to break the glass in the bottom corner. Then knock out the glass. Be careful of jagged edges, make them safe by laying a towel or blanket over them.
- Break your fall with cushions and bedding. Remember, don't jump – lower yourself before dropping.



***If there's smoke – keep low to the ground where the air is cleaner.***

## If your clothes catch fire

- Don't run around, you'll fan the flames and make them burn faster.
- Lie down and roll around. It makes it harder for the fire to spread and smothers the flames.
- Smother the flames with a heavy material, like a coat, blanket or a fire blanket.



**STOP!**



**DROP!**



**ROLL!**

## Stay out!

- Don't go back in for anything, even if there's someone left inside. Wait for the Fire and Rescue Service and give them as much information as possible.



**IF THERE'S A FIRE... Get Out  
Stay Out  
and call  
999**

## Your emergency call

- Once you've escaped, call 999. These calls are free. Don't call the local fire station's number – it may take longer.
- Speak slowly and clearly.
- Give the whole address, including the town and postcode.
- Explain if anyone is trapped and what room they are in.

## PROTECT YOURSELF FROM FIRE

### Practise your fire action plan

- Regularly take a few minutes to 'walk' the escape route with everyone in your household and check that everyone can unlock and open doors and windows easily.
- Review your plan regularly, especially if you make any changes in your home.

## Fit a smoke alarm

- The best way for you to protect yourself and your home is to buy a smoke alarm. They cost from as little as £5 and you can get them from supermarkets and in high-street stores.
- Make sure you test the battery every week. If you need help or advice on which is the most suitable smoke alarm for you or where to install it – contact your local Fire and Rescue Service (Fire Station). They will be happy to give you advice.



## REDUCE THE RISK OF FIRE



**Last thing at night** – You are far more likely to be killed or injured in a fire during the night. Get used to checking your home before you go to bed.

- Turn off and unplug all electrical appliances unless they are designed to be left on – like your freezer or VCR for example.
- Check the cooker is turned off.
- Don't leave the washing machine on.
- Turn heaters off and put up fireguards.
- Put out candles and cigarettes properly.
- Close inside doors.