



R B F & R S

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FIREFIGHTERS WARN: 'PUT IT OUT, RIGHT OUT' THIS NO SMOKING DAY

Firefighters from Royal Berkshire Fire and Rescue Service are supporting No Smoking Day (Wednesday 10 March) by warning people about the dangers of careless smoking.

Statistics show that more people die in fires caused by smoking materials than any other type of accidental fire in the home¹. Despite this, less than half (40%) of smokers are aware that smoking is the biggest cause of deaths in accidental house fires². The most common causes of smoking-related fires are:

- Falling asleep while smoking
- Leaving a burning cigarette unattended
- Accidentally dropping a cigarette or hot ash

Giving up is obviously the best way to reduce the risk of a smoking-related fire but if you're not ready to kick the habit yet, follow this advice to keep yourself safe:

- **Put it out, right out!** Make sure your cigarette is properly extinguished.
- **Take extra care when you're tired, have been drinking or taking medication.** It's very easy to fall asleep while your cigarette is still burning.
- **Never smoke in bed.** If you need to lie down, don't light up – you could fall asleep and never wake up.
- **Never leave lit cigarettes, cigars or pipes unattended.** They can easily overbalance as they burn down.
- **Use a proper, heavy ashtray.** Make sure it can't tip over and is made of a material that won't burn.
- **Tap your ash into an ashtray, never a rubbish bin.** Don't let the ash and cigarette ends build up in the ashtray.

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¹ Source: CLG Fire Statistics, 2007

² Source: 2009 Fire Kills Survey conducted via Opinion Matters on behalf of the Fire Kills campaign amongst a nationally representative sample of 2,433 UK adults in England

Jane Weller, Community Safety Officer, said: "It is also vital to protect yourself and your family by fitting smoke alarms in your home. Working smoke alarms make you more than twice as likely survive an accidental house fire - without them you lose valuable time to escape. Make sure they are in good working order by checking the batteries every week.

"Fires caused by cigarettes and other smoking materials can have devastating consequences, so when it comes to extinguishing them, make sure you 'put it out, right out.'"

ENDS.