

Winter Fire Safety



Home fires occur more in the winter months than any other time of the year.

The festive period is meant to be a time of celebration – family and friends coming to visit and extra decorations around your house. Your safety is important and we wanted to make sure you were equipped to make your home fire safe this winter.

Disposable barbeques

The cost-of-living crisis is still upon us. It may be tempting to try and save money by using disposable barbeques to cook or heat your home.

Disposable barbeques can give off fumes for hours after you've used them. They should never be used indoors or inside an enclosed space.

Please do not use these indoors – they pose a significant fire risk and can cause carbon monoxide poisoning which can be deadly.

Carbon monoxide has no smell or taste – it's unlikely you would notice straight away if you were breathing it in. Exposure to carbon monoxide in enclosed spaces often causes drowsiness and the victims fall asleep unaware they've been exposed.

What are the physical symptoms of carbon monoxide poisoning?

If you're suffering from any of the symptoms and feel better when you leave the house, it could be CO poisoning.

If you're concerned you or someone in your household may be suffering from carbon monoxide poisoning, make sure you do the following:

- Get fresh air immediately.
- Open all doors and windows, switch off gas appliances and leave the house.
- Contact your GP, who can check and advise if you need treatment for carbon monoxide poisoning.
- If you're concerned there is immediate danger, call the gas emergency helpline on **0800 111 999**.



Candles

Candles and tea-lights can create a relaxing or special atmosphere in the home, used by people of all ages. They are also part of many religious and cultural celebrations - but are also a major cause of fires.



Keep safe by following these tips:

- Candles and incense sticks should always be held firmly in tight fitting holders and placed on a flat, stable, heat-resistant surface where they won't be knocked over.
- Tea-lights are cheap and small but can get very hot. They can melt through plastic and have the potential to start a house fire. Never leave a lit tea-light unattended – even for a few seconds – and always use proper holders.
- Keep candles and flames away from clothes, curtains, cushions, paper and other things that might catch fire.
- Keep candles and flames out of winds or draughts.
- Do not put them under shelves, they can heat up the shelf above and cause a fire.
- Ensure candles and other naked flames are out of reach of children and pets and never leave them alone with burning candles.
- Do not use them if you've been drinking alcohol or feel sleepy.

Never leave candles unattended. Always put them out when you leave the room, go to bed, or leave the house.

Festive Safety

The festive season is nearly upon us. Our homes are decorated – or will be soon – and many will be busy hosting or visiting friends and family.

It's easy in all the hustle and bustle of the season to get distracted – the Scottish Fire and Rescue Service have a few tips to help ensure this season is merry while keeping you and your home safe.

Staying safe

Returning home after a night out at a Christmas party or festive visits with friends? Keep to cold food if you are peckish. If you do want something hot, try to pick this up on the way home.

Christmas dinner

Cooking is the biggest cause of house fires in Scotland.

- Never leave cooking unattended, especially when using stovetops, ovens, or grills.
- Stay attentive to your cooking and avoid holiday distractions.
- Keep decorations and other fire risks away from open flames or heat sources.



Real Christmas Trees

Caring for your tree:

- Keep your tree away from heat sources. These include fireplaces, heat vents, candles and cigarettes.
- Try to avoid putting your live tree up too early or leave it up for longer than two weeks.
- Always keep the tree stand filled with water.

Disposing of your tree:

- Take your tree to a recycling centre or request for it to be collected by a community pickup service.
- When the tree becomes dry, discard it promptly.

Glasgow City Council have shared information on how to recycle your Christmas tree on their website. You can also find out more on page 28.

Have a safer winter – here's what you can do to stay safe from fire this winter

If you've been drinking, don't cook. NEVER leave cooking unattended.



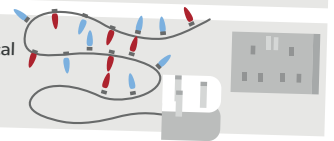
It's safer to smoke outside, or standing at an exterior door or window, **especially if you are tired or have been drinking.**



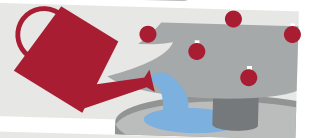
Keep portable heaters away from furniture, bedding or curtains. Don't sit too close and **turn off portable heaters before going to bed.**



Unplug fairy lights or other electrical Christmas decorations **when you leave the house or go to bed.**



If you've got a live Christmas tree it's important to **keep the tree stand filled with water at all times.**



Always put candles out when you leave the room, go to bed or leave the house.



Keep candles away from anything which could catch fire.

Do not smoke, use naked flames or get near to anything which may cause a fire whilst wearing clothing or a bandage that has **been in contact with emollient skin cream.**



Make sure your **smoke and heat alarms are working. Test them every week.**

Keep in touch with friends, relatives and neighbours who live alone or **who may be at risk.**

A **phone call**, or a socially distanced door-step chat **can make a massive difference at this time of year.**



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

firescotland.gov.uk

@SFRSYourSafety

Call us to arrange a free Home Fire Safety Visit for you or someone you know who may be isolated or at greater risk from fire. Together, we can all stay fire safe.

CALL **0800 0731 999** TEXT **'FIRE'** TO **80800**
or visit **www.firescotland.gov.uk**

If you are struggling with the cost-of-living crisis, food prices, energy costs and general living costs increasing, we are here to help. Contact us for advice and support through our Money Advice Team (GEMAP) on 0141 560 6000 for a telephone appointment.