

AEM Building & Construction

GENERAL (SUB) CONTRACTORS

FIRE SAFETY ADVICE

Staying safe at home and at work is everyone's priority and responsibility. This advice notice is for information only. It offers information about what you can do to reduce the risk of a fire in your building or home and what to do in the event of a fire.

The **fire triangles** also known as **combustion triangles** or "**fire diamond**" are commonly symbols for understanding the elements required for most fires to thrive. The triangle below illustrates the three main things a fire needs to ignite.



They are **heat**, **fuel**, and an **oxidizing substance** usually **oxygen**.

INSTALL A SMOKE ALARM



Smoke alarms provide an initial warning that there is a potential fire. It also provides the opportunity, extra time for you to escape. Working smoke alarms **DO SAVE LIVES**.

The London Fire Brigade (LFB) also offer **FREE** fire safety visits and smoke alarms. Find out more at: www.london-fire.gov.uk/SmokeAlarms.asp

If you are a council tenant, and either do not have a smoke alarm, or one that does not work, report it to your local office immediately. Private tenants, you do have rights. Again, contact your landlord and request that smoke alarms are fitted.

The LFB recommend a smoke alarm in every room, including the hallway. It is not uncommon to also find smoke alarms in toilets, bathrooms and utility rooms. At a minimum it is advised by LFB to at least install smoke alarms in the hallway and rooms most frequently used.

You can purchase smoke alarms from most good DIY stores, online, electrical shops and most supermarkets. Be mindful here, there are so many to choose from and vary in price. Some of these smoke alarms are battery operated, and will need to be checked regularly by pressing the button marked **TEST**.

Other smoke alarms can be wired into the electrical circuit and will require a qualified electrician. For more information on how we can assist you contact: info@aembuildingandconstruction.co.uk

❖ Please do remember your family, friends and neighbours that are unable to test their own alarms.

KEEP BALCONIES, DOORWAYS, FIRE EXITS CLEAR



If you live in shared accommodation, be mindful...Keep shared areas clear from obstruction. Items like buggies and bikes can act a fuel, they are fire hazards and can prevent or slow people from getting out.

KEEP FIRE DOORS CLOSED



Closed doors is not just a quote used to keep someone out of a particular group or organisation. Fire doors are an important aspect in reducing the spread of smoke and fire. Some of your doors will be fire resistant, for instance your front door and kitchen door.

These doors are made from heat resistant material and will make your home, property, business and workplace safer. As safety measure some fire doors are fitted with door-closers. They help to ensure the door shuts after use.

As a rule of thumb, never change your fire doors for something that does not conform to fire regulations, keep all fire doors closed, never wedge fire doors open and do not tamper or remove door-closers.

If you are interested in having a fire resistant door fitted please do contact us for details and prices.

BE CAREFUL WHEN SMOKING



Smoking kills in more ways than one. It causes more fatalities by fire that anything else. So, if you do smoke here are some basic rules to remember:

- ❖ Never smoke in bed
- ❖ Make sure that cigarettes are properly put out
- ❖ Never throw lit cigarettes out of windows,
- ❖ Never empty ashtrays into a bin immediately after use

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- ❖ Be aware when using alcohol, and taking medication or other substances
- ❖ Keep matches, lighters, and other smoking materials away from, out of sight and reach of children

BE SAFE IN THE KITCHEN



According to the LFB, most house fires begin in the kitchen. It is important to remember that a major cause of fire is a build-up of oils and fats in pots and pans. A pan can heat up very quickly and when it does absorb excess heat, it can easily become flammable.

Never leave a pan unattended even for a moment always switch off the cooker, preferably at the source if you are called away.

In the unfortunate event that you should be faced with a pan fire (fats and oil based) never try to put it out with water. Doing this will create a fire ball causing the fire to spread. If a pan catches fire, do not remove it and providing it is safe to do so, switch off the appliance.

Good kitchen practice:

- ❖ Don't cook if you feel sleepy, taking medications or consumed alcohol.
- ❖ Keep items, such as tea towels, dish clothes and other things that may cause a fire away from naked flames.
- ❖ Have your electrical goods, such as microwaves, deep fat fryers, washing machines safety tested on a regular basis, in accordance with manufactures instructions.

WHAT TO DO IN THE EVENT OF A FIRE



- ❖ Call 999 immediately or as soon as it is safe to do so. The quicker the emergency services are called the sooner the fire can be dealt with. Where ever possible, never try to tackle a fire, it could put others and you in more danger.
- ❖ If you live a tower block or similar high rise building and there is a fire DO NOT use the lift. Raise the alarm immediately and leave the building. If the fire is in your home, close doors to prevent fire and smoke spreading, get out as quickly as you can and alert your neighbours. Do not return to your home until the London Fire Brigade (LFB) has safely dealt with the incident.
- ❖ If there is a lot of smoke, crawl and stay low on the floor. Remember smoke rises, so there will be less smoke and also the air will be cleaner. Stay calm and make your way to the nearest exit.

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Fire escape plan or procedure



Think about how you, your family or work colleagues would escape if there was a fire. Being prepared for a fire can save lives. Some things to plan for include:

- ❖ Everyone has to be familiar with the escape plan or procedure and what to do if there is a fire
- ❖ Learn to find your way about in the darkness at home as it is similar to dense smoke
- ❖ Keep your escape route clear

For more information contact: info@aembuildingandconstruction.co.uk

