

FIRE SAFETY **IN THE HOME**

家居防火
安全



FIRE
KILLS

YOU CAN
PREVENT IT

CHINESE



Did you know...?

- You're twice as likely to die in a fire if you don't have a smoke alarm that works.
- 90 people die each year because the battery in their smoke alarm was flat or missing.
- Over half of home fires are caused by cooking accidents.
- More than five fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.

您知道嗎？

- 若無有效的煙火報警器，您可能已在火災中喪生兩次了。
- 由於煙火報警器的電池無電或缺乏，每年有九十人死亡。
- 過半的家庭火災是由烹調事故引起的。
- 每天逾五次的火災是由蠟燭引發的
- 每三天有人死于由吸煙引起的火災
- 每年全國大約有七千次家居火災是由有缺陷的電器（家電、電線及超負荷的插座）引起的。

PROTECT YOUR HOME WITH SMOKE ALARMS



The easiest way to protect your home and family from fire is with a smoke alarm.

Get it. Install it.
Check it. It could save your life.

用煙火報
警裝置保
護您的住
宅

使您的住宅和家庭免遭火災的最簡便辦法是使用煙火報警器。

買一個、把它裝好、進行檢查，這樣可能挽救您的生命。

Choosing your smoke alarm

選擇您的煙火報警器

- Fit smoke alarms on every level of your home.
 - Smoke alarms are cheap and easy to install.
 - They are available from DIY stores, electrical shops and most high street supermarkets.
 - There are a variety of different models to choose from. Your local Fire and Rescue Service will be happy to give you advice on which one is best suited for you.
 - Look out for one of these symbols, which shows the alarm is approved and safe.
- 在您家中每一層都安裝煙火報警器。
 - 煙火報警器便宜易裝。
 - 在自己動手（DIY）商店、電器商場和大多數的鬧市超市均有售。
 - 有各種類型的煙火報警器供您挑選。您的當地消防中心將非常樂意給您提供建議哪種類型適合於您。
 - 請查看產品是否帶有這些標誌之一，這樣的標誌表明報警器通過驗證並且安全。

Top tip
最佳提示



Fit smoke alarms
安裝煙火報警器



British Standard Kitemark



5 英鎊 能救您的生命

£5 COULD SAVE YOUR LIFE

How to make sure your smoke alarm works

Test the batteries in your smoke alarm every week. Change them every year. Never remove them.

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to check the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replaceable batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Royal Institute for Deaf People Information Line on **0808 808 0123**

如何確保您的煙火報警器有效

每週測試您的煙火報警器的電池。每年更換。從不將它們取出。

- 若您的報警器因失誤而報警，也切勿斷電或取出電池。
- 使用通用電池運作的報警器是最實惠的選擇，但電池每年需更新。
- 許多人忘記檢查電池，所以長壽電池更好。
- 十年有效電池的報警器是最佳選擇。
- 由幹綫供電的報警器由您的家庭電源供電。通常不需要更換電池，但需要由有資質的電器專家安裝。
- 插入帶燈設備的插口的報警器用充電電池，燈亮時即行充電。
- 您甚至可安裝並聯在一起的報警器，這樣，一個報警器測到火情時，所有其它的報警器也跟著響。您若住在大房子裏或多層住宅內，這辦法非常有效。

可為那些失聰或聽力困難的人安裝燈感應或震動的報警器。請致電皇家聾人學院（Royal Institute for Deaf People）信息熱綫 **0808 808 0123**。

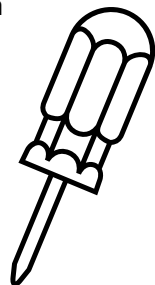
Top tip 最佳提示



Test it
請試一試

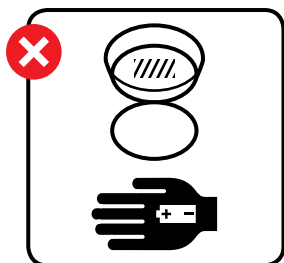
Fitting your smoke alarm

- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- The ideal position is on the ceiling, in the middle of a room, or on the hallway and landing, so you can hear the alarm throughout your home.
- If it is difficult for you to fit your alarm yourself contact your local Fire and Rescue Service for help. They'll be happy to install it for you.



安裝煙火報警器

- 切勿將報警器放在廚房或浴室內或附近，其中的油煙或水蒸氣會意外地觸發報警器。
- 最理想的位置是裝在天花板上、房子中間、或走廊及樓梯間，這樣您在家中的任何地方都可以聽到警報聲。
- 您若有困難自己安裝報警器，請聯係當地消防中心尋求幫助。他們將十分樂意為您服務。



Looking after your smoke alarm

- Make checking your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

Other equipment you could consider

- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.

請留意您的報警器

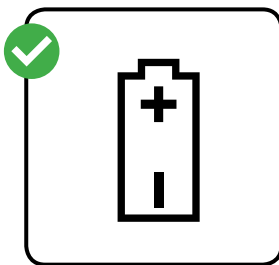
- 請將檢查報警器作為您日常生活的一部分。
- 測試時使用按鍵直至鈴響。如果不響，則需更換電池。
- 若您的煙火報警器開始經常性發出響聲，您得立即更換電池。
- 若您使用的是十年報警器已使用達十年，您需要每十年更新整個報警器。

您可考慮的其它設備

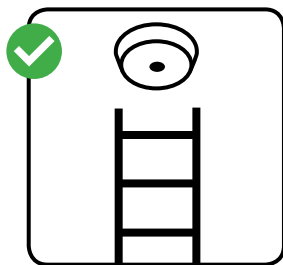
- 滅火毯用來滅火或裹住身上衣服着火者。最好把它們放在廚房。
- 滅火器會噴出滅火劑而幫助控制火勢。它們迅速且易于操作，但首先須閱讀說明。



Test it
測試它







Change it
改換它



Replace it
更新它

HOW TO PREVENT COMMON FIRES



IN THE KITCHEN
ELECTRICS
CIGARETTES
CANDLES

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, candles and cigarettes.

如何在廚房內防止普通火災-電器、香煙、蠟燭

該部分將告知您如何能在家裏避免火災，包括如何安全烹調並照看好電器、蠟燭及香煙。

In the kitchen

How to cook safely

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.

- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking

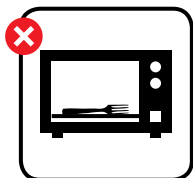


Top tip

最佳提示

Keep out of reach

將物品放在不能觸到的地方



Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave

Deep fat frying

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

**GET OUT
STAY OUT
AND CALL
999**



在廚房

如何安全烹調

在爐架上烹調時避免讓孩子單獨呆在那裏。將火柴和平底鍋把柄放在讓他們難以碰到的安全處。

- 若您烹調時必須離開廚房，則需要格外小心，請把炊具從尚熱的爐子上移開或者熄火以避免危險。
- 請確保平底鍋把柄沒有伸出 – 這樣不會被從爐竈上掀翻。
- 若您穿寬鬆的衣服請務必小心 – 它們容易失火。
- 保持茶巾及抹布遠離炊具和爐架。
- 用打火設備點燃用氣炊具比用火柴或打火機安全，因為它們沒有裸火。
- 烹調結束時請再次檢查炊具電源關閉或關火。



Take care with hot oil
小心使用熱油



小心使用電器

- 讓電器（綫及設施）遠離水。
- 檢查烤麵包器是否清潔並將其放在遠離窗簾和廚房卷紙處。
- 保持烤箱、爐架和烤具清潔並且擺放有序。油脂堆積會引起着火。

切勿將金屬物放入微波爐

重油脂物煎炒

- 用熱油烹調時請多加小心 – 很容易失火。
- 在把食物放入灼熱的油鍋前確保其乾燥，這樣不會濺油。
- 若油開始冒煙 – 意味着油太熱了。關掉熱源並使之冷卻。
- 用控溫的深底電炒鍋，不會過熱。

若鍋子着火該怎麼辦

- 切勿冒險。若安全請關掉熱源。切勿澆水。
- 切勿自己單獨處理火災。

逃離現場
遠離現場
致電

999



Electrics

電器

How to avoid electrical fires

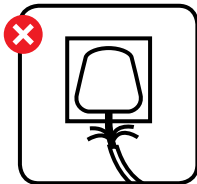
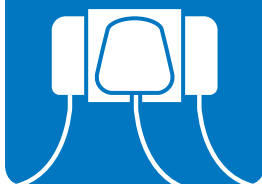
- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

如何避免用電火災

- 切記常常檢查所用保險絲正確來防止過熱。
- 確保在購買電器時查驗其有否英國或歐洲安全標誌。
- 某些電器，如洗衣機，功率很大，應該單獨設置插座。
- 爭取做到每個插口只配一個插頭。

Top tip

最佳提示



Don't overload

切勿超負荷

Know the limit!

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

$$5 + 5 + 3 = 13$$

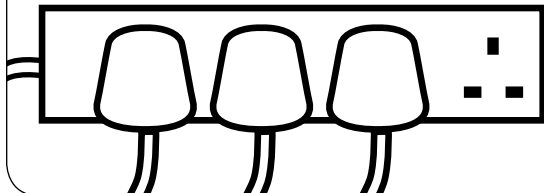
AMP AMP AMP AMP

安培 安培 安培 安培

了解上限

每個延伸綫或變壓器都會有可用安培的上限，故請小心切勿超負荷使用以減少火災風險。

電器所耗能量不同 – 例如，電視機可能用3安培的插座而吸塵器則用5安培的。



Keep electrical appliances clean and in good working order to prevent them triggering a fire.

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.

Using an electric blanket

- Don't leave electric blankets folded as this damages the internal wiring. Store them flat or rolled up instead.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.



保持電器設備清潔且狀態良好以防引發火災

- 密切留意任何危險或鬆散電線，如燒焦痕記、熱插頭和插口、搖動的保險絲或無明顯的原因而熔化的斷路器或是閃爍的光。
- 檢查並替換舊電纜和電線，特別是那些藏在不太顯眼的地方-在家具後面或地毯或掛毯下的。
- 拔掉插頭有助減少火災風險。
- 您不用電器或上牀睡覺時請拔掉插頭。

使用電熱毯

- 切勿折疊電熱毯，這會損壞裏面的電線。將其平放或卷起存放。
- 在睡覺前拔去電熱毯插頭，除非它有整晚控溫設置。
- 盡量勿購二手電熱毯並經常檢查磨損程度。

可攜帶式加熱器

- 請盡量將加熱器安全地倚牆而放以防止其傾倒。
- 使其遠離窗簾和家具並切勿用於曬晾衣物。

家具

- 一直確保您的家具有永久防火標籤。

Cigarettes

香煙

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!

正確熄滅香煙並小心丟放。熄滅它們。將它們丟放在適當處！

- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and match boxes.

- 切勿在床上吸煙。
- 使用適當的煙灰缸-切勿丟放廢紙簍裏。
- 確保您的煙灰缸不會被打翻且由非可燃性材質做成。
- 切勿丟放還在燃燒的香煙、雪茄或煙斗。它們易于跌落並引起火災。
- 若您在疲憊時、服藥時或飲酒時，吸煙要特別小心。您此時若睡着了會點燃床鋪或沙發釀成火災。
- 將火柴和打火機放在兒童拿不到的地方。
- 請考慮購買防兒童使用的打火機和火柴盒。

Top tip

最佳提示



Put them out. Right out!
滅火。放在適當處！

Matchboxes now carry this warning label



現在在火柴盒上貼這種警告標籤

Candles

蠟燭

Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains.

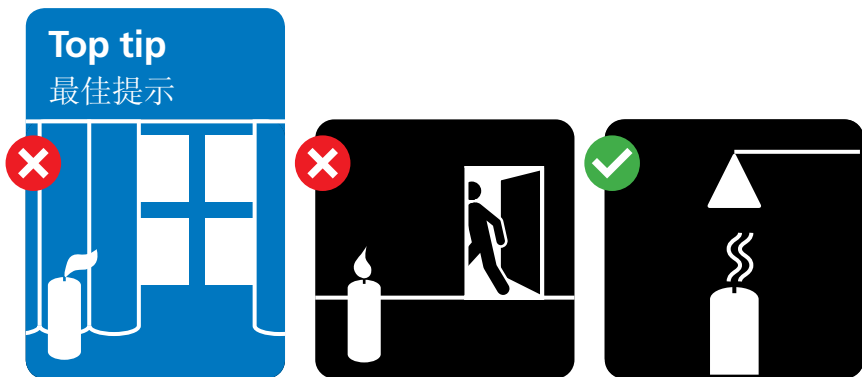
- Put candles out when you leave the room, and make sure they're put out completely at night.
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly.
- Children shouldn't be left alone with lit candles.

確保蠟燭放在安全的燭臺內並遠離易著火材質 – 如窗簾。

- 離開房間時熄滅蠟燭，並確保在晚間將其完全熄滅。
- 用滅燭器或調羹熄滅蠟燭。這會比在其仍燃着時吹滅要更加安全。
- 蠟燭在燃燒時不宜將兒童單獨留在家中。

Top tip

最佳提示



Be careful with candles

小心使用蠟燭



PLAN A SAFE ESCAPE

計劃 安全的 逃生策略

Fitting a smoke alarm is the first crucial step to protecting yourself from fire. But what would you do if it went off during the night?

This section will help you make a plan ready for an emergency.

安裝煙火報警器是安全防火的第一個關鍵步驟。但是若夜間着火您該怎麼辦？

該小節將幫您設計緊急措施。

Be prepared by making a plan of escape

- Plan an escape route and make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practice your escape plan.
- Review your plan if the layout of your home changes.

準備好逃生計劃

- 計劃逃生路線並確保人人了解如何逃生。
- 確保出口無障礙物。
- 最佳路線是您平時在家裏進出的正常路線。
- 一旦第一條路堵死則考慮第二條路線。
- 用幾分鐘嘗試您的逃生計劃。
- 如果您家居佈置發生變化，請檢查您的計劃。

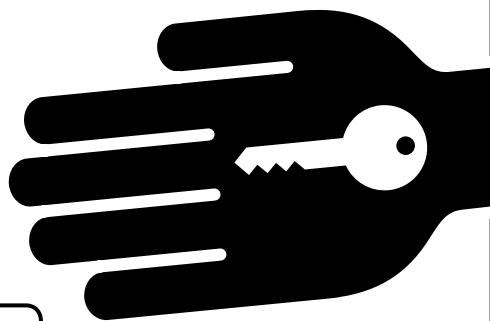
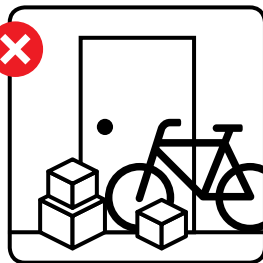
Top tip

最佳提示



Plan an escape route

計劃逃生路線



Keep door and window keys where everyone can find them

將門窗鑰匙放在人人能找到的地方。

What to do if there is a fire

Don't tackle fires yourself. Leave it to the professionals.

- Keep calm and act quickly, get everyone out as soon as possible.
- Don't waste time investigating what's happened or rescuing valuables.
- If there's smoke, keep low where the air is clearer.
- Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.
- Call 999 as soon as you're clear of the building. 999 calls are free.

若發生火災該怎麼辦

切勿自己單獨處理火災。讓專職人員操作。

- 保持鎮靜並快速行動，儘快讓每個人逃離。
- 勿費時調查所發生情況或搶救值錢物品。
- 若有煙霧，將身體保持在能見度高的低處。
- 在您開門前，請檢查它是否燙手。若是，別開門-火是從另一面來的。
- 一旦您逃離着火建築，請馬上致電 999。999 是免費的。

Top tip
最佳提示



Get out, stay out and call 999
逃離現場、遠離現場並致電 999

What to do if your clothes catch fire

若您衣服着火該怎麼辦

- Don't run around, you'll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!

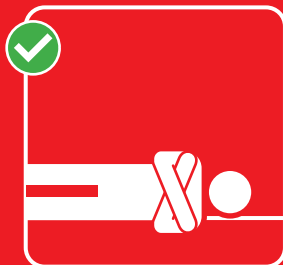
- 不要到處跑，那會使火焰更大。
- 躺下並在地上打滾。這樣火勢難以蔓延。
- 用重布料熄火，如棉衣或毯子。
- 切記：站住、趴下並在地上打滾！



STOP!
站住！



DROP!
趴下！



ROLL!
打滾！

What to do if your escape is blocked

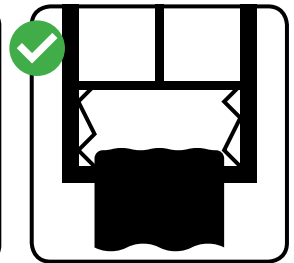
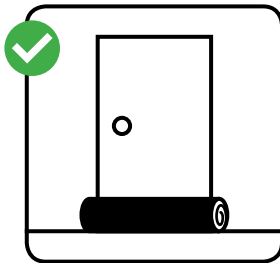
- If you can't get out, get everyone into one room, ideally with a window and a phone.
- Put bedding around the bottom of the door to block out the smoke, then open the window and call "HELP FIRE".
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.

若逃生的路綫被堵該怎麼辦

- 若不能逃離，讓所有人進入一個房間，最好是有窗戶和電話的。
- 用床單堵住門口底部以阻擋煙霧，然後開窗並撥打“消防熱綫”。
- 若您在首層或二層，您可能從窗戶逃離。
- 使用臥具來緩衝您的降落並小心著陸。切勿跳。

若不能開窗戶，則打碎玻璃下角。用毛巾或毯子使接合的邊緣平滑安全。



How to escape from a high level building

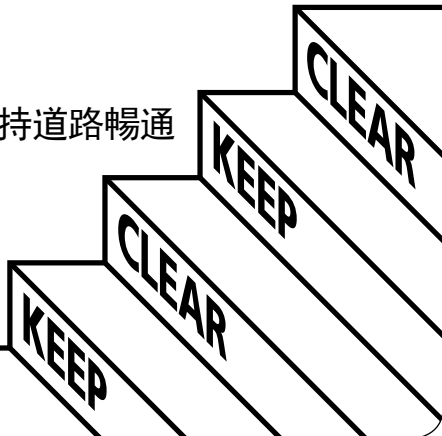
- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
- Make sure doors to stairways are not locked.
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.

如何從建築物高層逃生

- 有火時避免使用電梯及陽臺。
- 在煙霧中容易迷惑，所以計算一下至您抵達樓梯時須經多少道門。
- 檢查走廊或樓梯間有無任何易燃物 – 如箱子或垃圾。
- 確保通往樓梯間的門沒有鎖上。
- 確保建築物內的每個人了解防火報警器在哪裏。
- 儘管在建築物內有報警系統，您家裏仍然應裝有一個煙火報警器。



保持道路暢通



MAKE A BEDTIME CHECK

作好
睡前
檢查

You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

睡着時您更易處於火災風險中。故在就寢前檢查家居是個好辦法。



Check list

檢查清單

Close inside doors at night to stop a fire from spreading.

Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.

Check your cooker is turned off.

Don't leave the washing machine on.

Turn heaters off and put up fireguards.

Put candles and cigarettes out properly.

Make sure exits are kept clear.

Keep door and window keys where everyone can find them.

晚間關好內室門以防火勢蔓延。

關閉電器並拔掉插頭，除非本身設計要求它們保持在開啟狀態 – 如您的冰箱。

檢查炊具是否關閉。

切記關閉洗衣機電源。

關閉暖氣並放好防火裝置。

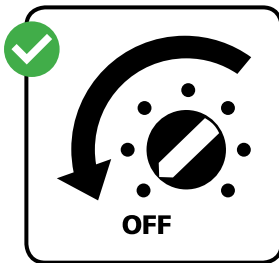
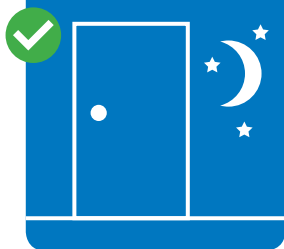
正確熄滅蠟燭和香煙。

確保出口通道暢通。

把門窗鑰匙放在人人找得到的地點。

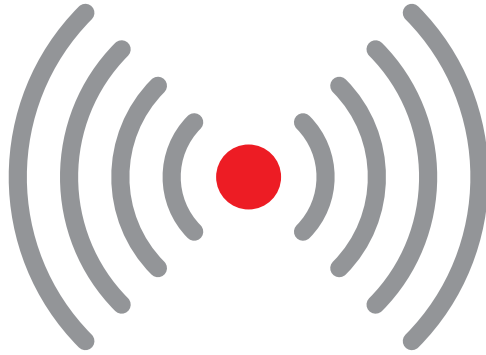
Top tip

最佳提示



Close inside doors at night

夜間關好內室門



SMOKE ALARMS

**SAVE
LIVES**

**煙火報警器
挽救生命**

For a free home fire risk check contact your local fire and rescue service. The phone number is also in the telephone book (not 999). Or visit www.direct.gov.uk/firekills

您進行免費防火風險檢查，請聯係當地消防服務中心。電話號碼請參閱電話簿（非999），或訪問網站 www.direct.gov.uk/firekills