

# Smokers Safety Tips

## Effects of Alcohol and Tiredness

- Be aware if you've been drinking; don't cook as you could fall asleep and start a kitchen fire.
- Don't smoke in a chair if you've been drinking or if you feel sleepy.
- Smoke outside, stand up or at a window or outside door if you do feel sleepy.
- Never smoke in bed; it may be relaxing but you might never wake up!

## Effects on Furnishings

- Furniture made before 1988 probably won't be fire-resistant.
- Furniture labels give fire resistance information – if there's no label, assume it's not fire resistant; it may catch fire more quickly and give off very toxic smoke!
- Consider replacing older items or having them re-upholstered.
- Keep curtains away from ash trays.

## Effects of Matches and Lighters

- Keep out of reach of children.
- Teach children not to play with matches and lighters, and to hand any they find to a responsible adult and remember to praise them if they do hand them to you!
- Keep away from other heat sources.
- Buy safety matches (ones that only strike on the box).
- Buy lighters with safety locks that go out when you let go of them.
- Put out every match and lighter before you put it down; don't put it straight in the bin.

- Put used matches in an ash tray or a metal or ceramic plate and empty it regularly.
- Get a flameless 'spark' lighter to light gas stoves and heaters.

## Effects of Cigarettes, Cigars and Pipes

- Never leave a cigarette, cigar or pipe unattended.
- Don't balance cigars or cigarettes on the edge of an ash tray or other surface - they can tip and fall as they burn away.
- Always stub out properly in an ash tray - make sure there's no smoke.
- Wet cigars and cigarette ends before putting in a bin.
- Never empty a pipe into a bin - the ember can still be very hot, even if it's not smoking.

## Effects of Ash Trays

- Always ensure the ash tray is on a stable, non-flammable surface.
- Clean them of paper, wrappers and other rubbish that could catch light.
- Douse with water before putting the contents in the bin.
- Empty into a metal bin outside if possible.
- Consider buying a self-extinguishing ash tray (Butt Bin) – can cost as little as £1 but could help to save your life!

**Above all, make sure you have at least one working smoke alarm sited correctly in your property and test it regularly.**

**In the event of a fire; GET OUT, STAY OUT, CALL 999.**

## Suffolk Fire and Rescue Service

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