

Fire and Rescue Service



FLU CLINIC

Crews from Blue watch at Altens station and FF John Coutts from the community action team have attended both Flu Clinic dates at Cove Bay medical centre.



During the clinic our crews engaged with members of the community giving good will advice and offering free home fire safety visits. Over 100 people signed up for home fire safety visits, which will be carried out by our operational crews and our community action team.

Fire can happen to anyone, but it is our job to help make sure your home is as safe from fire as can be. This is why we provide free home fire safety visits. Our staff can help you spot a fire hazard, offer advice, guidance and fit smoke alarms if your home requires one. The visits only take 20 minutes and that 20 minutes might just save your life.

FESTIVE FIRE SAFETY

Over the festive period the Scottish fire and rescue service want you to enjoy yourself and have a merry Christmas. You can make it even merrier by following some simple steps and advise to make your Christmas as safe as possible.

- If you have an open fire make sure your chimney is swept before winter. Always use a fire guard, secured in position, to protect against flying sparks from hot embers.
- Never place Christmas cards or decorations around the mantelpiece.
- Check your Christmas light plugs are fitted with the correct fuse, don't overload extension leads and ensure all electrical devices are Intertek BEAB approved.
- Always switch Christmas lights off and unplug them before you go to bed.
- Decorations can burn easily – don't place them near lights or heaters.
- Never leave cooking unattended, especially when using hot oil. For early warning of fire consider fitting a heat alarm in your kitchen.
- Take time to check on elderly relatives and neighbours this Christmas as they are at greater risk from fire, particularly if they suffer from ill health or disability

*Home fire safety visits can be arranged for any member of the public by simply contacting **0800 0731999***

Information and advice can also be obtained from our website: **www.firescotland.gov.uk**