

Cooking and Electrical Safety

- **Keep cooking appliances and heat sources** such as heaters, candles and open fires **clear of flammable materials**.
- Some appliances require more power than others and can cause the plug or extension lead to overheat. **An extension lead will have a limit to how much power it can safely take, so avoid overloading them.** If you would like to calculate your own appliances you can find more information at **electricalsafetyfirst.org.uk**.
- **Never plug one extension lead into another** (known as daisy chaining) or place items on top of extension leads. Avoid using block adaptor plugs.
- Ensure you **leave electric storage heaters or plug-in heaters uncovered**.
- **Do not store cylinders (oxygen, portable gas heaters) in your home** as these can become a serious hazard in the event of a fire. However, if you have a medical need, then try to store in a secure upright position away from any heat sources.
- **Follow night time routines** as per our Fire Safety in the Home leaflet, **i.e. unplugging electrical items**.
- **Check electrical wiring**, as old, exposed or damaged wiring can cause a fire.

Candles and Smoking

- **If using candles or tea lights, ensure they are placed on a heat resistant holder/surface** as they get very hot. Never leave them unattended.
- If you smoke, we encourage you to **use a proper ash tray that is emptied regularly**. Add a small amount of water in the ashtray to make sure all the embers are out. **Place the ashtray on a flat, stable surface** so it can't tip over easily and avoid smoking in an area that is near things which might easily catch fire.
- **If you use emollient/medicated creams, keep them away from your smoking materials** as they are highly flammable.
- **Avoid smoking when feeling drowsy, under the influence of drugs, alcohol or high levels of prescribed medication** – especially when you are in bed.

Your Health

- **Keep your toilet and bathroom clear so they are accessible at all times.**
- **Throw away any unpackaged food** as it may encourage rodents, flies and pests.
- Sleep is essential for our health and wellbeing, try to **ensure there is a safe clear area for you to sleep comfortably**.
- **Keep medication that needs to be taken on a regular basis in an easily accessible location.**
- **Ensure possessions are stored securely**. Don't stack items too high as they may become unstable and fall.

Scan the QR Code to read more online:



What is fire loading?

Fire loading refers to the amount of combustible materials there are in a space. Homes with high fire loading have the potential for a fire to spread more rapidly.

By following some of these simple steps you'll be working towards making yourself, and others, safer in your home.

Exits, Escape Routes and Smoke Alarms

- **Make sure all doors can be closed**, particularly at night, as this can limit how quickly a fire can spread.
- **Plan and have a clear fire escape route.** You should be able to get to a door without any obstructions or trip hazards – this will help you to get out quickly in the event of a fire. The best route is the normal way in and out of your home. Always keep stairways clear.
- **Test smoke alarms on a weekly basis.** Find a time that you are likely to remember.
- **Have a landline or mobile phone easily accessible at all times** in case of an emergency situation. Please do not leave mobile phones charging at night.

Additional Support

You can book a Safe and Well Visit from Royal Berkshire Fire and Rescue Service by calling **0800 587 6679** or visiting **rbfrs.co.uk/safeandwell**.

Alternatively, if you are feeling overwhelmed, you can go directly to **Hoarding Disorders UK**. Contact them by:

- **Call:** 0330 133 2310
- **Email:** info@hoardingdisordersuk.org
- **Or visit their website:** www.hoardingdisordersuk.org

In the event of a fire:

Do not tackle the fire by yourself.

Get out. Stay out. Call 999.

For more information on home fire safety, visit rbfrs.co.uk/yoursafety

**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**

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For homes with

High Fire Loading