



R B F & R S

news release

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Stub Out Your Risk Of Fire This No Smoking Day

Royal Berkshire Fire and Rescue Service (RBFRS) is supporting No Smoking Day (Wednesday 12 March) by giving smokers another reason to quit. Although most people are aware of the health risks associated with smoking, they may not realise that **every year** between 1995 and 2005, on average 1,643 people were killed or injured in accidental dwelling fires started by smoking materials.¹

The most common causes of smoking related fires are falling asleep while smoking; leaving a burning cigarette unattended; and accidentally dropping a cigarette or hot ash. Tragically, fires started by cigarettes are often fatal – usually because the smoker is asleep when the fire takes hold. As so many smoking-related fires occur between 10pm and 3am, RBFRS is urging smokers to take extra care when smoking at home, particularly at night.

Giving up is obviously the best way to prevent smoking-related fire but if you're not ready to kick the habit just yet, follow these simple tips to reduce the risk of fire:

- **Put it out, right out!** Make sure your cigarette is properly extinguished
- Never smoke in bed
- Always use a proper ashtray and make sure it can't be knocked over
- Never leave lit cigarettes unattended
- Take extra care when you're tired, have been drinking or taking medication
- **Fit and maintain smoke alarms on every level of your home**

Jane Weller, Community Safety Officer, said: "Fires caused by smoking materials can have devastating consequences. The economic cost alone of a house fire is immense and you can't put a value on the lives of loved ones. We are urging people to follow these simple tips to reduce their risk of fire and to protect themselves and their families."

ENDS.

¹ CLG Fire Statistics UK, 2005