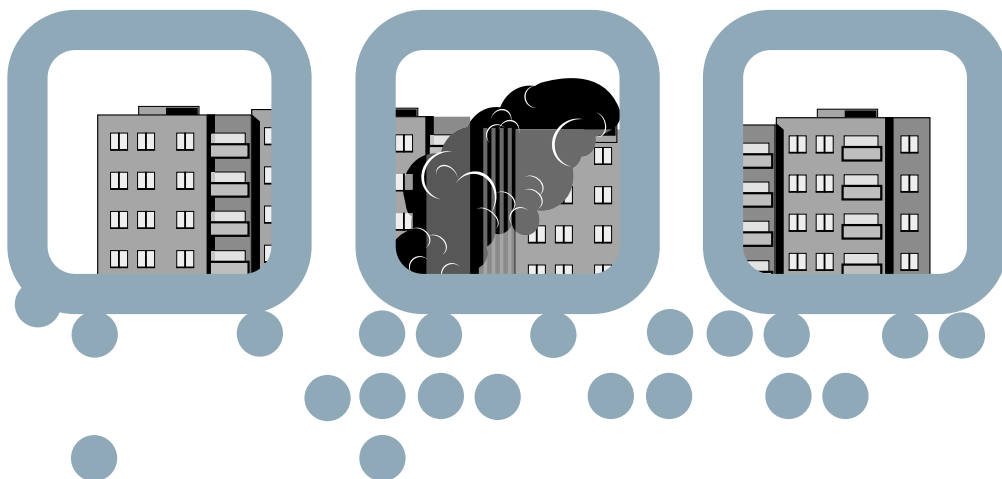




# A FIREPROOF HOME



Good advice on how to safeguard yourself ●  
and your family against fire ●



## Fires in Norwegian homes

Every year approximately 60 people die in fires in Norway – most of them in their own homes. Fire departments are called out to over 1,600 domestic fires, while insurance companies receive over 25,000 claims involving fires and near-fires. The majority of these fires are due to carelessness, inattentiveness and ignorance.



## Smoke detector requirements

Every home is required to have at least one smoke detector installed by law. In homes with more than one floor, it is recommended that at least one smoke detector is installed on each floor. Smoke detectors give you an early warning that a fire is under development. This will give you time to save yourself and others present in your home, and it may even give you enough time to extinguish the fire. Smoke detectors must be installed at the highest point of the ceiling and at a distance of at least 50 cm from the wall. Smoke detectors should be tested at least once a month and every time you have been away for a longer period of time. The battery should normally be replaced once a year.



## Fire extinguishing equipment requirements

All homes must be equipped with a fire hose or a fire extinguisher. It is recommended to have both. The extinguishing equipment must be installed so that it is easy to find in an emergency. Read the instructions carefully. It is important to maintain and inspect the extinguishing equipment regularly. Check that the water tap works and that the hose is not cracked. Hand-held fire extinguishers are inspected by checking that the pressure gauge indicator points to the green area. Turn the extinguisher upside down to prevent the powder from compacting. If you find any faults or damage in your extinguishing equipment, you should contact your supplier for repair or replacement.

## Escape routes

In the event of a fire, it is important that everyone in your home can escape quickly. You should therefore talk to your family about how you should react in the event of a fire and establish the best escape routes from every room. Agree on a predesignated meeting area outside your home. Keep the escape routes clear, especially in apartment buildings with many residents in each section. Check that it is easy to open the windows and doors, and consider whether additional aids, such as an escape ladder etc., are necessary.

## How to behave during a fire

- 1) **ASSESS:** You must determine in what sequence you will perform these steps according to your own assessment of the situation.
- 2) **RESCUE:** Make sure that you alert everyone present in your home. Help each other to get to the predesignated meeting area. Make sure that everyone has escaped.
- 3) **ALERT:** Notify the fire department by dialling 110. Tell them your name and give them the exact address of the building that is on fire.
- 4) **EXTINGUISH:** If the fire has not spread too far, try to extinguish it. Do not expose yourself to any great risk. Do not forget that smoke is very toxic.
- 5) **ADVISE:** Meet and advise the fire department of the situation when they arrive. Let them know immediately whether anyone has not managed to get out. Do not enter the building to rescue pets or personal items. Leave this task to the fire department.



## Be careful with open flames

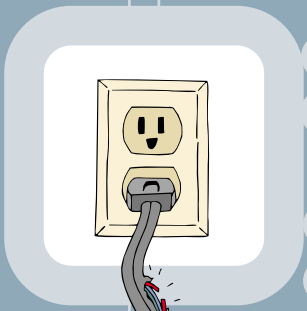
- Never leave a room with a lighted candle. Never place lighted candles near a flammable material. Ensure that the candles are placed in sturdy, **non-flammable** candlestick holders.
- Never smoke cigarettes or similar products while lying in bed or on the sofa. If you fall asleep, the cigarette may set fire to bedding and furniture. Make sure that you empty any ashtrays in a proper manner. Do not throw hot ashes directly into the rubbish bin.
- If you have a wood stove or fireplace, you must use dry wood and have an adequate draft. A strong fire with an inadequate draft can cause a chimney fire. Do not forget to place a fireplace screen in front of your fireplace.

## Protect yourself against arson

You can never protect yourself 100% from intentional fires, but certain measures have proven to be effective.

- Many arson fires are started in flammable materials that are carelessly stored or discarded. These materials may include building materials, cardboard boxes or rubbish. You should therefore ensure that staircases, garages and exterior walls are clear of any flammable objects that can entice arsonists.
- Avoid placing rubbish containers near the exterior walls of a building. The distance between an unlocked container and a building should be at least 10 metres.
- Many housing cooperatives have intercom systems to control access to the building. Do not allow any unauthorised individuals to enter.



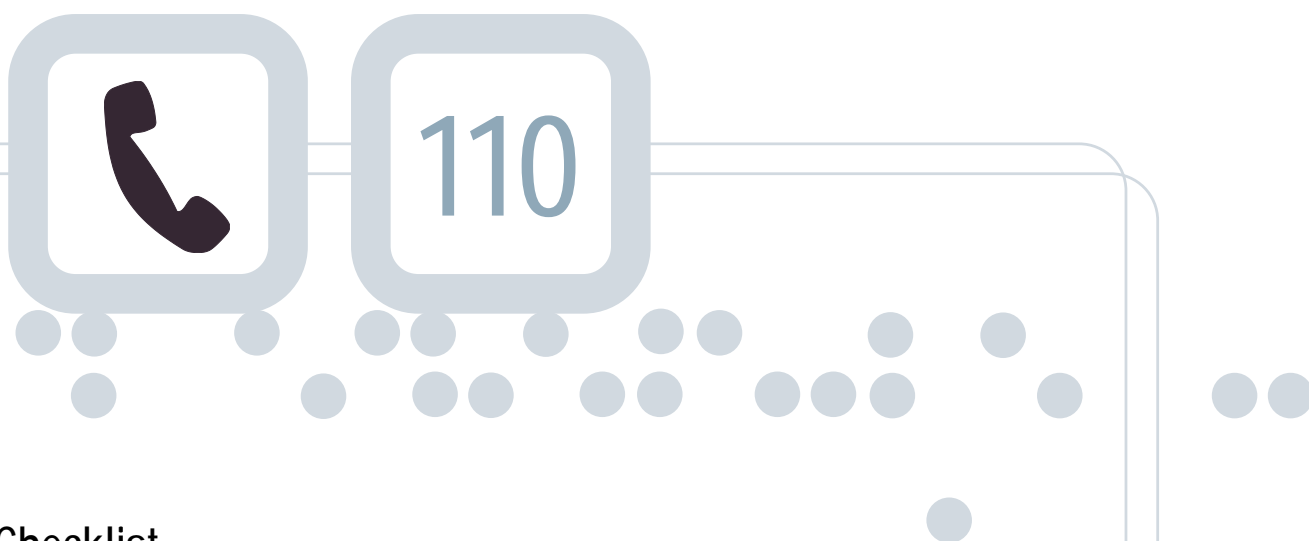


## Use electrical appliances correctly

- Stove: Always keep an eye on the stove when it is on. Avoid using excessive heat. If you are interrupted by a phone call, for example, you should turn the burners off. Never leave home without making sure that the stove has been turned off.
- Exhaust hood: Make sure that you clean the exhaust hood over your stove at least twice a year. A large amount of grease accumulates here, and this grease can catch on fire if the heat from the stove is too great.
- Washing machines and clothes dryers: Always turn your washing machine, dishwasher and clothes dryer off when leave home. You should never allow these appliances to run while you are sleeping. Clean the lint screen in your dryer after every use.
- TV: Always turn your TV off with the on/off button when you leave your home and before you go to bed. It is not sufficient to turn the TV off with the remote control.
- Other electrical appliances: You must always unplug any thermostatically controlled appliances (coffee machines, water boilers, irons, hairdryers, etc.) when they are not in use. It is a good idea to use a timer that will cut the power automatically after a certain period of time.

## Treat electrical wiring with respect

Homeowners are responsible for ensuring that the electrical wiring in their home is in proper order. If any outlets, plugs, wires or fuses get very hot or exhibit burn marks, you must call your local electrical authority or an authorised electrician as soon as possible. Do not attempt to make repairs yourself. Repairs by a "hobby electrician" are both illegal and dangerous.



## Checklist

	OK	Not OK
1. The smoke detector is installed correctly and functions as intended.		
2. The necessary home fire extinguishing equipment is present and everyone knows where it is located.		
4. The escape routes are clear and your family has agreed on a predesignated meeting place outside your home.		
4. Everyone knows how to react in the event of a fire and everyone knows the number to the fire department (110).		
5. Lighted candles are placed in sturdy, <b>non-flammable</b> candlestick holders and kept under constant supervision.		
6. Staircases, garages and exterior walls are clear of any flammable materials that may entice an arsonist.		
7. The stove is kept under constant supervision while it is in use and the exhaust hood is cleaned regularly.		
8. Washing machines and clothes dryers are not used when everyone is sleeping or when no one is home to watch over them.		
9. The television set is always turned off with the on/off button – not just with the remote control.		
10. Any repairs and changes to the electrical wiring are performed by an authorised electrician.		



## Norsk brannvernforening

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