

# Home Safety: Night-time Routine

- Plan an escape route - think about how you can get out of the house in an emergency and always keep those routes clear. Keep keys where they can be easily found.
- Turn off all electrical appliances which are not suitable to leave running 24/7.
- Close all internal doors to prevent smoke and fire spreading through the home.
- Do not smoke in bed or if you are sleepy. Ensure cigarettes are extinguished correctly.
- Never leave candles unattended and extinguish before bed.
- Keep a charged mobile or cordless phone in the bedroom at night.
- If cut off by fire – close the door, use towels etc. to block gaps. Make your way to a window and stay low.
- Take care when consuming alcohol and always carry out your evening routine.

For more information please contact the Home Safety Officer  
T: 028 9034 0160 E: [envhealth@antrimandnewtownabbey.gov.uk](mailto:envhealth@antrimandnewtownabbey.gov.uk)  
Or visit the home safety section on our website:  
[www.antrimandnewtownabbey.gov.uk](http://www.antrimandnewtownabbey.gov.uk)