

BID SERVICES

SAFETY AT HOME

Smoke Alarms

Smoke alarms will signal when there is smoke in the home.

Smoke alarms are cheap and easy to install. You can buy smoke alarms from DIY stores, electrical shops and most high street supermarkets.

There are lots of different types of Smoke alarms, including those that are specifically tailored for people with hearing loss. If you're not sure which smoke alarm is suitable for you, you can ask your your Local Fire & Rescue Service for advice.

You should test your smoke alarm once a week. Standard battery alarms need replacing every 12 months.

Test your smoke alarm by pressing the button until the alarm sounds.

If you have a hearing loss and take your hearing aids out at night, check if you can hear your smoke alarm with the bedroom door closed.

West Midlands Fire Service offer the deaf community and vulnerable people Fire Safety education, Safe and Well Checks and can install smoke alarms that are suitable for people with hearing loss.

IN THE EVENT OF A FIRE

Keep calm and act quickly!

Get everyone out as soon as possible.

If there is smoke, stay low where the air is clear.

Call or text 999 as soon as you're able to.

Do not re-enter the building once you have left.

NEVER tackle fires yourself. Leave it to the professionals!

How to contact 999 by text message

If you cannot make voice calls, you can now contact 999 via SMS text from your mobile phone.

Emergency SMS is part of the standard 999 service and has been specifically designed for people with hearing loss or difficulty with speech.

You must register your phone for this service by texting: register to 999 or visiting www.emergencysms.org.uk

BID's ACCESS Service can support you to register with this service.

IN AN EMERGENCY

Text 999 The operator will need to know the following:

Do you need **Fire and Rescue, Police, Ambulance or the Coastguard?**

Briefly and quickly explain the **problem.**

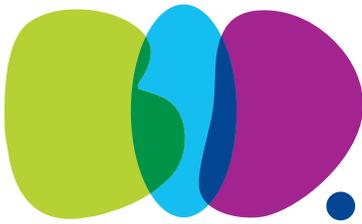
Where is it happening? If you can, include the **name of the road, property number and the postcode.**

999 will either ask for more information or will tell you help is on the way. **Don't assume that your message has been received until the emergency service replies to your text.**

If you would like further support, please contact:

Email: access@bid.org.uk **Telephone:** 0121 246 6100 **Mobile/Text:** 07595 086540

Visit our website: www.bid.org.uk



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In the Kitchen

Take extra care if you have to leave the kitchen when cooking, take pans off the heat or turn the heat down.

Make sure saucepan handles are not sticking out - this reduces the possibility of being knocked over.

Keep tea towels/cloths away from the cooker/hob.

Always double check the cooker is off when you've finished cooking.

Keep electrics away from water (leads and appliances)

Check your toaster is clean and placed away from curtains/blinds or kitchen roll.

Do not use a toaster under a cupboard or close to a wall.

Keep your oven, grill and hob clean - a build up of fat and grease can fuel a fire.

If deep fat frying, never fill a pan more than a third full of oil. If the oil starts to smoke, it's too hot, turn it off and let it cool.

In the Bedroom

Position **portable heaters** against a wall to prevent them from falling over. Keep the heaters away from curtains and furniture. Never use them for drying clothes or leave them on overnight.

Don't leave **sleeping blankets** folded up, this can cause damage to the internal wire. Store them flat or rolled up. Unplug your blanket before getting into bed unless it has a thermostat control for safe all-night use.

Always keep a burning **candle** in sight. Extinguish every candle when leaving the room or going to sleep. Use a spoon to put the flame out, which is safer than blowing them out. Never ever leave a child alone with lit candles.

Night Time Routine

Close internal doors to stop a fire from spreading.

Turn off and unplug electrical appliances unless they are designed to be left on - like a fridge freezer.

Check your cooker is off.

Never leave the washing machine, dishwasher or tumble dryer on.

Put cigarettes and candles out properly.

Make sure all exits are clear.

Don't leave mobile phones or electric cigarettes charging overnight.

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