

A checklist – **HOW TO SAFEGUARD YOURSELF AND YOUR FAMILY**

- Make yourself familiar with the **escape routes**.
- Make sure that the **fire detectors** function.
- Know where your **fire extinguisher/hose** are and that they are functional. Fire extinguishers must be controlled every 5th year (foam every 2nd year) by an authorized person and have a service or be replaced every 10th year (foam every 5th year).
- **Who does what** in an emergency situation?
- Important numbers to remember: **110** - Fire, **112** – Police, **113** – Ambulance.

IN THE EVENT OF A FIRE:

- **SAVE** yourself and others in danger
- **ALERT** the fire department, and let them know
 - **WHERE** you are, address
 - **WHAT** has happened
 - **WHO** is calling
- **EXTINGUISH** fire if possible or -
- **LIMIT FIRE** Close doors and windows if possible.
- **GUIDE** the firebrigade at arrival.

**SOS – NUMBER TO THE AGENCY FOR FIRE
AND RESCUE SERVICES IS:**

110



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CHECKLIST - IMPORTANT QUESTIONS YOU CAN ASK YOURSELF

1. The smoke detector(s) is/are installed and functions as intended.

YES

NO

It must be at least one smokedetector in every house. The firedepartment recommend smoke detectors in all bedrooms and rooms that contain firesources. Remember to check the detectors when returning from holidays and at least twice every year. 1st of December is the official "battery change day".

2. Do you have a smoke detector in your bedroom and close by?

It is important that emergency signal can be heard in all rooms of the house also when you are asleep. The firedepartment recommend serial smoke detectors in large houses. All detectors will give a signal at the same time.

3. Are your fire equipement in order?

Every house must have fire equipement in forms of a fire hose or a fire extinguisher. The fire equipement must reach all parts of the house and should be available on every floor in the house.

4. Washing machines and clothes dryers are not used when everyone is sleeping or when no one is home to watch over them.

Electricity and wrong use of eletrical articles are the cause for about 50% of all fires in Norway. Make sure to unplug all eletric devices such as TV, coffee machine, stereo and toaster after use. The stove is kept under constant supervision while it is in use and the exhaust hood should be cleaned regularly.

5. Lighted candles are placed in sturdy, non- flammable candlesstick holders and kept under constant supervision.

Never leave a room with lighted candles.

6. Do you have alternative emergency routes in your home?

In the event of fire it is usually the smoke that kills. Therefore it is important that you have alternative emergency routes if the main route is blocked by smoke. Make sure that you all know your meeting place nearby the house.

7. If you have kids, are their rooms fire protected?

Lamps, heating, computers, gameboys and other electronic devices are typical fire sources in a kids room. Prevent loose lamps from tipping over by fastening them and teach the kids to turn off all electric devices during the night.

8. Do you store flammable materials in a safe and suitable place?

Make sure to place trash/gas/ fluid in a safe place. Staircases, garages and exterior walls are clear of any flammable materials that may entice an arsonist.

9 Is your fireplace registered?

If no, please contact the Agency for Fire and Rescue Services in Oslo on 02180 and ask for the chimney sweepers.

If you have answered no on any of these questions, please contact us at: **branntips@bre.oslo.kommune.no** for guidance.



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