

> MATCHES AND LIGHTERS

Fires can be caused by children playing with matches and lighters that have been left lying around the house. Regularly check childrens' clothing for matches/cigarette lighters and signs of smoking or fire such as burn marks or the smell of smoke.

- Keep matches and lighters out of reach of children, and away from heat sources
- Buy child proof lighters with safety locks and that go out when you let go of them
- Teach children not to play with matches and lighters
- Make sure matches are out before you put them down
- Teach children to hand any matches or lighters they find to a responsible adult
- Make sure lighters are out properly before putting them down
- Buy safety matches (ones that only strike on the box)
- Don't throw used matches straight in the bin

Every year, children are killed or injured playing with fire. It only needs a child to be left on their own for a few minutes with a lighter or a box of matches for a fire to start.

> SMOKING & ALCOHOL

Smoking is the main cause of death from fire in the home.

You are more likely to lose your life in a fire if you drink and smoke. Read this leaflet for simple tips to keep everyone in your home safe.

Make sure you have working smoke alarms in your home. Fit a heat alarm in your kitchen. All smoke and heat alarms should be ceiling mounted and interlinked.

Visit www.firescotland.gov.uk for practical fire safety advice. Or talk to your local firefighters. You'll find contact details on the website, in your local library and in the phone book.

If you would like a copy of this document in a different format or a version in another language, please contact **0800 0731 999**.

TO BOOK A FREE HOME FIRE SAFETY VISIT
Call **0800 0731 999** Text 'FIRE' to **80800**
or visit www.firescotland.gov.uk



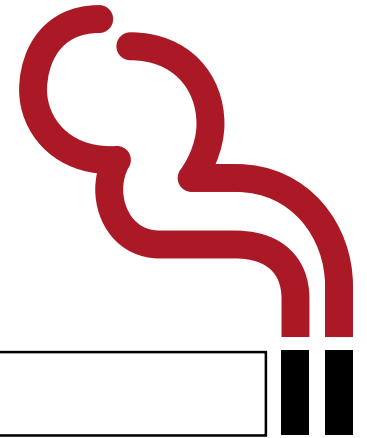
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Fact.

Smoking is the **main cause** of **death** from **fire** in the home.



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EVERY HOUR OF EVERY DAY THERE'S A HOUSE FIRE IN SCOTLAND



> THE FACTS

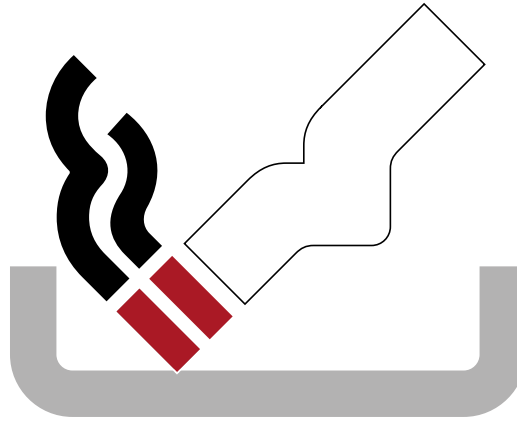
Smoking is the main cause of death from fire in the home.

- You are more likely to lose your life in a fire if you drink and smoke.
- Men are twice as likely to be victims as women.
- These fires are more likely to happen at night – between 10pm and 3am.

> STOP SMOKING SERVICES

Scotland's free and friendly local stop smoking services can hugely increase your chances of having a successful quit attempt and staying stopped for good. Wherever you stay in Scotland you can get help. The NHS provides pharmacy and local specialist stop smoking services.

Quit Your Way is a free NHS stop smoking service. To find out more about the stop smoking services and to access the best support to quit in your area, call the Quit Your Way helpline service on **0800 84 84 84** or visit www.QuitYourWay.scot



> PUT IT OUT – RIGHT OUT

Cigarette ends can smoulder undetected for hours if not put out properly.

DO:

- Stub out properly in an ashtray – make sure there's no smoke
- Pour water on cigar and cigarette ends before putting in a bin
- Keep smoking materials out of reach of children and pets

NEVER:

- Leave a cigarette, cigar or pipe unattended
- Balance cigars or cigarettes on the edge of an ashtray or anything else – they can tip and fall as they burn away
- Empty a pipe into a bin – the embers can still be very hot even if it's not smoking
- Purchase illegal, bootlegged or counterfeit cigarettes

NEVER SMOKE IN BED



> ALCOHOL & SLEEPINESS

In many fires started by cigarettes, people have also been drinking and are sleepy.

- Take extra care if you've been drinking alcohol and feeling sleepy
- Never smoke in bed
- Don't smoke in your chair if you've been drinking or you're feeling sleepy
- If you do feel sleepy, smoke outside, standing up, or at a window or outside door

If fire breaks out when you are under the influence of alcohol your response may be impaired. Make sure you have working smoke alarms. They could be your only chance of waking up. Fit a heat alarm in your kitchen. All smoke and heat alarms should be ceiling mounted and interlinked.

> TAKE IT OUTSIDE

If you smoke, it is always safer to smoke outside. There's no risk of a dropped cigarette or burning cigarette end starting a fire in your home and you also remove the health risk of secondary smoke for anyone else in your home. If you can't easily go outside, then standing up at an open window or outside door is the next best option.