

Press release from **Derbyshire Fire & Rescue Service** and **Derbyshire Fire & Rescue Authority**

Making Derbyshire Safer Together

DERBYSHIRE FIRE & RESCUE SERVICE HIGHLIGHT THE IMPORTANCE OF STAYING SAFE DURING RAMADAN

Derbyshire Fire & Rescue Service (DFRS) wants to wish a safe and blessed Ramadan to all those observing the Muslim holy month, which commenced on Friday 28 February.

The Service would also like to remind people of the increased fire risks in the home during this period and is encouraging everyone to take a few simple precautions so that everyone can enjoy the celebrations safely.

During Ramadan, Muslims fast during daylight hours and only eat and drink from dusk until dawn. Because of this, cooking and meal preparation usually takes place before sunrise and after sunset, meaning that Muslims will be preparing food late at night and very early in the morning. As time goes on, fatigue can become more prominent, and accidents can undoubtedly occur more easily.

Head of Prevention, Group Manager David Diggins, said: "Ramadan is a time of great importance, but it is also a time in which everyone should be extra careful when cooking, especially if they're feeling tired or fatigued. It is also essential that extra procedures are in place to give families the best possible chance of escape, if the unthinkable was to happen.

"Planning a safe escape route and having working smoke alarms installed on every level of your home gives you the best possible chance of escaping a fire, allowing you to **Get Out, Stay Out and Call 999.**"

As is the case with all major festivals and times of celebration, DFRS would like to share some relevant safety messages to help everyone have a safe and blessed month of Ramadan.

When **cooking** during Ramadan, please make sure that you:

- Never leave cooking unattended, especially if you feel tired.
- Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.
- Make sure saucepan handles don't stick out otherwise these could be easily knocked off the stove.
- Take care when cooking with hot oil – it sets alight easily.
- Take care if you're wearing loose clothing – they can easily catch fire. If this happens, remember to Stop, Drop and Roll.
- Double check your cooker is off when you have finished cooking.

- Keep the oven, hob and grill clean and in good working order. A build-up of fat and grease can ignite a fire.

You should also ensure to:

- Make an escape plan and practice it. This will help ensure everyone knows the procedure in case of a fire.
- Keep all escape routes clear, this will minimise the chance of tripping or falling whilst exiting your home in an emergency.
- Keep door and window keys in a known and accessible place so these can be found quickly in the event of a fire.
- Have a bedtime routine of switching everything off and closing all the doors.
- Have at least one working smoke alarm on every level of your home. This means smoke will reach your alarm much quicker, giving you and your family those vital extra seconds to **Get Out, Stay Out and Call 999**.

For more information on home fire safety or to carry out your own 15-minute DIY Home Fire Safety Check, visit www.derbyshire-fire.gov.uk/safety/at-home .

To keep up to date with everything the Service is up to promote fire safety during the month of Ramadan and beyond, follow us on social media:

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