

Hotting up at tea-time



You're tired, the children are fighting, the TV is on too loud and now the smoke from the burnt tea in the frying pan has just set the smoke alarm off. You get the chair to take the battery out of the smoke alarm...

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

- Work out the route to get out of the house, make sure family members know and practice it together
- 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 week
- 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

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

www.capt.org.uk/safety-advice

Visit our Facebook page:

www.facebook.com/ChildAccidentPreventionTrust

Fire safety

You're at least 4 times more likely to die in a fire in the home 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.
- Teach children what they should do if a fire breaks out at home. Do they know to call out to alert other people? Do they know the different ways out of their home? And that if the house is very smoky, they can get out by crawling along the floor as there's less smoke down there?
- 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 downloadable 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.

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

The NetMums website has useful advice on teaching children what to do if a fire breaks out at home www.netmums.com/lifestyle/house-and-home/essential-safety-for-kids/essential-safety-for-kids-dealing-with-a-fire-emer.