

# Electric Blankets

If a blanket has scorch marks or exposed elements, it should **not** be used.

Over blankets are designed to be left switched on, whilst under blankets **must** be switched off before getting into bed.

- If your blanket is more than 10 years old or if it shows signs of wear and tear, the best advice is to get a new one.
- When buying a new electric blanket, ensure it has "overheat protection", which will cut off the electricity if it becomes too hot.

- Electric blankets should carry the British Standard Kitemark and the British Electrotechnical Approvals Board (BEAB) symbol on them.
- Have your blanket checked by an expert once every three years or as recommended by the manufacturer.
- **Don't** fold electric blankets. Protect the wiring inside them by storing them flat or rolled up.
- **Don't** leave an electric blanket switched on all night, unless it is thermostatically controlled so it can be used all night.
- **Never** use hot water bottles in the same bed as an electric blanket, even if the blanket is switched off.

## Suffolk Fire and Rescue Service

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