

Bedtime Routines: Checklist

As a family, why not carry out these simple safety checks before bedtime...

- ✓ Close inside doors at night to stop a fire and the smoke from spreading
- ✓ Turn off and unplug electrical appliances unless they are designed to be left on - like a fridge or freezer
- ✓ Check your cooker is turned off
- ✓ Appliances such as washing machines, tumble dryers and dishwashers should not be run overnight
- ✓ Turn heaters off and put up fireguards
- ✓ Put candles and cigarettes out properly and keep away from young people
- ✓ Keep door and window keys where everyone can find them
- ✓ Make sure exits are kept clear

