

## Home safety escape plan

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 way to safety in the event of a fire.

We will advise you to keep your escape routes clear of obstructions and keep exits well lit. Also to keep keys to exits in places where they can be found in a hurry if needed.

Many people store possessions and have collected items over the years and these should be stored on stable surfaces and not stacked to a height that could cause them to become unstable – they could fall over blocking your escape or cause a trip.

### We have some tips for preventing falls in the home:

- Mop up spillages immediately;
- Organise your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things;
- Remove clutter, trailing cables and any frayed carpet;
- Use non-slip mats and rugs;
- Use high-wattage light bulbs in lamps and torches so you can see clearly;
- Get help to do the things you're unable to do safely on your own;
- Avoid loose clothing or trailing clothes that might trip you up;
- Wear well-fitting slippers or shoes on slippery floors, not just socks or tights;
- Ensure shoes fit well, are in good condition and support the ankle;
- Take care of your feet by trimming your toenails regularly and seeing a GP or chiropodist about any foot problems;
- Make an appointment to have a sight test if you're concerned that poor vision (even when wearing glasses) is increasing your risk of having a fall.

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](mailto:safeandwell@bedsfire.gov.uk)

By telephone 0333 399 0031



**Bedfordshire**  
Fire and Rescue Service