

## LIVE WELL

The best way to prevent a smoking related fire in your home is to smoke outside and ensure that no one else smokes inside your home. Having a smoke free home will provide a healthier living environment for your visitors and loved ones, by reducing their exposure to second hand smoke. Exposure to second hand smoke causes serious illnesses and sometimes death in both adults and children.

Smoking is the top cause of preventable illness and death. Stopping smoking reduces the risk of developing cancers, heart disease, bronchitis and emphysema. The best way to stop smoking is through a combination of medication and support, both of which are available on the NHS.

For help and advice to stop smoking, contact your GP or your local Stop Smoking Service, or visit the NHS Smokefree website.

### Useful Contacts

NHS Smokefree [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Action on Smoking and Health [www.ash.org.uk](http://www.ash.org.uk)

## CONTACT US

For free Safe and Well advice:

Call us now on Freephone **0800 555 815**

Email: [contact@manchesterfire.gov.uk](mailto:contact@manchesterfire.gov.uk)

Web: [manchesterfire.gov.uk](http://manchesterfire.gov.uk)

 [@manchesterfire](https://twitter.com/manchesterfire)

FSC 0070 C

# SMOKING & FIRE SAFETY

## SAFE AND WELL



GREATER MANCHESTER  
FIRE AND RESCUE SERVICE

Greater Manchester Fire and Rescue Service visits households across Greater Manchester to provide advice on fire safety and to keep you safe and well at home.

If you haven't already had your Safe and Well visit and want further information, please telephone **0800 555 815** or send an email to [contact@manchesterfire.gov.uk](mailto:contact@manchesterfire.gov.uk).

Alternatively you can visit our website at: [manchesterfire.gov.uk](http://manchesterfire.gov.uk)

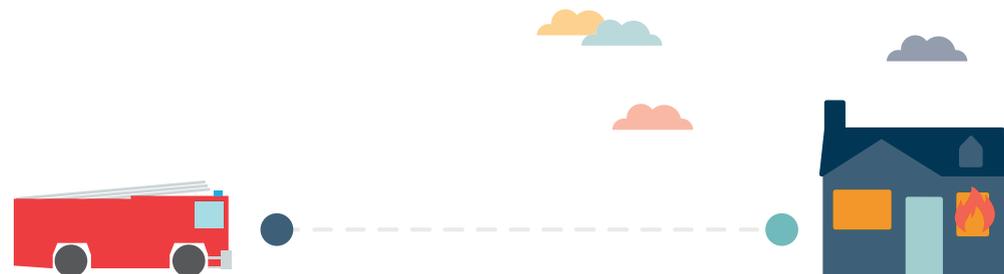
*Fires caused by smoking materials kill more people than any other type of fire. Over 40 per cent of accidental fire deaths in Greater Manchester are caused by smoking materials.*



*If you smoke, the best way to prevent a smoking related fire in your home is to smoke outside. Wherever you choose to smoke always follow these tips to help keep yourself safe from fire.*

- Put it out, right out
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire
- Use a proper heavy wide-bottomed ashtray, never a wastepaper basket
- Make sure your ashtray won't tip over and is made of a material that won't burn
- Stub your smoking material out properly and dispose of it carefully
- Ensure that contents of ashtrays are cold before they are emptied into a suitable bin outside the home. Putting water on ashes or butts is a good idea
- Take extra care if you smoke when you're tired. It's easy to fall asleep with a cigarette burning and set furniture, clothes or bedding alight
- NEVER smoke in bed

- Don't smoke if you've taken medication, drugs or alcohol that make you tired or drowsy
- Never smoke illegally manufactured cigarettes
- Never smoke, or let someone else smoke in the same room as you, when oxygen equipment or an air flow pressure relief mattress is being used
- If paraffin-based or paraffin-free emollient products, such as creams, get onto fabrics, the dried residue will make the fabric more flammable. Don't smoke if there is any risk that you, or anyone near you, have clothes, bedding or bandages contaminated with emollient residue
- Always keep matches and lighters away from children
- Buy child resistant lighters and matchboxes



*Fit a smoke alarm on every level of your home and test your alarms weekly. A working smoke alarm can buy you valuable time to get out, stay out and call 999. If you are caring for someone who doesn't understand what the smoke alarm is for, or wouldn't be able to respond in the event of a fire, make sure that you arrange a Safe and Well visit, with their permission, to look at solutions.*

