

If You Are Trapped By Fire

- If you are trapped on a landing or hallway, get to a room - preferably one looking onto a street - and close the door behind you.
- If you are already trapped in a room because of flames or smoke, **CLOSE THE DOOR** and use towels, clothes or pillows to block any gaps.
- Make your way to the window - **CRAWL TO STAY LOW.**
- Open the window and **SHOUT FOR HELP.**

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- **KEEP SHOUTING** and wait for the Fire and Rescue Service to arrive.
- If you are in **IMMEDIATE DANGER** and your room is not too high, drop cushions or bedding to the ground.
- If possible climb out feet first and **LOWER YOURSELF** at arms length before dropping.
- **AVOID JUMPING UNLESS ABSOLUTELY NECESSARY**