

Video – Preventing a fire

KATIE: You may think it could never happen to you - but many people get seriously hurt or lose their lives in fires each year. You can prevent this from happening if you follow a night time routine.

JACK: What's a 'night time routine?'

KATIE: A 'night time routine' is a sort of plan in which you check a list of things to make sure your house is safe each night before going to bed.

Always remember to tidy away your toys, shoes and clothes.

JACK: Why do you need to tidy things away?

KATIE: Because there's less chance of you tripping over things if you have to escape from your house in a hurry.

Turn off your television and any other electrical items.

DAD: Right coming to bed then.

MUM: Yeah come on.

DAD: I'll turn this lot off.

KATIE: Your parents should make sure all electrical items are turned off and all the downstairs doors are closed.

They should also make sure that the front door is locked and the key put away somewhere safe, in the same place where everyone can get to easily.

They should also take their mobile phones with them when they go to bed.

So you should always remember to:

- Tidy the bedroom floor
- Turn off all electrical items
- Close all the downstairs doors
- Lock the front door and put the key somewhere safe

JACK: That's a lot of things to remember.

KATIE: Yes, but if you do it regularly – every night like brushing your teeth – your 'night time routine' will become a habit. And it could save your life.