



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:

- » The quickest and safest way out of the house if a fire should break out.
- » The location of door and window keys.
- » Appropriate emergency contact numbers?
- » The location of the nearest telephone outside the house (e.g. payphone or trusted neighbour)

Make sure you don't cause a fire by following these tips:

Smoking – if you have been given permission to smoke

- » Never leave matches or lighters where a child can reach them.
- » Always make sure that cigarettes are completely out and cold before you empty the ashtray.
- » Don't leave ashtrays on upholstered furniture, they could easily tip over.

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 pan 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 fire is out. You can smother the flames with clothing or blankets. (Make sure you protect your own hands 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.
- » **Call 999** and ask for the Fire and Rescue Service.
- » Once you are outside, stay there – don't go back in for anything.

For more fire safety information visit our website rbfrs.co.uk

Email reception@rbfrs.co.uk or phone **0118 945 2888**