

Fire Safety Advice for Babysitters

If the children in your care are in bed when you are in the house, you need to make sure that you know what to do in the event of a fire.

Make sure you ask the adults responsible for the children for the following information before they leave:

- What is their fire action plan? This includes the quickest and safest way out of the house if a fire should break out.
- Do you have an emergency contact number?
- Is there a family friend or trusted neighbour you can contact in an emergency?
- Where is the nearest telephone outside the house?
- What does the smoke alarm sound like?

While you are babysitting, make sure you don't cause a fire by following these tips:

Smoking

- If you have been given permission to smoke, always make sure that cigarettes are completely out and cold before you empty the ashtray.
- Never leave matches or lighters where a child can reach them.
- Don't leave ashtrays on upholstered furniture.

Cooking

- Never leave the kitchen when you have cooking on the stove.
- If you have to answer the door or telephone, turn the heat off.
- Make sure that children can't reach the saucepan handles.

If clothing catches fire:

STOP – don't run, the flames will get worse.

DROP – get on the ground or floor.

ROLL – back and forward quickly until the flames are smothered. You can help by covering the casualty with clothing or blankets and patting to extinguish the flames. (Make sure you protect your own hand before attempting to do this.)

If there is a fire:

- Raise the alarm – don't waste time investigating, get everyone up and out of the building.
- If it's smoky, crawl on the ground where the air is clearer.
- Once you are outside, stay there – don't go back in for anything.
- **Call 999** and ask for the Fire and Rescue Service.

For fire safety information... log on to www.rbfrs.co.uk, email community.safety@rbfrs.co.uk, or call **0118 945 2888**

**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**



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PREVENTING PROTECTING RESPONDING

