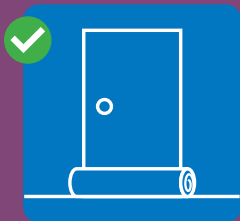


If you can't get out because your escape routes are blocked, get everyone into one room, ideally with a window and a phone.

- Put bedding around the bottom of the door to block out the smoke, then open the window and call "**HELP, fire!**"
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.
- If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.



For a free Home Fire Safety Check

Contact us

☎ 0800 05 02 999

@ firekills@dsfire.gov.uk

🌐 www.dsfire.gov.uk

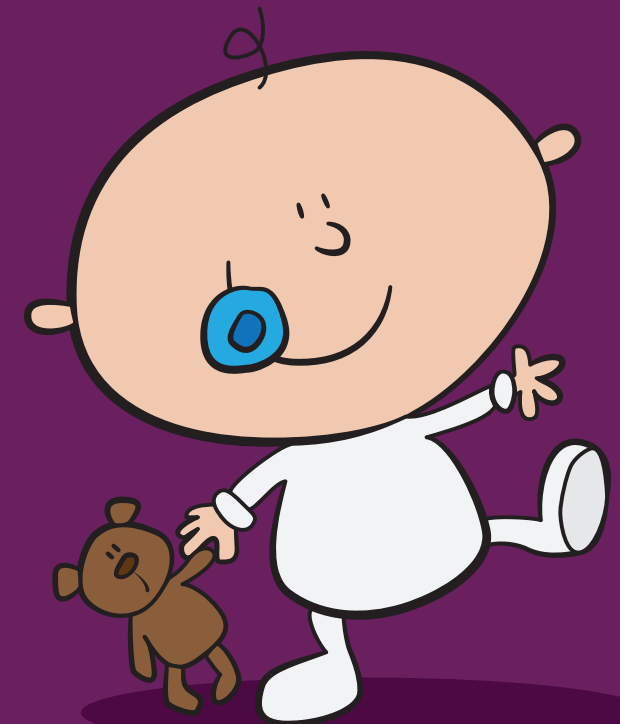
Text info line: 078 00 00 2476

To request any information in this document in an alternative format or language please call 0800 05 02 999 or email firekills@dsfire.gov.uk



DEVON & SOMERSET
FIRE & RESCUE SERVICE

Fire safety advice for babysitters



Fire safety for babysitters

Before you leave ensure you provide your babysitter with the following information:

- What is the quickest and safest way out of the house if a fire should break out?

- Doors/window keys are kept.

- There is a telephone in the following room(s).

- Emergency contact number.

- A family friend or trusted neighbour they can contact in an emergency if they are unable to get through to you.

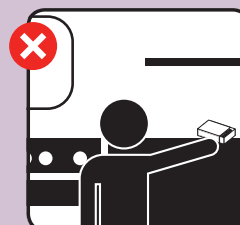
- The nearest telephone outside the house is.

- Where is the smoke alarm installed?
It is a good idea to test it before you leave.

While you are babysitting, make sure you don't cause a fire by following these tips

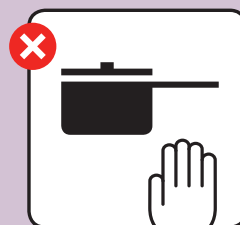
Smoking

- If you have been given permission to smoke, always make sure that cigarettes are completely out and cold before you empty the ashtray.
- Never leave matches or lighters where a child can reach them.
- Don't leave ashtrays on upholstered furniture where 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 saucepan handles.

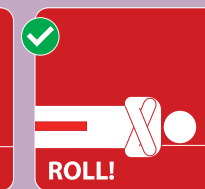


If clothing catches fire

Stop – don't run, the flames will get worse.

Drop – get on the floor.

Roll – back and forward quickly until the flames are smothered. You can help by covering the casualty with clothing or blankets and patting to extinguish the flames.



If there is a fire

- Raise the alarm – don't waste time investigating, get everyone up and out of the building.
- If it's smoky, crawl on the floor where the air is clearer.
- Once you are outside, stay there – don't go back in for anything.
- Call **999** and ask for the fire and rescue service.

