



# Fire safety

# guide



**Catalyst  
Housing**

**Keep yourself and  
your home safe**

# Keep yourself and your home safe

Every year fire kills more than 800 people in the UK, and injures 17,000. But you can take a few simple steps to keep yourself and your home safe.

## Stop fires from starting

### Take care with candles

Keep matches, lighters and candles away from children. Fix candles in a safe holder that won't fall over and don't put them near fabrics or paper. Always blow them out when you leave the room.



### Take care when cooking

Most house fires start in the kitchen. Take care when cooking. Be extra careful when using hot oil. Never leave children alone in the kitchen when the hob or oven is on.

### Put cigarettes out properly

Fires started by cigarettes kill more than any other type of fire. Never leave a cigarette unattended and never smoke in bed. Put cigarettes out properly.

### Don't overload plug sockets

Try to use just one plug in one socket. Plugging lots of different things into one socket can make it overheat and catch fire. Get damaged plugs, sockets and wiring fixed.

## Get out safely

### Get a smoke alarm

Smoke alarms are cheap, easy to find and easy to fit. Put the alarm somewhere you can hear it easily, such as in a landing or hallway. Get one. It could save your life.

### Test your smoke alarm regularly

A smoke alarm is no use if the batteries are flat. Test the batteries each week and change them once a year. Your life could depend on it.

### Make an escape plan

Make sure everyone in your home knows what to do and how to get out if there is a fire. Remember to use the stairs not the lift.



### Keep escape routes clear

Keep exits, staircases and corridors clear of boxes, rubbish or anything else that could block your escape route. You need to get out quickly and you don't want anything in the way.

### Shut all doors at night

Closed doors slow down the spread of smoke and fire. This helps to protect you from breathing in smoke. It also gives you more time to escape, or be rescued. This is especially important if you live in a high rise flat.

### What if you can't get out?

Choose a safe room and wait to be rescued. Make sure that people know you are there. Close the door and put bedding or towels along the bottom of the door to stop smoke getting in. If you can, choose a room with a window and a phone.

**Save your life:  
fit a smoke alarm  
and test it regularly**

**In an emergency,  
always call 999**

## Keep communal areas clear

Don't dump rubbish in communal areas. If there is a fire, people will need to get out quickly. Blocking hallways, staircases and exits can cause serious delays.

If you see someone dumping rubbish in communal areas please call us to report this. You don't have to give your name.

## Let fire inspectors in

We carry out fire safety checks in the shared parts of buildings, to help keep you safe. We have to do these checks by law.

All our fire inspectors will be happy to show you identification to prove that they are who they say they are. When you have seen their identification, please let them in so that they can do their job.

## Get a free home safety check and smoke alarm

Your local fire service provides free home safety checks. In many areas, this includes fitting a free smoke alarm.

Fire service staff will help you to spot possible dangers and offer advice on how to make your home safer. They can also help you develop an escape plan. These checks are particularly helpful for older or disabled people.

To ask for a free fire safety visit, just contact your local fire service:

**London Fire Brigade**  
**08000 28 44 28**

**Royal Berkshire  
Fire & Rescue Service**  
**0800 587 6679**

**Buckinghamshire  
Fire & Rescue Service**  
**01296 744477**

**Oxfordshire  
Fire & Rescue Service**  
**01865 842999**

This leaflet gives information about fire safety.  
If you need any of this information in large print,  
Braille, on audio-tape or explained in your own language,  
please contact us on the number below.

## Arabic

تمتلك هذه الوثيقة بالمعلومات اللازمة عن السلامة والأمن. إذا كنت ترغب في الحصول على أي جزء من هذه المعلومات مطبوعاً بأحرف كبيرة أو بطريقة برايل أو مسجلاً على أسطوانة مدمجة أو شريط صوتي أو مشروحاً باللغة التي تتحدثها، يرجى الاتصال بنا على الرقم الموضح أدناه.

## Hindi

यह दस्तावेज़ बचाव और सुरक्षा के बारे में जानकारी देता है। अगर आप इस जानकारी के किसी भी हिस्से को ब्रेल, सीडी, ऑडियो टेप में चाहते हैं या अपनी भाषा में समझना चाहते हैं, तो कृपया नीचे दिए गए नम्बर पर हमसे सम्पर्क करें।

## Portuguese

Este documento proporciona-lhe informações sobre higiene e segurança. Se necessitar de parte desta informação em caracteres aumentados, em Braille, em CD, cassette áudio ou apresentada no seu idioma, por favor contacte-nos, através do telefone abaixo indicado.

## Somali

Dokumentigan wuxuu ku saabsan yahay badbaadada iyo ilaaliska. Haddaad u baahan tahay warkan afkaaga-hooyo, afka loogu talagalay dadka aan arki karaan – afka faraha ama CD-ga ama ajeladda rekorka nala xirir. Namberkan isticmaal.

## Gujarati

આ દસ્તાવેજ સુરક્ષા અને સલામતી વિશે માહિતી આપે છે. જો તમારે કોઈ પણ ભાગની આ માહિતી બ્રેઈલ, સીડી ઉપર, ઑડિયો ટેપ અથવા તમારી પોતાની ભાષામાં સમજી શકો તેની જરૂર હોય તો નીચે જણાવેલ નંબર ઉપર અમારો સંપર્ક કરો.

## Polish

Niniejszy dokument zawiera informacje o środkach i gwarancjach bezpieczeństwa. Jeżeli potrzebujesz aby całość lub część tego tekstu były przedstawione większą czcionką, w języku Braille'a, na nośniku CD, na kasecie audio lub zostały przetłumaczone na Twój język ojczysty, prosimy o kontakt pod podanym niżej numerem.

## Punjabi

ਇਹ ਦਸਤਾਵੇਜ਼ ਬਚਾਅ ਅਤੇ ਸੁਰੱਖਿਆ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੰਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਕਿਸੇ ਹਿੱਸੇ ਨੂੰ ਬ੍ਰੇਲ, ਸੀਡੀ, ਆਡੀਓ ਟੇਪ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਸਮਝਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਸਾਨੂੰ ਸੰਪਰਕ ਕਰੋ।

## Urdu

یہ دستاویز تحفظ اور بچاؤ کے بارے میں معلومات فراہم کرتا ہے۔ ان معلومات کے کسی حصہ کی اگر آپ کو بریل، سی ڈی، آڈیو ٹیپ یا اپنی زبان میں وضاحت کی ضرورت ہو تو، براہ کرم ہم سے نیچے دیے گئے نمبر پر رابطہ کریں۔

**0300 456 2099**

**Better Homes.  
Better Service.  
Better Future.**

Catalyst is one of the leading housing associations in London and the South East. We aim to be a catalyst for change and improvement wherever we work.

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Tel: **0300 456 2099**  
(London customers)

Tel: **0300 456 2090**  
(South East customers)

[www.chg.org.uk](http://www.chg.org.uk)



**Catalyst  
Housing**

A charitable housing association, IPS no.16561R