



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Plan your Escape





**Test
Weekly**



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Smoke Alarms

The best way to protect yourself and your home is to have properly installed smoke alarms. The Fire and Rescue Service will carry out a free home fire safety check and install smoke alarms where necessary. Call **0800 169 1234** to arrange a visit.

Make sure that smoke alarms are maintained regularly. Test once a week and change the battery at least once a year if it doesn't have a 10-year battery.



Plan

If your smoke alarm goes off, do you know what to do?

- Make your escape plan. Get out alive.
- Discuss your escape plan with everyone in your home, especially children, the elderly and disabled.
- Your best escape route is your normal way in and out of your home so keep it clear.
- Think of difficulties you or others may have getting out, for example in the middle of the night.
- Make sure everyone knows where to find door and window keys.
- Consider a second escape route, in case the first one is blocked.
- Establish the safest and quickest ways to escape from each part of the house.

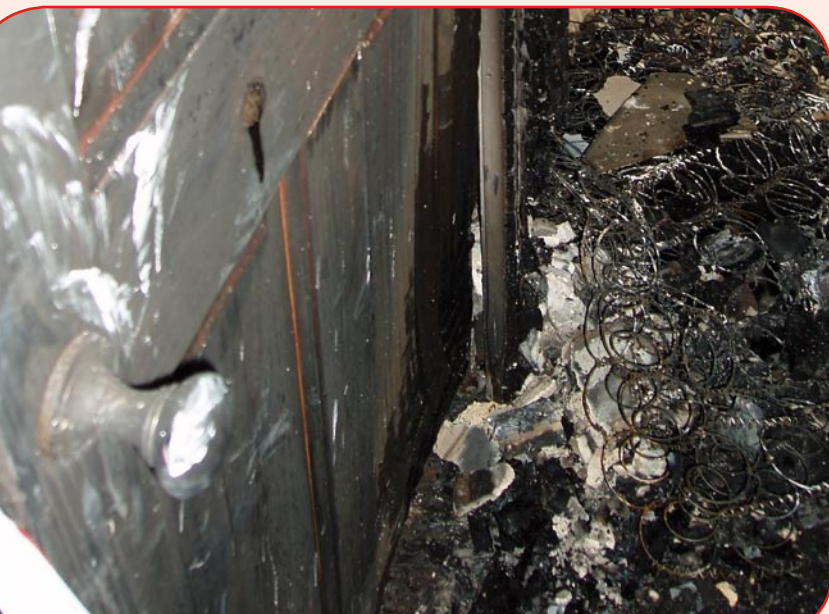
Practice your Fire Escape Plan

Regularly take a few minutes to practice the escape routes with everyone in your household.

- Review your plan regularly, especially if you make any changes in your home.
- Check that everyone can unlock and open doors and windows easily.
- Remember to shut doors behind you.

In the event of a fire

- Check door handles with the back of your hand. If they are warm do not open them.



- If the door handle is cool carefully open the door, then follow your chosen escape route crawling beneath any smoke.
- If it is impossible to escape get everyone into one room, preferably with a window and a phone.
- Close the door, put cushions and bedding around the bottom of the door to block out smoke.
- Phone 999 for the Fire and Rescue Service. It is a good idea that you keep a mobile phone to hand.
- Make your way to a window, open it, stay near it for fresh air and to let the firefighters see you.
- If you are on the ground floor, you may be able to escape through a window. If you are higher up, only consider this if you are in immediate danger.
- If you need to break a window, use a sharp object to break the glass in the bottom corner. Then knock out the glass. Be careful of sharp edges; make them safe by laying a towel or blanket over them.
- If you are in immediate danger and it is safe to do so, throw bedding out of the window and lower yourself to the ground – don't jump.
- Never go back into the building for anything – not even for your pets. Wait for the Fire and Rescue Service and give them as much information as possible.



If your clothes catch on fire

- Do not run around.
- Lie down and roll on the floor.
- If someone else is on fire, tell them to lie down then smother flames with a heavy material like a coat, blanket or fire blanket.
- Stop, drop and roll!

Making your Emergency Call

- Once you have escaped call 999.
- Speak slowly and clearly.
- Give the whole address, including the town and postcode.
- Explain if anyone is trapped and what room they are in.

**For a free
home fire
safety check**

please call

0800 169 1234

www.fireflash.org

**In the event of
a fire - get out,
stay out and
phone**

999