Did you know…?

• You’re twice as likely to die in a fire if you don’t have a smoke alarm that works.

• 90 people die each year because the battery in their smoke alarm was flat or missing.

• Over half of home fires are caused by cooking accidents.

• More than five fires a day are started by candles.

• Every three days someone dies from a fire caused by a cigarette.

• Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.
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Знаете ли, че…?

• Вероятността да загинете при пожар е два пъти по-голяма, ако нямате работеща противопожарна аларма.

• Всяка година 90 души загиват, защото батерията в противопожарната им аларма е била изтощена или извадена.

• Над половината пожари у дома се предизвикват от злополуки при готвене.

• Над пет пожара всеки ден тръгват от свещи.

• На всеки три дни един човек загива при пожар, причинен от цигара.

• Дефектни електроуреди и инсталации (домашни уреди, кабели и претоварени контакти) причиняват около 7 000 битови пожари в страната всяка година.
The easiest way to protect your home and family from fire is with a smoke alarm.

Get it. Install it. Check it. It could save your life.
Choosing your smoke alarm

- Fit smoke alarms on every level of your home.
- Smoke alarms are cheap and easy to install.
- They are available from DIY stores, electrical shops and most high street supermarkets.
- There are a variety of different models to choose from. Your local Fire and Rescue Service will be happy to give you advice on which one is best suited for you.
- Look out for one of these symbols, which shows the alarm is approved and safe.

Top tip

Полезен съвет

Fit smoke alarms

Поставете противопожарни аларми на всеки етаж в дома ви.

• Противопожарните аларми са евтини и се монтират лесно.
• Можете да ги купите в магазините тип "Направи си сам", в магазините за електроматериали и в повечето големи супермаркети.
• Имате избор от различни модели. В местната противопожарна служба с удоволствие ще ви посъветват кой модел е най-подходящ за вас.
• Гледайте за един от следните символи. Те означават, че алармата е одобрена и безопасна.
How to make sure your smoke alarm works

Test the batteries in your smoke alarm every week. Change them every year. Never remove them.

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to check the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replaceable batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Royal Institute for Deaf People Information Line on 0808 808 0123

Top tip
Polезен съвет
Test it
Изпробвайте я

Fitting your smoke alarm

- Don’t put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- The ideal position is on the ceiling, in the middle of a room, or on the hallway and landing, so you can hear it throughout your home.
- If it is difficult for you to fit your alarm yourself contact your local Fire and Rescue Service for help. They'll be happy to install it for you.

Монтиране на противопожарната аларма

- Не поставяйте алармите във или близо до кухни или баня, където има дим и пара, които могат да ги включат погрешно.
- Идеалното място е на тавана, по средата на стаята, или в коридора и на стълбищната площадка, за да чувате алармата в целия си дом.
- Ако се затруднявате да монтирате алармата сами, поискайте помощ от противопожарната служба. Те с удоволствие ще монтират вашата аларма.
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За хората със слухови увреждания има аларми със стробоскоп и вбриращи подложки. Свържете се с Информационната линия на Кралския институт за хора със слухови увреждания на 0808 808 0123
Looking after your smoke alarm

- Make checking your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn’t sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis, you need to replace the whole alarm every ten years.

Other equipment you could consider

- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, candles and cigarettes.
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This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, candles and cigarettes.
In the kitchen

How to cook safely

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.

- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure saucepan handles don’t stick out – so they don’t get knocked off the stove.
- Take care if you’re wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don’t have a naked flame.
- Double check the cooker is off when you’ve finished cooking

Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check Toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.
- Don’t put anything metal in the microwave

Deep fat frying

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn’t splash.
- If the oil starts to smoke – it’s too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can’t overheat.

What to do if a pan catches fire

- Don’t take any risks. Turn off the heat if it’s safe to do so. Never throw water over it.
- Don’t tackle the fire yourself.

Top tip

Keep out of reach

Keep away from hot oil

Get out stay out and call 999

Top tip

Полезен съвет

Внимавайте с дръжката

Take care with hot oil

Внимавайте с горещото олио

В кухнята

Как да готвите безопасно

Не оставяйте деца сами в кухнята, когато готвите на котлона. Дръжте кибритите и тенджерите далеч от обсега на децата в името на тяхната безопасност.

- Внимавайте, ако се наложи да излезете от кухнята, докато готвите – свалете тигантите от котлона или намалете мощността му, за да намалите риска.
- Гледайте дръжката на тенджерата да не стърчи, за да не я съборите от котлона, без да искате.
- Внимавайте, ако носите широки дрехи – те могат лесно да се запалят.
- Дръжте всички парцали и кърпи далеч от котлона и скарата.
- Специалните уреди за даване на искра са по-безопасни за запалване на газов котлон от запалките и кибритите, тъй като нямат открит пламък.
- Проверете дали сте изключили котлона, след като приключите с готовенето.
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• Don’t take any risks. Turn off the heat if it’s safe to do so. Never throw water over it.
• Don’t tackle the fire yourself.

Get out
Stay out
And call 999

Top tip
Polезен съвет

Take care with hot oil
Внимавайте с горещото олио

Внимайте с електричеството
• Дръжте електрическите уреди и кабели далеч от вода.
• Проверявайте дали тостерът е чист и на разстояние от завеси и хартиени кърпи.
• Поддържайте фурната, котлона и скарата чисти и в добро състояние. Натрупването на мазнина и пой може да предизвика пожар.

Внимайте с вътрешния фритюрник
• Внимайте, когато готовете с горещо олио – то лесно може да пламне.
• Проверете дали храната е суха, преди да я поставяте в горещото олио, за да не пръска.
• Ако олиото започне да пуши, значи е прекалено нагрято. Изключете уреда и оставете олиото да се охлади.
• Използвайте електрически фритюрник с контролен термостат – този тип фритюрници не могат да прегреят.

Какво да правите, ако тиганът пламне
• Не поемайте никакъв риск. Изключете котлона, ако е безопасно. В никакъв случай не хвърляйте вода върху него.
• Не гасете огня сами.
How to avoid electrical fires

- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.

Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.

Unplugging appliances helps reduce the risk of fire.

Unplug appliances when you’re not using them or when you go to bed.

Using an electric blanket

- Don’t leave electric blankets folded as this damages the internal wiring. Store them flat or rolled up instead.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.

Know the limit!

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

Знайте ограничението!

Разклонителите и адаптерите имат ограничение за това колко ампера могат да поемат. Не ги претоварвайте, за да намалите риска от пожар.

Различните уреди използват различни мощности – например, телевизорът може да използва 3-амперов щепсел, а прахосмукачката – 5-амперов.

Keep electrical appliances clean and in good working order to prevent them triggering a fire.
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Пазете електроуредите чисти и в добро състояние, за да не предизвикват пожар.

- Бъдете нащрек за следи от опасни или оголени кабели, като например следи от обгаряне, горещи щепсели и контакти, изгорели предпазители, прекъсвачи, които прекъсват без очевидна причина, или пък мигащи лампи.
- Проверявайте и сменяйте всички стари кабели и проводници, особено ако не се виждат - ако са зад мебели или под килима.
- Изключването на електроуредите от щепсела намалява риска от пожар.
- Изключвайте електроуредите, когато не ги ползвате или когато си лягате.

Ако ползвате електрическо одеяло
- Не оставяйте електрическото одеяло сгънато, тъй като това поврежда проводниците в него. Съхранявайте го изпънато или навито на руло.
- Изключвайте одеялото, преди да си легнете, освен ако няма контролен термостат за безопасна употреба през цялата нощ.
- Гледайте да не купувате одеяла втора ръка и ги проверявайте редовно за износване и повреди.

Преносими печки
- Гледайте да подпирате печките на стената, за да не може да паднат.
- Дръжте ги далеч от завеси и мебели и никога не ги използвайте за сушене на дрехи.

Мебели
- Винаги гледайте мебелите ви да имат перманентен етикет за пожароустойчивост.
### Cigarettes

**Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!**

- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can’t tip over and is made of a material that won’t burn.
- Don’t leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you’re tired, taking prescription drugs, or if you’ve been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children’s reach.
- Consider buying child resistant lighters and match boxes.

**Top tip**

**Put them out. Right out!**

**Изгасяйте ги. Докрай!**

### Candles

**Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.**

- Put candles out when you leave the room, and make sure they’re put out completely at night.
- Use a sniffer or a spoon to put out candles. It’s safer than blowing them out when sparks can fly.
- Children shouldn’t be left alone with lit candles.

**Top tip**

**Върху кибритите вече има такова предупреждение**

**Matchboxes now carry this warning label**

**Be careful with candles**

**Внимавайте със свещите**
**Candles**

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**Sвещи**

- Дръжте свещите в подходящи свещници и далеч от запалими материали като например пердета и завеси.
  - Изгасяйте свещите, когато излизате от стаята, и задължително ги изгасяйте напълно, когато си лягате нощем.
  - Изгасяйте свещите с щипци или лъжица. Това е по-безопасно от духането, тъй като при духането може да излетят искри.
  - Не оставяйте деца насаме със запалени свещи.

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- Внимавайте със свещите
- Върху кибритите вече има такова предупреждение
- Цигари
• Plan an escape route and make sure everyone knows how to escape.
• Make sure exits are kept clear.
• The best route is the normal way in and out of your home.
• Think of a second route in case the first one is blocked.
• Take a few minutes to practice your escape plan.
• Review your plan if the layout of your home changes.

Be prepared by making a plan of escape

Fitting a smoke alarm is the first crucial step to protecting yourself from fire. But what would you do if it went off during the night?

This section will help you make a plan ready for an emergency.

Top tip
Полезен съвет

Plan an escape route
Планирайте път за бягство
Be prepared by making a plan of escape

• Plan an escape route and make sure everyone knows how to escape.
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• The best route is the normal way in and out of your home.
• Think of a second route in case the first one is blocked.
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Имайте готов план за бягство

• Планирайте маршрут за бягство и се погрижете всички да го знаят.
• Не блокирайте изходите.
• Най-добрият маршрут е нормалният път за влизане и излизане от дома ви.
• Измислете резервен маршрут в случай, че първият е блокиран.
• Отделете няколко минути, за да отрепетирате плана за бягство.
• Пригодете плана си, ако промените разположението на дома си.
What to do if there is a fire

- Keep calm and act quickly, get everyone out as soon as possible.
- Don’t waste time investigating what’s happened or rescuing valuables.
- If there’s smoke, keep low where the air is clearer.
- Before you open a door check if it’s warm. If it is, don’t open it – fire is on the other side.
- Call 999 as soon as you’re clear of the building. 999 calls are free.

Don’t tackle fires yourself. Leave it to the professionals.

- Don’t run around, you’ll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!

Top tip

Get out, stay out and call 999

Излезте, стойте навън и позвънете на 999
What to do if your clothes catch fire

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How to handle a fire

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Stop, Drop and Roll!
What to do if your escape is blocked

• If you can’t get out, 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.

How to escape from a high level building

• Avoid using lifts and balconies if there is a fire.
• It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
• Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
• Make sure doors to stairways are not locked.
• Make sure everyone in the building knows where the fire alarms are.
• You should still get a smoke alarm for your own home, even if there is a warning system in the block.
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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 – like your freezer.

Check your cooker is turned off.

Don’t leave the washing machine on.

Turn heaters off and put up fireguards.

Put candles and cigarettes out properly.

Make sure exits are kept clear.

Keep door and window keys where everyone can find them.

You are more at risk from a fire when asleep. So it’s a good idea to check your home before you go to bed.

Рискът от пожар е по-голям, докато спите. Затова е добра идея да проверите дома си, преди да си легнете.
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<tr>
<th>Check list</th>
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<tr>
<td>Close inside doors at night to stop a fire from spreading.</td>
</tr>
<tr>
<td>Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.</td>
</tr>
<tr>
<td>Check your cooker is turned off.</td>
</tr>
<tr>
<td>Don’t leave the washing machine on.</td>
</tr>
<tr>
<td>Turn heaters off and put up fireguards.</td>
</tr>
<tr>
<td>Put candles and cigarettes out properly.</td>
</tr>
<tr>
<td>Make sure exits are kept clear.</td>
</tr>
<tr>
<td>Keep door and window keys where everyone can find them.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Списък за проверка</th>
</tr>
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<td>Затворете вътрешните врати за през нощта, за да не може пожарът да се разпрострали.</td>
</tr>
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<td>Изключете от контакта електроуредите, освен ако не са специално предназначени да се оставят включени като например фризера.</td>
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<td>Уверете се, че изходите не са блокирани.</td>
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<td>Дръжте ключовете за врати и прозорци на място, където всеки може да ги намери.</td>
</tr>
</tbody>
</table>

**Top tip**

**Полезен съвет**

Close inside doors at night

Нощем затваряйте вътрешните врати
Рискът от пожар е по-голям, докато спиете. Затова е добра идея да проверявате дома си, преди да си лягате.

Затворете вътрешните врати през нощта, за да не може пожарът да се разпространи.

Изключете от контакта електроуредите, освен ако не са предназначени да се оставят включени, като например фризера.

Проверете дали готварската печка е изключена.

Не оставяйте пералнята включена.

Изключете нагревателните печки и вдигнете предпазните решетки, ако има такива.

Изгасете добре всички свещи и цигари.

Уверете се, че изходите не са блокирани.

Дръжте ключовете за врати и прозорци на място, където всеки може да ги намери.
ПРОВЕРЯЙТЕ ПЕРЕД ЛЯГАНЕ
For a free home fire risk check contact your local fire and rescue service. The phone number is also in the telephone book (not 999). Or visit www.firekills.gov.uk