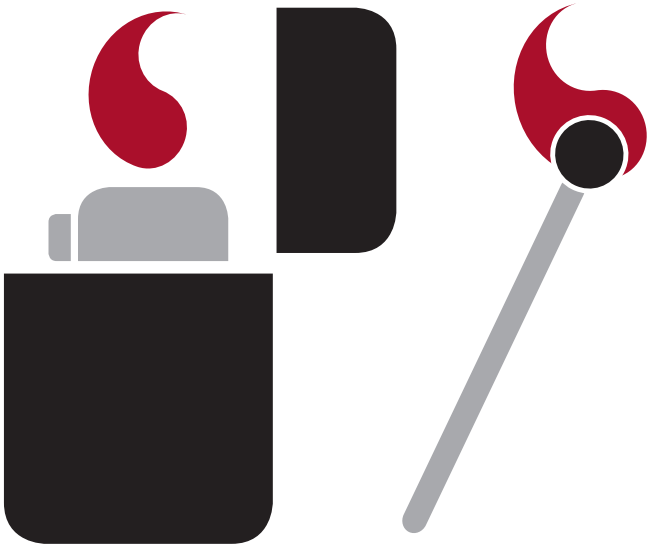

> MATCHES AND LIGHTERS

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
- Teach children not to play with matches and lighters
- Teach children to hand any matches or lighters they find to a responsible adult
- Buy safety matches (ones that only strike on the box)
- Buy child proof lighters with safety locks and that go out when you let go of them
- Make sure matches are out before you put them down
- Make sure lighters are out properly before putting them down
- 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.

> CONTACT US

A short visit from the Fire and Rescue Service will help make sure your home is as safe as it can be. They can even install smoke alarms, free, if you need them. It only takes about 20 minutes, and their advice and help could save your life.

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**
or visit **www.firescotland.gov.uk**

SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

v2.0 September 2014

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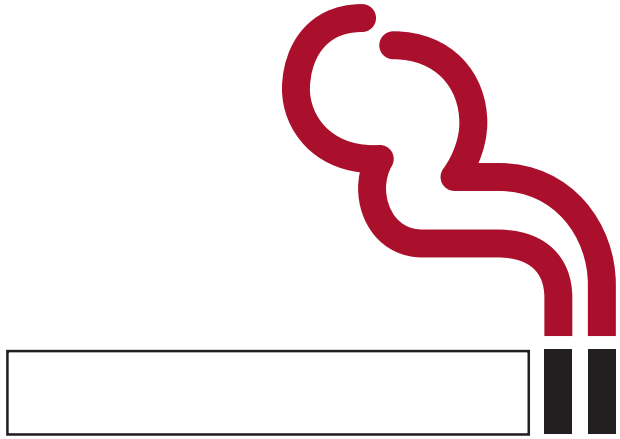
SMOKING & ALCOHOL



Fact.

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

SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

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

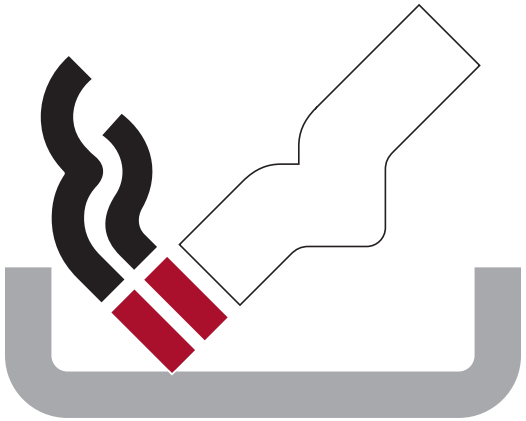
> THE FACTS

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.



> 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
- 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. Consider fitting a heat alarm in your kitchen.