



HAVE A CHAT ABOUT FIRE SAFETY

People over the age of 70 are between four and five times more likely to die in a fire compared to others.

With a few simple measures, you can reduce the risk of fire for elderly people that you care about.

Have that important chat about fire safety, identify fire hazards in their home and discuss what you can do to minimise the risk of fire.

During your chat about fire safety, you should discuss

- Food preparation and fire safety in the kitchen
- Safe use of electrical appliances
- Alarms and escape routes
- How to put out a fire
- Candles and smoking

If you are a friend or relative, we have made this checklist of the most important fire prevention measures.

As a friend or relative, you could help by

- Installing a stove guard
- Cleaning the filter in the extractor fan above the stove
- Checking that the smoke alarm is working and can be heard all over the home
- Checking there is a fire extinguisher, and that the resident can use it
- Making sure that the resident develops fire-safe smoking habits
- Checking that curtains, cloths, newspapers and furniture are at a safe distance from electric wall heaters
- Getting rid of chandeliers, dangerous decorative lights and unsteady candlesticks

You can read more about fire safety for the elderly on sikkerhverdag.no



Having a chat about fire safety is part of 'All efforts - against fires', an initiative on fire prevention and communication that will run until 2020. The initiative is organised by The National Coordination Group for Fire Communication made up of DSB, the Norwegian Association of Fire Officers, the Norwegian Association of Chimney Sweeps (Feiermesternes landsforening), the Norwegian Fire Information Forum (Branninformasjonsforum), Local Electrical Safety Inspection Authorities (DLE), the Register of Competent Companies (Sakkyndigeselskap), NELFO, Finance Norway and the Norwegian Fire Protection Association. The group is headed by DSB. The local fire departments, chimney sweeping services and electricity supervisory authorities all over the country are responsible for running the initiative at a local level.

Mind the stove

The stove is by far the biggest cause of house fires. It's easy to forget a pan on the stove, or fall asleep while something is cooking. Talk about how important it is not to leave saucepans or casseroles unattended while cooking.

Try to identify the situations that pose the most risk. Can you suggest any alternatives to using the stove? Also check whether a stove guard has been installed. A stove guard automatically turns the stove off if any of the rings get too hot. It prevents pans from boiling dry or overheating, and also stops other dangerous situations that could lead to a fire.

Oven gloves, tea towels, newspapers and other objects kept near the stove can quickly catch fire, and these flames will spread quickly. Flames that reach a greasy extractor fan will spread even faster. Talk about keeping the area around the stove clean and tidy.

Can you find any other storage solutions as an alternative to using the stove as a storage area? It's a good idea for family and friends to take turns at checking the extractor fan and cleaning it when necessary.

Check electrical appliances

The stove is the main culprit when it comes to fires, but other electrical appliances can also cause fires if they are used incorrectly. Find out whether the resident is using electric heaters and other electrical appliances safely. Electric wall heaters and electric radiators that are covered or allowed to become dusty can easily catch fire.

Appliances that use a lot of electricity (over 1 kW) should not be plugged in via extension leads. Extension leads can become overloaded, which causes them to heat up and this can result in a fire.

Listen for the smoke alarm

An early warning increases someone's chances of getting out in time. Check that the home is fitted with smoke alarms, and that these are working. Do a test to make sure that the resident can hear the smoke alarm – even from the bedroom. Remember to test the smoke alarm once a month, and to change the battery once a year.

Also talk about how to get out of the home if the smoke alarm goes off. It's also a good idea to carry out a fire drill – practice makes perfect, especially in emergency situations.

Can the resident lift the fire extinguisher?

What should they do if they discover a fire? Planning for this and discussing it makes it much easier to tackle in reality. Check that the home has a fire extinguisher, and that the resident can use it. Every home must have an extinguisher in the form of a domestic fire hose or fire extinguisher. If the fire extinguisher is too heavy, consider providing an additional device such as a fire blanket or aerosol fire extinguisher. But remember that the most important thing is for them to get themselves out.

Avoid naked flames

Many chandeliers and ornaments are designed for candles, but these can easily turn into small bonfires. Talk about the dangers of candles, especially when combined with other materials that can easily catch fire. There are plenty of fire-safe alternatives to candlelight, such as battery-operated table lights.

Be careful with lit cigarettes

Lit cigarettes are a huge fire hazard. If you know any elderly people who smoke, ask them how and when they smoke when they are at home. Perhaps they could be taking steps to reduce the risk of fire. For example, there is a huge difference in the risk of smoking outdoors and smoking in bed. A fire blanket can also help to reduce the risk of fires caused by cigarettes.