

Bedtime checklist

As part of the Safe and Well Home Fire Safety check offered by Bedfordshire Fire and Rescue service, we will discuss with you how to make your home safe before going to bed.

This **bedtime checklist** provides information on the steps to follow:

- Close inside doors at night to prevent a fire from spreading;
- Make sure that exits are kept clear;
- Check external doors are closed and locked;
- Keep door and window keys where everyone at home can find them;
- Turn off and unplug electrical appliances unless they are designed to be left on – such as your freezer;
- Check the cooker is turned off;
- Don't use the washing machine or dishwasher overnight;
- Switch off portable heaters and put up fireguards;
- Make sure candles and cigarettes all put out.



If you would like to receive a visit to your home or receive advice by telephone, please contact us with your name, address and telephone number mentioning 'Dementia Safety First'.

By email safeandwell@bedsfire.gov.uk

By telephone 0333 399 0031



Bedfordshire
Fire and Rescue Service