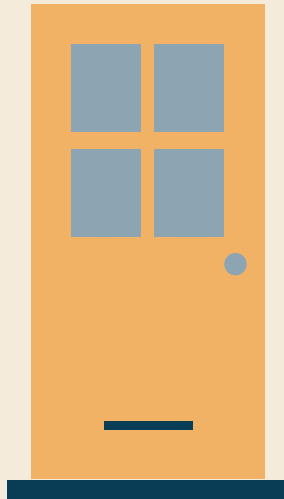
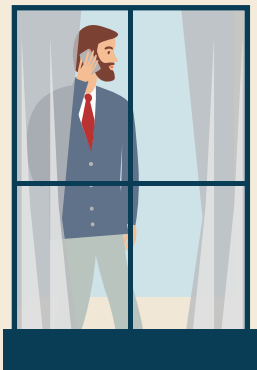
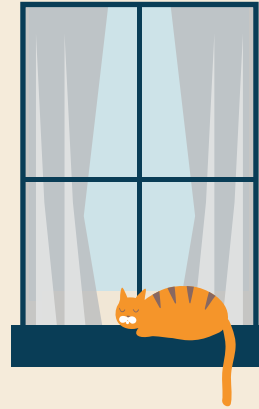
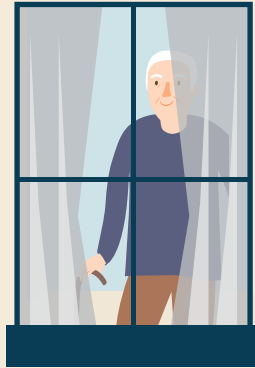
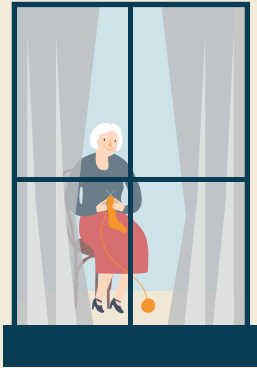




working to keep you...

# Safe & Well

..in your own home



# Staying Safe and Well

To accompany our visit we've put together this booklet to help keep you, your loved ones and your home safe and well.

Most fires in the home start accidentally and the effects can be devastating. The information in these pages will help keep you much safer. The advice is simple and easy to follow and will definitely help in the event of a fire. We've also included advice about how to keep well, which is all part of the work we do with partner agencies in the health and wellbeing sector and local authorities.

During our Safe and Well visit we also gave you advice about how to obtain other services from our health and wellbeing partners. In some instances we will pass on your details to these partners but this will only be with your permission. We will however, keep a record of our visit and may use it to evaluate our work. Evaluation may be carried out by an approved and trusted third party on our behalf.

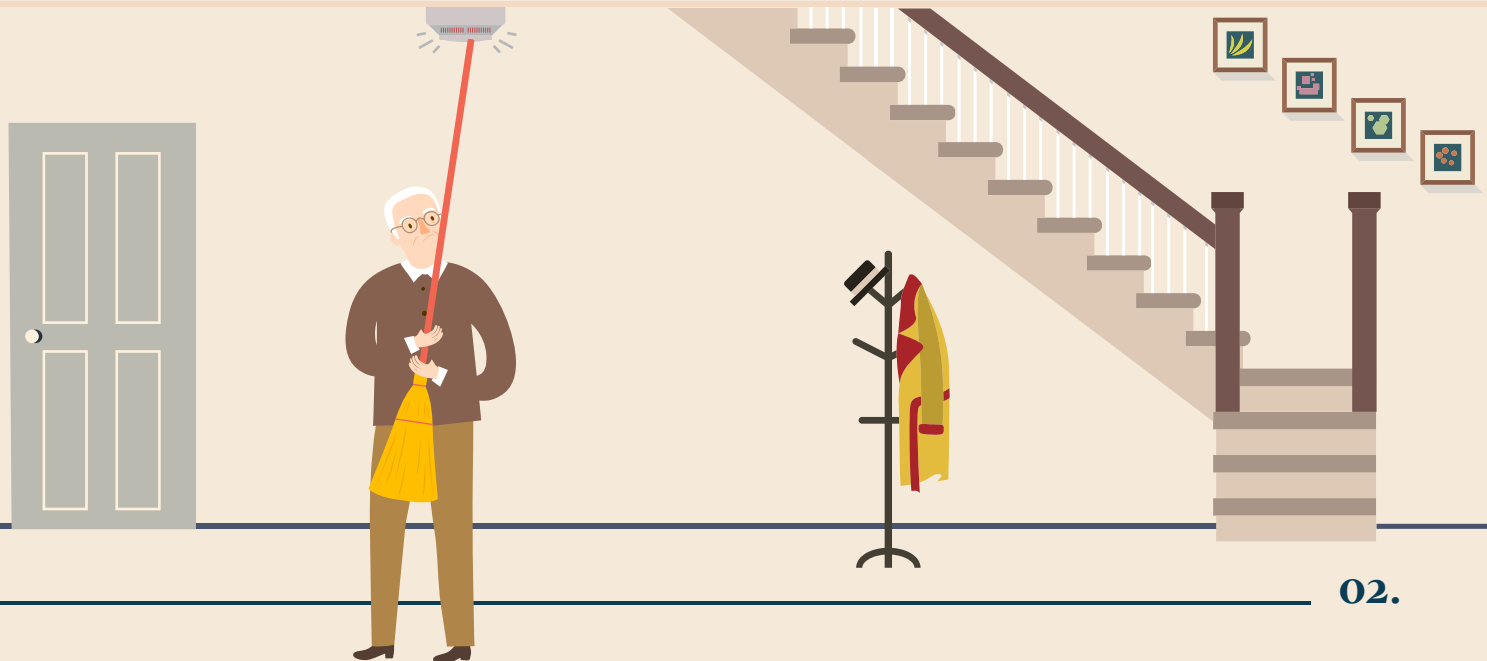
Cheshire Fire and Rescue Service takes its responsibilities under the General Data Protection Regulations 2018 very seriously. If you would like any further information about what we do with your data or anything else contained in this booklet please call 01606 868700 or visit [www.cheshirefire.gov.uk](http://www.cheshirefire.gov.uk)



# Smoke alarms - They are life savers!

It is so important to fit smoke alarms and test them regularly. Working smoke alarms will give you early warning of a fire and extra time to escape. They could well save your life.

- You should have at least one smoke alarm on each floor of your home
- Make sure you test them at least once a week by pressing the button in the middle of the smoke alarm
- If you can't reach, use a broom, mop handle or something similar
- If that fails, why not ask someone to help?



# Kitchens - Can be dangerous places

More than half of all house fires start in the kitchen. You can prevent this by paying that extra bit of attention and following our advice.

**Never** leave your cooking unattended. If you do have to leave the kitchen when cooking, turn off the heat until you go back into the kitchen and when you've finished cooking.

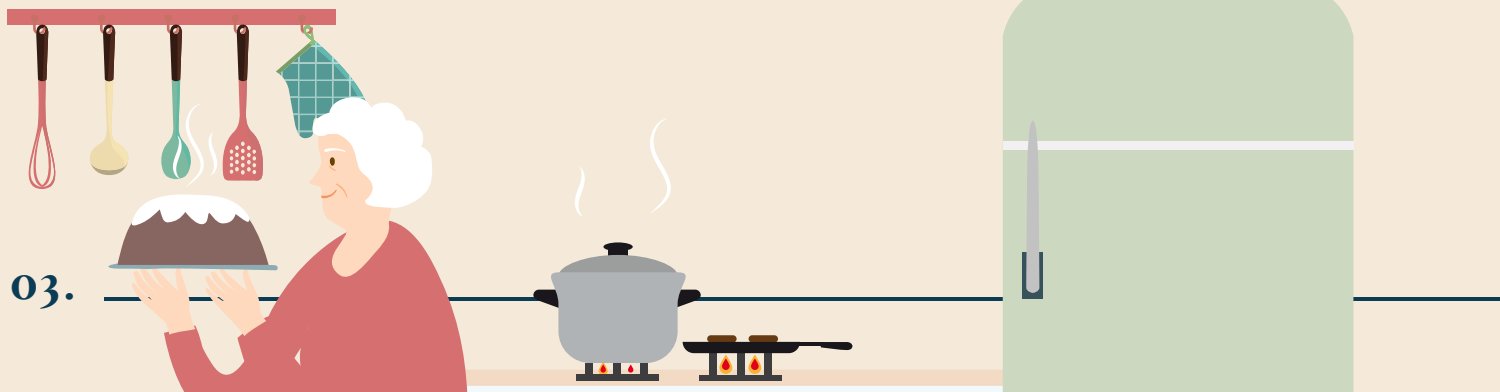
**Keep** loose clothing and tea towels away from flames. They can quickly catch fire.

**Avoid** cooking when tired or drinking alcohol. This is not a good idea because you won't be as alert to the potential dangers as you might otherwise be.

**Clean** your oven and grill regularly. A build up of fat and grease in the oven, hob, cooker hood or grill can ignite and cause a fire so be careful to keep these areas clean and grease-free.

**Don't** use a chip pan. Use an electronic deep fat fryer instead. Deep fat fryers have thermostats to control the temperature of the oil and are much safer to use.

**Remember** if you do have a fire, you need to leave straight away, get to a safe place and call 999. Don't tackle the fire yourself and don't ever attempt to move burning pans.



# Escape route - Have a plan!

Being prepared should the worst happen will greatly improve your chances of escaping a fire and could minimise damage to your property.

**You should plan your easiest escape route and make sure everyone who lives in the house knows what it is.**

The best way out is normally the one you always use but, in case that is blocked, have a back up route planned and written down. It is really important for everyone to walk through and familiarise themselves with the escape route. Fire drills are not just for school - they work at home too!

Once you have planned the best routes, make sure you keep the exits clear. If you are alerted to a fire get out, stay out, call us out! Don't investigate or grab belongings.

If you can't use the pre-planned routes, move everyone into one room and close the door. Try and make sure it's a room with a window and a phone. Use bedding, tea towels, cushions, curtains or other fabrics to block the smoke from coming under the door.

**You need to leave straight away, get to a safe place and call 999.**



# Electricity - A potential fire hazard

Nationally, more than 28,000 house fires each year are caused by electrical faults, accidents or misuse of electrical equipment. Many of these can be easily avoided by following some very simple actions.

## Overloading:

Don't overload plug sockets. If too many electrical items draw power from one socket it can start overheating and catch fire.

An extension lead or adaptor will have a limit to how many amps it can take so make sure you check you're not overloading it.

There's a really handy socket overload calculator on our website so you can check loading.

## Always:

Use the right fuse to prevent overloading to make sure the cable doesn't overheat and that the appliance is protected in the event of a fault.

## Check:

Cables to make sure they are not frayed or worn, are fastened securely to the plug and check sockets for scorch marks.

## Electric blankets:

Electric blankets are often stored until the colder weather sets in. Always store them either flat, rolled up or very loosely folded to prevent damaging the internal wiring, and always unplug blankets before you get into bed. Check them regularly for wear.

## Register:

The website [www.registermyappliance.org.uk](http://www.registermyappliance.org.uk) provides access to over 40 leading brands of domestic appliances.

It provides accurate up-to-date information for owners who have acquired specific models of appliances within the last twelve years, so manufacturers can issue safety updates or repair notifications.



# Candles - Don't let them go up in smoke

A few candles scattered around a room can lend a warm glow to an evening, but please remember that candles also bring fire into your home so they need to be treated carefully.

## **Always:**

Use a suitable holder on a heat-resistant surface when burning candles and tealights. Even though tealights are usually sold in little aluminium containers these are not totally heatproof. They get hot enough to melt plastic.

## **Keep:**

Clothes and hair away from the naked flame. If there's any chance you could forget a candle is there and lean across or brush past it, put it somewhere else. Also remember if you do catch fire STOP, DROP and ROLL to put it out.

## **Never:**

Move lit candles and take care that nothing falls into the hot wax, such as matchsticks, as they can flare up and cause a fire.

## **Make sure:**

Children and pets are not able to get close to candles.

## **Don't:**

Leave them burning. You should extinguish candles before you leave a room and never go to sleep with a candle still burning.

## **Remember:**

Outdoor candles should never be used indoors.

## **Be careful:**

When putting candles out, make sure they are completely out and not still smouldering. Ideally use a snuffer or a spoon to put them out as blowing can send sparks and hot wax flying.





# Stay warm and healthy

Keeping warm at home is important for good health. For those aged over 65, a cold home can make existing health conditions such as heart disease or respiratory illnesses even worse.

Ideal room temperature for over 65s is 21 degrees C – 23 degrees C.

## Tips for keeping warm affordably

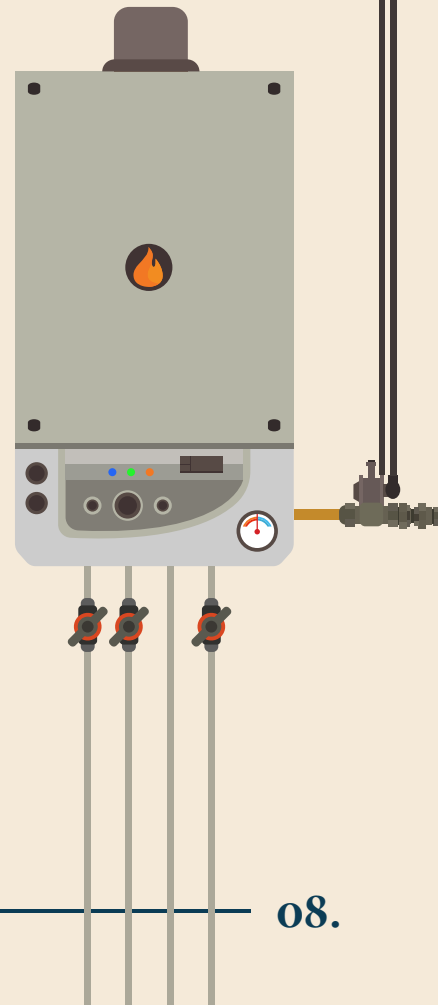
Have your boiler serviced every 12 months to make sure it is running safely and effectively. If your boiler is over 10 years old, or not working properly, you may be able to access grants to help you to replace it with an efficient new boiler.

Make sure your home is well insulated. Grants are available for loft and cavity wall insulation, depending on your circumstances. Draught proofing windows and doors can also make a big difference.

## Additional support

Local charities Energy Projects Plus and Groundwork's Green Doctor scheme can help provide advice and guidance on all aspects of energy efficiency in your home, from saving money by switching supplier to installing small measures. They may also be able to assist in accessing grant funding for insulation measures and boilers.

Energy Projects Plus 0800 043 0151 | Green Doctor 0808 168 3547



# Bedtime routine - Sleep safely

Fires that break out when you are asleep can be very dangerous. Therefore, the best way to stay safe is to introduce a bedtime routine that everyone in your home is familiar with.

## Close all doors:

This stops the fire spreading from room to room.

## Make sure:

All your exit routes are clear and follow your escape plan.

## Turn off:

All the electric devices that you can. Don't leave things charging overnight.

## Keep:

Your phone and keys close by so you can escape and call for help should there be an emergency.



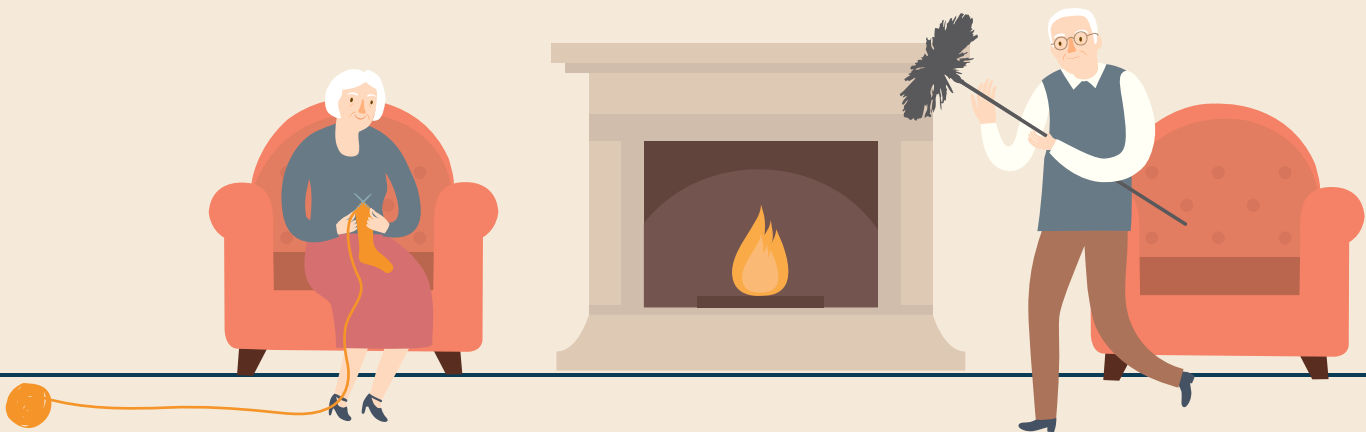
# Chimney - Get it swept!

When the colder autumn and winter months begin to make themselves felt it's only natural to want to use your open fire or log burner if you have one.

To make sure you keep you, your family and your home safe from fire you need to make sure your chimney is swept regularly.

## This is how often you should have your chimneys swept:

- At least once a year when using smokeless fuels
- At least twice a year when using bituminous coal
- Every three months when using wood
- Once a year when using oil
- Once a year when using gas.



# Wheelie bins - Don't make them a target

Wheelie bins can be a fire hazard, not only from carelessly discarded hot items like cooking oil or smoking materials, but they are also a very real target for arsonists.

Don't store your wheelie bin by windows or doors because any fire in the bin could easily spread to your property, causing even more damage and endangering lives. Make sure that anything that goes in the bin is cold, don't put hot items in there such as hot wood or coal embers, hot ash or smoking materials.

**Don't let your bins become an arson target, store them away, especially at night and behind locked gates if you can.**



# Smoking - Can be deadly

If you or someone in your home smokes you need to take extra care to make sure you stay safe.

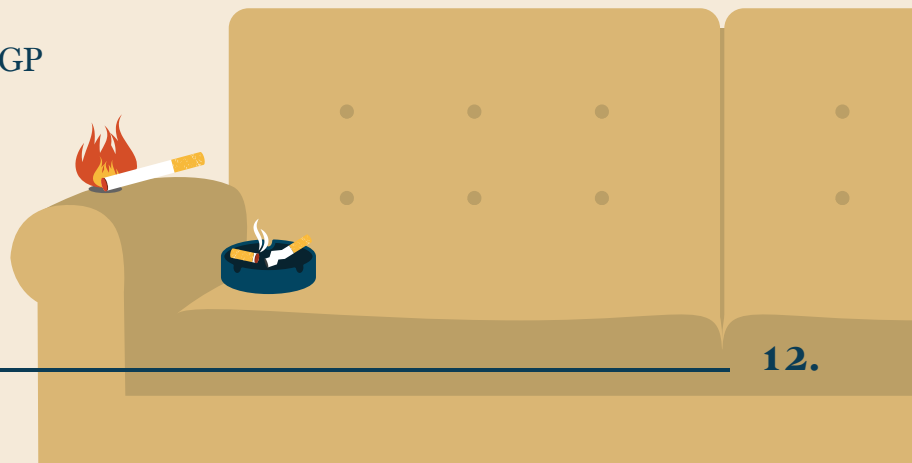
It is really important that you never smoke in bed. If you need to lie down then don't light up, you could doze off and set your bed on fire. Take extra care when you're tired, too, as it's very easy to fall asleep while your cigarette is still burning.

When you have finished your cigarette make sure you put it out, put it right out. Use a proper, heavy, ashtray that can't tip over easily and is made of something that won't burn.

Don't empty your ashtray straight into a bin because the butts and ash could cause a fire in the bin. A drop of water in the ashtray will help make it safe and leave it to cool down thoroughly before emptying.

If you are a smoker you might decide you want to quit which is a decision that will benefit your health.

Visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or see your GP for more information about the support available to help you quit.



# Carbon monoxide awareness



## What are the signs of carbon monoxide (CO)?

If you suspect CO, open all doors and windows, move outside into fresh air and call the Gas Emergency Service on 0800 111 999. If someone has collapsed or is displaying severe symptoms, call 999 or 112.

- Gas flame appears floppy and burns orange or yellow rather than mostly blue
- Pilot light frequently blows out
- Soot or yellow-brown staining on or around an appliance
- You see or smell smoke or have excessive condensation in the room where you have a gas appliance

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## Distraction burglary

This is often called ‘bogus calling’ and it is primarily targeted at vulnerable older people with offenders posing as officials such as council workers, police officers or utility workers, or pretend to be someone in need of urgent help so they can gain access to your home. Bogus callers often work in pairs so that, once inside, the victim is distracted by one while the other commits the burglary.

If anyone calls and you’re not expecting them, put the door bar or chain on before you open the door. Check their identity carefully. Ask for their ID card then close the door and check by using a phone number from the phone book or a relevant bill, not the one on the card. Some water, gas and electric companies operate a ‘password’ facility. Contact your supplier for details.

If in doubt, keep them out, particularly if you’re on your own.






If you are suspicious, report them to the police.

13.

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# Accessing the right NHS services

Use the right service		Minor cuts and grazes Bruises and minor sprains Coughs and colds	<b>Self Care</b> Stock your medicine cabinet visit: <a href="http://www.nhs.co.uk">www.nhs.co.uk</a>
		Minor illnesses Headaches Stomach upsets Bites & stings	<b>Pharmacy</b>
		Feeling unwell? Unsure? Anxious? Need help?	<b>NHS 111</b>
		Persistent symptoms Chronic pains Long term conditions	<b>GP Advice</b> Out of hours call 111
		Choking Chest pain Blacking out Serious blood loss	<b>A &amp; E or 999</b> Emergencies only

## Flu vaccine

The flu vaccine is offered free of charge on the NHS to people who are at risk. This is to help protect them against catching flu and developing serious complications.

You should have the flu vaccine if you:

- Are 65 years old or over
- Have certain medical conditions

For other eligible at risk groups please visit

[www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine](http://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine)

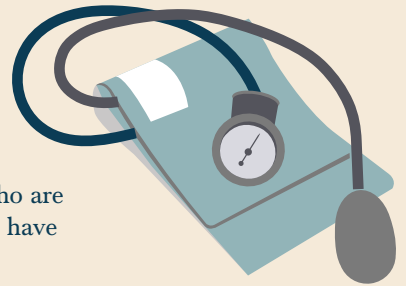
# High Blood Pressure - Know your numbers!



High blood pressure (BP) usually has no symptoms, but it increases the risk of having a stroke or heart attack. You can lower your BP with a healthy lifestyle and, if clinically advised, by taking medication.

Try to eat at least five portions of fruit and vegetables a day, cut down on salt, drink alcohol only in moderation, be physically active and maintain a healthy weight. Stopping smoking and eating less saturated fat will also reduce your risk of heart attack and stroke.

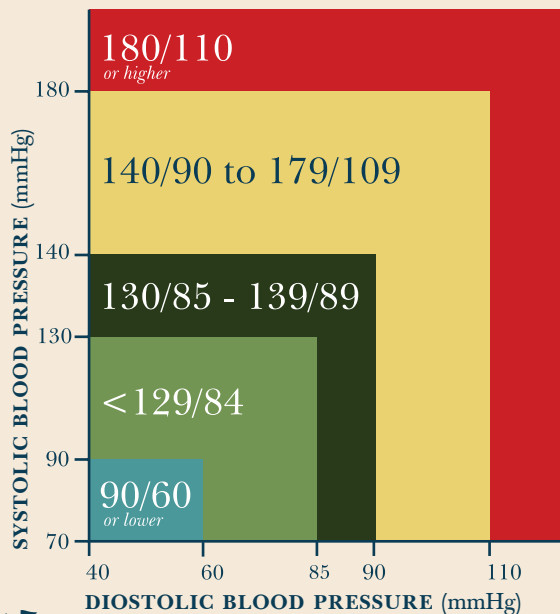
**Don't know your BP? Get checked today!**



Date/ time	Blood Pressure

*Note:* A diagnosis cannot be made with a single reading. This guidance is intended for people who are *not known* to have high BP. If you are known to have high BP follow the advice from your clinician.

## What next?



### VERY HIGH BP READING (4)

Seek medical review today even if you feel well. Seek medical review immediately if you have symptoms such as headache, blurred vision, chest pain, difficulty breathing, confusion, nose bleeds.

### RAISED BP READING (3)

You may have high BP. Follow a healthy lifestyle and repeat BP within 1 week. If it is still within this range ask for a BP review at your own practice within 1 month of the first check.

### GOOD BP READING (2)

Follow a healthy lifestyle and re-check BP within 1 year.

### VERY GOOD BP READING (1)

Follow a healthy lifestyle and re-check BP within 5 years.

### VERY LOW BP READING (6)

This may be normal for you. Seek review at your own practice if you have symptoms (e.g. light headedness, dizziness, feeling sick, blurred vision, generally feeling weak, confusion, fainting).



# The Herbert Protocol - Safe & Found

The Herbert Protocol is a pre-completed form which helps to give the emergency services the best possible information should there be a need for them to become involved in a search for someone with dementia.

The form is completed by you and, should a person go missing, can be used by the police quickly. Instead of collecting information during a stressful time, it is easily on hand and includes information about routines, medical requirements and favourite places to visit.

Find out more at [www.cheshire.police.uk](http://www.cheshire.police.uk)



## Feeling Alone - is not uncommon.

It is not uncommon at some time or another to feel alone. Feeling alone can be different for each person and is not always linked to the amount of people you know or the amount of friendships you have.

If you are an older adult and would like support, please contact the Silverline, a national charity available 24/7, via their free confidential helpline on 0800 470 80 90. Further information can be found at [www.thesilverline.org.uk](http://www.thesilverline.org.uk).

# Alcohol - Take extra care

It's important to be aware of the dangers that can happen at home when anyone has had a drink of alcohol or two.

Drinking even a small amount can lead on to dangerous situations as alcohol can impair judgement, co-ordination and make you very tired.

As you can imagine, this could be disastrous if anyone decides to cook after having a couple of drinks. It's so easy to put a pan on the hob, go for a sit down and forget it's bubbling away - until it's too late.

It can also be dangerous to smoke while you have had a drink. Alcohol spilt on your clothes can make them even more flammable and so imagine just how dangerous a dropped cigarette can be.

Remember, cutting down on alcohol has lots of benefits - mentally, physically, socially and financially. If you think that you may be drinking too much there are people who can help you.

Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk) or chat to your GP if you would like some support to reduce the amount you are drinking.



# Staying on your feet - Avoiding slips, trips and falls

Whatever our age, keeping our body and mind as fit and healthy as we can is good for our balance, movement and for preventing injury. Bones tend to become thinner and weaker as we grow older, particularly in women following the menopause. In older age we are also at risk of developing osteoporosis, a condition that causes the bones to break more easily. So it's important to avoid trips and falls that can result in a fracture, and to keep your body strong to try and reduce the risk of falling.

**The following provides top tips to prevent a fall in your home:**

- N°1** Remove trip-hazards like clutter, trailing wires and frayed carpet;
- N°2** Use non-slip mats and rugs, or arrange for a carpet grip to be fitted underneath;
- N°3** Use a grip mat in the bath and shower and arrange for grab rails to be fitted for getting in and out;
- N°4** Use high-wattage light bulbs;
- N°5** Get help with tasks you can't do safely on your own.

Please keep this booklet in a safe place and look at it from time to time to make sure you are doing everything you can to keep everyone safe and well. Encourage everyone in your home to read it and be aware of what to do to stay safe. In an emergency, always dial 999.

## Useful Contact Information

Cheshire Fire and Rescue Service	01606 868700
Crimestoppers (you can call them anonymously)	0800 555 111
Cheshire Police (non-emergency)	101
Cheshire East Council	0300 123 5500
Cheshire West and Chester Council	0300 123 8123
Halton Borough Council	0303 333 4300
Warrington Borough Council	01925 443322
Childline	0800 1111
Samaritans	116 123
Alzheimer's Society	0300 222 1122
The Silver Line	0800 4 70 80 90
NHS website	<a href="http://www.nhs.uk">www.nhs.uk</a>
Stroke Association	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
British Heart Foundation	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>
Happy Hearts	<a href="http://www.happy-hearts.co.uk">www.happy-hearts.co.uk</a>
Blood Pressure UK	020 7882 6255   <a href="http://www.bloodpressureuk.org">www.bloodpressureuk.org</a>
SP Energy Networks to register for extra support in a power cut	033010 10 167