



**GREATER
MANCHESTER**
FIRE AND RESCUE SERVICE

Alcohol and Fire Safety




Greater Manchester Fire and Rescue Service attends a large number of alcohol-related fires every year, usually due to people drinking and then falling asleep whilst cooking or smoking.

Alcohol increases the risk of a fire starting and reduces your chances of escaping unharmed if a fire starts.

Greater Manchester Fire and Rescue Service provides home fire safety advice to keep you safe at home.

If you are concerned about your fire safety, or the fire safety of others, please visit our website below to complete our online assessment for personalised advice or to find out if you are eligible for a Home Fire Safety Assessment.

manchesterfire.gov.uk



If you drink alcohol, the best way to prevent an alcohol-related fire in the home is to drink sensibly and follow these fire safety tips.

- Don't smoke if you've been drinking, especially if you feel tired or drunk.
 - If you do smoke, it's safer to smoke outdoors.
 - Never smoke in bed, especially if you have been drinking – it's too easy to fall asleep with a cigarette burning.
 - Always put your cigarettes out, right out.
 - Don't cook if you've been drinking, especially if you feel tired or drunk.
 - If you're having a drink, let someone else do the cooking, consider eating beforehand, prepare a cold meal or sandwich or go out to eat.
 - If you do cook, take extra care, and never leave your cooking unattended.
 - Don't burn candles if you've been drinking, especially if you feel tired or drunk.
 - If you do burn candles, keep them away from curtains and fabrics, use a stable candle holder and never leave candles unattended.
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- You are less likely to wake up in the event of a fire if you have been drinking. Test your smoke alarms weekly and never forget your bedtime safety routine (find out more at manchesterfire.gov.uk).
- If you're planning to have a drink, prepare your bedtime routine beforehand – clear your exit routes and keep a bedtime safety routine checklist somewhere you will see it before bedtime.
- Don't get so drunk that you can't look after yourself, your family or your property.

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.



Live well

The Chief Medical Officers' low risk drinking guidelines (below) help people to keep health risks from alcohol at a low level. Drinking within the guidelines is the best way to prevent an alcohol-related fire in your home.

Men and women should not regularly drink more than 14 units of alcohol in a week. If you regularly drink 14 units a week it is best to spread your drinking over 3 or 4 days. Pregnant women should not drink alcohol at all.

14 units of alcohol is;

- 14 x 25ml shots of spirits (at 40% strength)
- 6 x pints of beer (at 4% strength)
- 6 x 175ml glasses of wine (at 13% strength)

For help and advice about alcohol, contact your GP or one of the organisations listed below.

Alcohol Change **alcoholchange.org.uk**

Alcoholics Anonymous **alcoholics-anonymous.org.uk**

Drinkaware **drinkaware.co.uk**

Drinkline (confidential helpline) **0300 123 1110**

NHS Choices **nhs.uk/oneyou**

Greater Manchester Fire and Rescue Service

Saving lives, protecting communities, working together

manchesterfire.gov.uk | **@manchesterfire**    

If you do not have access to the internet, call **0800 555 815**