



YOUR SAFETY IS IMPORTANT!

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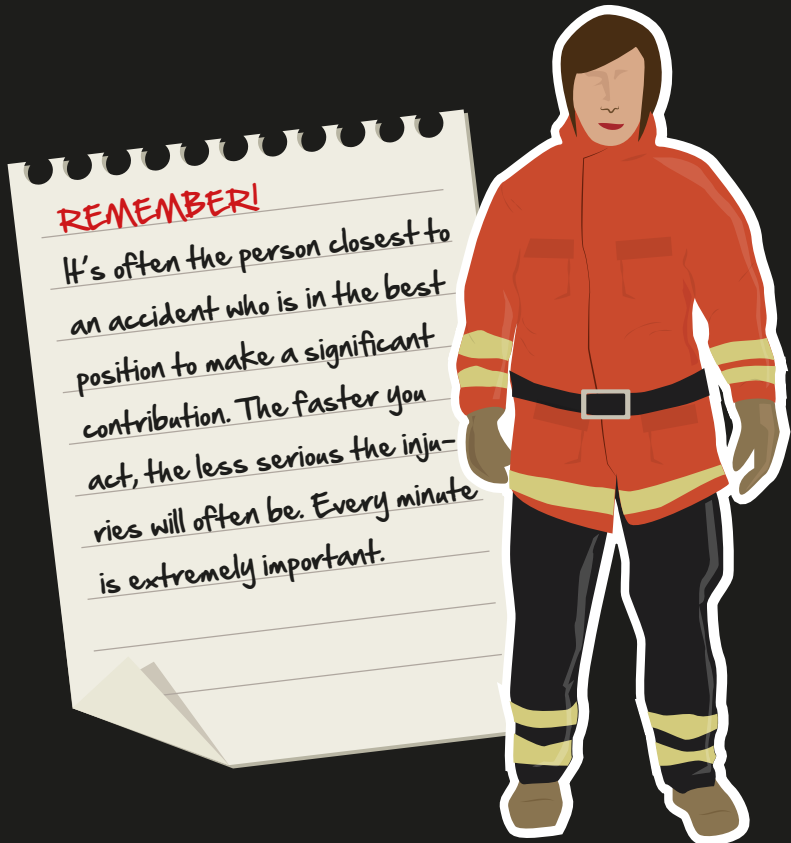
Räddningstjänsten Östra Götaland

YOUR ACTIONS CAN BE DECISIVE

It is our job within the emergency service to make sure that everyone is as safe and secure as possible. But you can still encounter hazardous situations in everyday life. With the right knowledge, you can do a lot to protect yourself if something happens.

You can make a big difference, maybe bigger than you think! By preventing and reducing the likelihood of an accident, you can reduce the potential consequences of an accident. Maybe you have the knowledge and are prepared.

We have good knowledge of what causes accidents. And we're happy to share this knowledge!



ENHANCED FIRE SAFETY

A few tips to protect yourself against fire in the home:

CHILDREN PLAYING WITH FIRE Keep matches and lighters in places where children cannot access them. This removes the temptation from children, temptation that can have disastrous consequences for both them and you.

KITCHEN FIRES Most fires start close to the cooker. Having a timer will minimise the risk of fires caused by forgotten hobs or pans boiling dry. Also, always keep a lid close to the cooker so that you can quickly put out a possible pan fire. Bear in mind that it's often more effective to starve a fire of oxygen than to attempt to extinguish it with water! And make sure you clean the fan filter regularly, to prevent a fire from spreading.

NAKED FLAMES Always keep an eye on naked flames and use candle holders and decorations made of non-flammable material. Never leave a room where candles are burning without first extinguishing them. The person who lights a candle is also responsible for extinguishing it.

SMOKING IN BED Never smoke while lying in bed or on the sofa. Far too many fatal fires are caused by someone falling asleep before putting out a cigarette. And make sure ash trays have cooled down before emptying them.

ELECTRICAL FIRES Have your electrical installation works carried out by an authorised electrician and make sure you use safety switches. Also use bulbs of the correct strength. A bulb that is too strong generates a lot of heat, which can cause the lamp shade to start burning.

BUILDING A FIRE Store flammable material where unauthorised people cannot access it, for example under lock or inside the home.

LIGHTING A FIRE Always follow the manufacturer's recommendations for the volume of material for which the fire has been designed. Ash from the fire must be collected in a metal bucket. If you have any questions about your fire, contact your local chimney sweep.





ENHANCED PROTECTION AGAINST FALLS

A few simple tips to make your home safer from falls:

STORE ITEMS that you use regularly somewhere low down so that you don't need to climb a ladder or use a pallet so often.

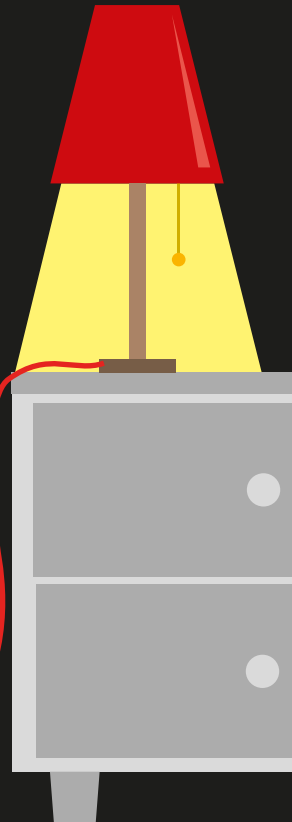
TREAT FROST outside your house in the winter-time to reduce the risk of you or someone else slipping.

INSTALL ANTI-SLIP PROTECTION on staircases. This reduces the risk of falling on stairs. Anti-slip protection can also make steps more visible.

KEEP SOFT LIGHTS on at night if you need to get up.

MAKE SURE that cables and rugs cannot cause you to trip

USE ANTI-SLIP protection in the bathroom and bath tub. This prevents both young and old from slipping.



ENHANCED PROTECTION AGAINST POISONING



A few simple tips to reduce the risk of suffering poisoning:

STORE MEDICINES, DETERGENTS and other chemicals in locked cabinets or in some other way that prevents small children from gaining access to them. Detergents and medicines are often corrosive and harmful in the wrong doses.

CLOSE THE LIDS tightly on bottles and cans that have dangerous contents.

GOOD THINGS TO HAVE FOR A SAFER HOME

You can make your home safer with a few simple purchases:

SMOKE ALARM A smoke alarm can be the difference between life and death. Have at least one smoke alarm on each floor and at least one in each bedroom. Test it at least once a year and buy a new one every ten years.

FIRE BLANKET You can use a fire blanket to extinguish small fires easily by placing the blanket over the item that is burning.

FIRE EXTINGUISHER Keep at least one fire extinguisher in the home. A six kilo powder extinguisher is sufficient.

TIMER FOR THE COOKER If you are concerned that you will leave the cooker switched on, obtain a timer for the cooker.

ANTI-SLIP PROTECTION Install anti-slip protection on stairs to reduce the risk of falls. Many anti-slip protection products consist of easily installed strips.



IF AN ACCIDENT HAPPENS

If an accident does happen, you can do a lot to reduce the consequences. If a fire starts, you must...

RESCUE If it's a small fire, you can try to extinguish it yourself, e.g. using a fire blanket or fire extinguisher, but without taking too many risks.

If this is not possible, you must:

- **Rescue yourself and others nearby.**
- **Crawl beneath the smoke when leaving the building.**
- **Close the door to the room where the fire is.**
- **Never use the lift to leave the building.**

If you live in an apartment and a fire starts in the building, you are safest in your apartment. You can be putting your life at risk if you enter a stairwell that is filled with toxic smoke!

WARN Warn others nearby so that more people can move to safety.

RAISE THE ALARM Raise the alarm by phoning 112, stating:

- **What has happened.**
- **Where you are phoning from.**
- **Who you are.**

EXTINGUISH If possible, you can try to extinguish what is burning, but do not take any risks. Make sure you:

- **Direct the extinguisher at the seat of the fire, not the flames.**
- **Extinguish a burning pan by covering it with a lid, never use water.**
- **Extinguish a burning TV by first disconnecting the cable and then putting out the fire.**

You can extinguish most fires with a powder extinguisher. Never use water on live wires or burning cooking fat, as the water will start to boil.



CHECKLIST

You will increase your safety by regularly going through these points at home:

- 1 Is the smoke alarm working?
- 2 Do you have a fire extinguisher?
- 3 Do you have a fire blanket?
- 4 Check fire risks.
- 5 Check fall risks.
- 6 Check poisoning risks.
- 7 Check your home insurance policy.
- 8 Discuss what to do in the event of fire with everyone in your home.

If someone is seriously injured, you must...

Remove the person if he/she is in a serious, life-threatening position.

If the person is not breathing, you must:

ALERT 112 Start to apply CPR by applying 30 compressions (powerful pushes) to the chest and then blowing twice into the mouth. Repeat until the person starts to breathe or the ambulance arrives.

If a person has ingested a toxic substance, you must phone 112 or the Poisons Information Centre. Place the person in a stable, sideways position. Do not attempt to make the person vomit, as this can cause even greater internal damage.



ALERT US! 112

If you need the rescue service, police or ambulance urgently, phone 112 and be prepared to state:

- What has happened.
- Where you are calling from.
- Which phone number you are calling from.

It costs nothing to phone or obtain assistance via 112. But you must only phone 112 in genuine emergency situations.



Tel. 010-480 40 00. Read more at www.rtog.se