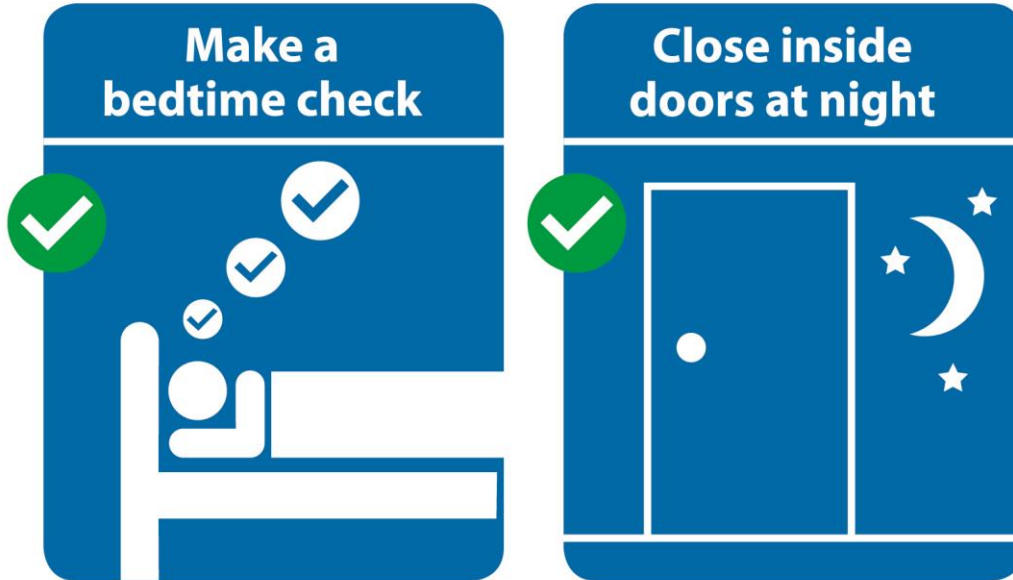




HUMBERSIDE
Fire & Rescue Service

Bedtime Routine

Simple checks to reduce the risk of a fire starting when you are asleep



Check list...

- Close inside doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on – such as your freezer.
- Check your cooker is turned off.
- Don't use household appliances such as washing machines whilst you are sleeping.
- Ensure all embers of open and solid fuel fires are fully extinguished, and a fire guard is put in place.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Keep door and window keys where everyone can find them.
- A spare key can be kept in the room you sleep for your planned escape route.



If you are woken by your smoke alarm – **GET OUT, STAY OUT AND CALL 999**

For further advice or information please call us on
0300 303 8242 or visit www.humbersidefire.gov.uk

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