

Useful Contact Details

Greater Manchester Fire and Rescue Service

Substance Use Co-ordinator
Call 0161 608 4294 Or 07968143678

Alcoholics Anonymous Great Britain

Call 0845 769 7555 or visit
www.alcoholics-anonymous.org.uk

Al-Anon

Support and understanding to the families and friends of problem drinkers.

Confidential Helpline
0207 40 30 888 or visit
www.al-anonuk.org.uk

Alcohol Concern

The national agency on alcohol misuse for England and Wales.

Call **020 7928 7377** or visit
www.alcoholconcern.org.uk

Drinkaware

National organisation providing advice, resources and information on alcohol.
www.drinkaware.co.uk

Drinkline

Free confidential helpline.
Call **0800 917 8282** (open 24 hours)

NHS Choices - Know Your Units

Advice and information on alcohol units, and how alcohol affects the body.

<http://units.nhs.uk/>

Samaritans

Confidential emotional support for people who are experiencing feelings of distress, despair or suicide.

Call 0845 790 9090 or visit
www.samaritans.org

For a free Home Safety Check,
telephone our Contact Centre on **0800 555 815**

If your smoke alarm goes off or there is a fire in your home:

- Get Out, Stay Out and call 999.
- Don't try to tackle the fire yourself.

1 in 3 Fire Deaths

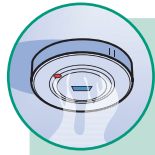
happen when people have been drinking



GREATER MANCHESTER
FIRE AND RESCUE SERVICE

If you've had a few, take
extra care when cooking,
smoking or burning candles

Fire Safety in the Home



A smoke alarm will wake you up giving you vital extra time to escape:



- Fit a working smoke alarm on each level of your home.
- Test the batteries every week.



More than half of accidental fires in the home start because of cooking. Don't leave cooking unattended:



- Never fill a chip pan more than one third full of fat or oil.
- Keep the cooker, toaster and grill pan clean.
- If you've had a drink, take extra care cooking. Consider eating before drinking, maybe order a take-away, pre-prepare meals or have a sandwich.



More people die in fires caused by carelessly discarded cigarettes than fires caused by anything else:

- Use proper ashtrays.
- Ensure that smoking materials are properly extinguished.
- Empty the contents of ashtrays into suitable metal bins avoiding paper.
- Don't light up in bed or if you're tired or drowsy.
- Smoking and drinking alcohol increase the risk of fire, especially if you smoke in bed – it's all too easy to fall asleep with a cigarette still burning.



Candles are a growing cause of fire:

- Make sure candles are secured in a stable holder.
- Keep candles away from curtains, fabric, paper and drafts. Always put candles out when you leave the room.



Have a bedtime safety routine:



- Check that your escape routes are clear and keys are where they are meant to be.
- Check that cookers, washing machines, dishwashers and tumble dryers are turned off and unplug electrical appliances unless they are designed to stay on.
- Turn heaters off and put up fireguards.
- Make sure cigarettes and candles are properly extinguished.
- Close all internal doors – especially downstairs. This will slow the spread of fire should a fire start.
- If you have a mobile phone, take it to bed with you in case of emergencies.
- Remember. You are less likely to wake up in the event of fire if you've been drinking.

Remember, drinking alcohol increases your risk of having a fire and reduces your ability to respond in an emergency situation. Don't get so drunk that you can't look after yourself, your family or your property.



Know your limits

The government recommends that you should not regularly drink more than: 3-4 units of alcohol a day for men
2-3 units of alcohol a day for women

Mark didn't notice his alcohol use increase slowly over the years. Recently he has found he is drinking every day – sometimes even before midday. He can get through 4 or 5 pints of bitter and a good few double whiskeys most days.

Drinking at this level, Mark's consuming over 15 units of alcohol per day – a level of drinking categorised as alcohol dependence. Mark is at increased risk of health problems such as cirrhosis of the liver, heart disease, stroke and pancreatitis. Other common effects of dependence include depression, anxiety, sleep problems and impact on day to day functioning and relationships. Mark is more likely to have a fire and less likely to escape uninjured when under the influence of alcohol.