

FIRE SAFETY **IN THE HOME**

DABKA AMMAANKIISA
EE GURIGA



FIRE
KILLS

YOU CAN
PREVENT IT

SOMALI



Did you know...?

- You're twice as likely to die in a fire if you don't have a smoke alarm that works.
- 90 people die each year because the battery in their smoke alarm was flat or missing.
- Over half of home fires are caused by cooking accidents.
- More than five fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.

Ma ogtahay...?

- Waxay u badan tahay laba jeer inaad ku dhimato dab haddii aadan lahayn qalabka ku dhawaaqa qiiqa ee shaqaynaya.
- 90 qof ayaa sannad walba dhinta sababtoo ah batariga qalabkooda dhawaaqa ee qiiqa waa dhammaaday ama wuu ka maqan yahay.
- In ka badan kala bar dabka guriga waxaa sababa dhacdooyin wax karinta ka yimaada.
- In ka badan shan dab ayaa maalinkii ka dhasha mushamac.
- Saddex maalin kasta qof ayaa ku dhinta dab ka dhasha sigaar.
- Qalad koronto (qalabka la isticmaalo, fiilooyinka iyo botamada dabka oo xadkooda la dhaafiyay) wuxuu sababaa ku dhawaad dabka 7,000 guri ee guud ahaan waddanka sannad walba.

PROTECT YOUR HOME WITH SMOKE ALARMS



The easiest way to protect your home and family from fire is with a smoke alarm.

Get it. Install it.
Check it. It could save your life.

**KU DIFAAC
GURIGAAGA
QALABKA KU
DHAWAAQA
QIIQA**

Habka ugu haboon ee aad uga difaaci karto gurigaaga iyo qoyskaaga dab waa qalabka ku dhawaaqa qiiqa.

Soo hel. Ku rakib. Hubi shaqadeeda. Waxay badbaadin kartaa nolashaada.

Choosing your smoke alarm

- Fit smoke alarms on every level of your home.
- Smoke alarms are cheap and easy to install.
- They are available from DIY stores, electrical shops and most high street supermarkets.
- There are a variety of different models to choose from. Your local Fire and Rescue Service will be happy to give you advice on which one is best suited for you.
- Look out for one of these symbols, which shows the alarm is approved and safe.

Doorashada qalabkaaga ku dhawaaqa qiiqa

- Ku rakib qalabka ku dhawaaqa qiiqa heer kasta ee gurigaaga.
- Qalabka ku dhawaaqa qiiqa waa raqiis waana fududahay rakibideedu.
- Waxaa laga helaa bakhaarada Adigu Samayso ah (DIY), dukaamada korontada iyo inta badan suuqyada waawayn.
- Waxaa jira noocyo badan oo la kala xulan karo. Adeegga Badbaadinta iyo Dabka ee degaankaaga waxay ku faraxsan yihiin inay ku siiyaan talo kugu haboon.
- Ka eeg mid ka mid ah calaamadahan, taasoo tusaysa in qalabka dhawaaqa la meel mariyada uuna aamin yahay.

Top tip Sir culus



Fit smoke alarms Ku rakib qalabka ku dhawaaqa qiiq



British Standard Kitemark



**£5 AYAA BADBAADIN
KARTA NOLOSHAADA**

£5 COULD SAVE
YOUR LIFE



How to make sure your smoke alarm works

Test the batteries in your smoke alarm every week. Change them every year. Never remove them.

- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- A lot of people forget to check the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replaceable batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Royal Institute for Deaf People Information Line on **0808 808 0123**

Sidee loo hubsadaa in qalabkaaga ku dhawaaqa qiiqa uu shaqaynayo

Tijaabi batariyada qalabkaaga ku dhawaaqa qiiqa usbuuc walba. Badal sannad walba. Waligaa ha saarin.

- Waligaa dabka ha ka saarin ama batariyada qalabkaaga ku dhawaaqa qiiqa haddii ay si qalad ah u dhawaaqdo.
- Bateri heer caadi ah ee qalabka dhawaaqa waa xulashada ugu qiimo jaban, laakiin batariyada waa in la badalaa sannad walba.
- Dad badan waxay iloobaan inay badalaan bateriga, sidaas darteed bateriyo cimri dheer ayaa haboon.
- Qalab dhawaaqa ee batariyo toban sano cimrigoodu yahay waa xulashada ugu haboon.
- Dabka korontada siiya qalabka dhawaaqa waa korontada gurigaaga. Guud ahaan uma ay baahna batariyo la badalayo, laakiin waa inay rakibaan koronto-yaqaan la aqoonsan yahay.
- Qalabka dhawaaqa ee ku rakiban badhanka korontada waxay isticmaalan bateri dib loo dabayn karo, kaasoo is dabeeya markii nalka la daaro.
- Waxaad sidoo kale ku rakiban kartaa qalab dhawaaqa oo isku xiriirsan, si haddii mid uu sheego dab ay dhammaantood u dhawaaqaan. Tani waxay ku anfacyasaa haddii aad ku nooshahay guri wayn ama dhawr dabaq ah.

Nal iftiin birqaya iyo qalabka dhawaaqa oo gariira ayay helayaan dadka aan wax maqlin ama maqalkoodu culus yahay. La xariir Qadka Macluumaadka Machadka Boqortooyada ee Dadka Dhagoolayaasha (Royal Institute for Deaf People) ee **0808 808 0123**

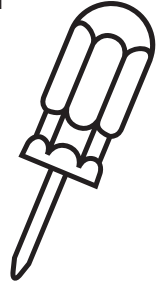
Top tip Sir culus



Test it
Tijaabi

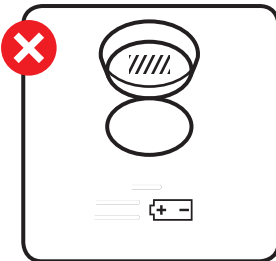
Fitting your smoke alarm

- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident.
- The ideal position is on the ceiling, in the middle of a room, or on the hallway and landing, so you can hear the alarm throughout your home.
- If it is difficult for you to fit your alarm yourself contact your local Fire and Rescue Service for help. They'll be happy to install it for you.



Rakibidda qalabkaaga ku dhawaaqa qiiqa

- Ha ku rakibin qalabka dhawaaqa meel u dhow jikada ama musqulaha qubayska halkaasoo qiiq ama uumi uu si lama filaan ah u damin karo.
- Meesha ugu haboon waa saqafka, bartamaha qol, ama goobta barxadda iyo soo degidda, halkaasoo aad ka maqli karto qalabka dhawaaqa guud ahaan gurigaaga.
- Haddii ay kugu adag tahay inaad adigu rakibato qalabkaaga dhawaaqa la xariir Adeegga Badbaadinta iyo Dabka ee degaankaaga wixii caawin ah. Way ku faraxsan yihiin inay ku caawiyaan.



Looking after your smoke alarm

- Make checking your smoke alarm part of your regular household routine.
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

Other equipment you could consider

- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.

Dhawridda qalabkaaga ku dhawaaqa qiiqa

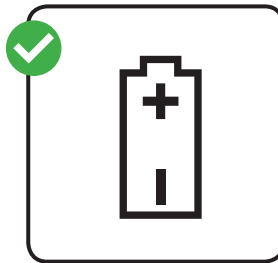
- Ka dhig eegidda qalabkaaga ku dhawaaqa qiiqa qayb ka mid ah hawsha caadiga ah ee gurigaaga.
- Tijaabi adigoo riixaya batamka ilaa qalabku dhawaaqo. Haddii aysan dhawaaqin, waxaad u baahan tahay inaad badasho batariyada.
- Haddii qalabkaaga ku dhawaaqa qiiqa uu si joogto ah u fooriyo, waxaad u baahan tahay inaad si dhaqso ah u badasho batariyada.
- Haddii ay tahay qalab dhawaaqa oo toban sano ah, waxaad u baahan tahay inaad badasho dhammaan qalabka dhawaaqa toban sano kasta.

Qalab kale ee aad tixgelin karto

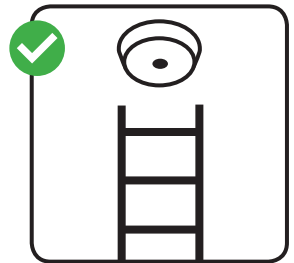
- Dikayaasha dabka ayaa loo isticmaalaa inaad ku joojiso dab ama aad ku duub-duubto qof dharkiisa uu dab qabsaday. Waxaa lagu xafidaa jikada.
- Qalabka dabka damiya waxay u tooganayaan si gantaal ah si loo joojiyo dab. Waa deg-deg aad u fudud isticmaalkoodu, laakiin mar kasta akhri hagidda marka hore.



Test it
Tijaabi







Change it
Badal



Replace it
Mid kale ku badal

HOW TO PREVENT COMMON FIRES



IN THE KITCHEN
ELECTRICS
CIGARETTES
CANDLES

This section will tell you how you can avoid fires in your home, including how to cook safely and take care with electrics, candles and cigarettes.

SIDA LOOGA HORTAGO DABKA
JIKADA DHEXDEEDA QALABKA
KORONTADA SIGAARKA
MUSHAMACA

Qaybtani waxay ku tusaysaa sida aad uga hortagi karto dadb ka kaca gurigaaga, ay ku jirto sida si ammaan ah wax loo kariyo iyo sida looga digtoonaado korontada, mushamaca iyo sigaarka.

In the kitchen

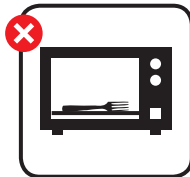
How to cook safely

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.

- 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 – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking



Keep out of reach
Ka xafid gaaritaan



Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Don't put anything metal in the microwave

Deep fat frying

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

GET OUT
STAY OUT
AND CALL
999



Jikada dhexdeeda

Sida si ammaan ah wax loo kariyo

Iska ilaali inaad carruur uga tagto jikada kaligood markii aad wax karinayso. Ka xafid dab shidaha iyo dhagta digsiiga meel ay gaaraan si ay ammaan u ahaadaan.

- Si dheeraad ah uga taxadar markii aad ka tagayso wax karinta jikada, ka qaad digsiyada dabka ama gaabi si aad khatar uga hor tagto.
- Hubso in dhegta dheriga aysan soo laalaadin – si aysan uga soo dhicin makiinadda wax karinta.
- Ka taxadar haddii aad xiran tahay dhar fudud oo furmaya – si fudud ay dabka u qabsan karaan.
- Ka xafid shukumaanada shaaha iyo dharka makiinadda karinta iyo dhardhaarta.
- Qalabka cadaadiska wax ku shida ayaa ka aaminsan taraqa ama dab-iftiimayaasha gaaska makiinadda karinta lagu shido, sababtoo ah ma leh dab muuqda.
- Laba jeer eeg in makiinadda cuntadu dansan tahay markii aad dhamayso karinta



Take care with hot oil
Ka taxadar saliidda kulul



Ka taxadar qalabka korontada

- Ka fogee qalabka korontada (fiilooyinka iyo qalabka korontada) biyaha.
- Eeg in rooti-kulayliyaashu ay nadiif yihiin isla markaana yaalaan goob ka fog daahyada iyo marooyinka jikada.
- Ka dhig foornada, dhar-dhaarta wax karisa iyo soliddaba nadiif isla markaana si fiican u shaqaynaya. Xayr is fuusha iyo subag waxay dhalin karaan dab.

Wax bir ah ha dhex galin makiinadda wax kulaylisa

Ku karinta saliid la dhex dhigay

- Ka taxadar markii aad wax ku karinayso saliid kulul – si fudud ayay dabka u qabsanaysaa.
- Xaqiiji in cuntadu qalalan tahay ka hor intaadan dhex dhigin saliidda kulul si aysan u firdhin.
- Haddii ay saliiddu bilowdo inay qiiqdo – aad ayay u kulushahay. Dami kulaylka una daa inay qabowdo.
- Isticmaal darmuus koronto la maamulay ee xayrtu hoos loo dhex gelinyo karinta. Ma karkarayaan.

Maxaa la samaynayaa haddii digsi dab qabsado

- Ha qaadan wax khatar ah. Dami kulaylka haddii ay sidaan ammaan tahay. Waligaa biyo ha kul shubin.
- Dabka adiga naftaadu ha la tacaalin.

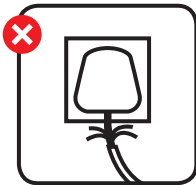
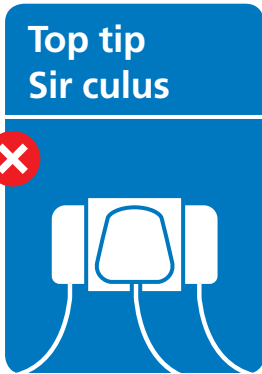
**BANNAAN-
KA U BAX
BANNAAN-
KA JOOG
OO WAC
999**



Electrics

How to avoid electrical fires

- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

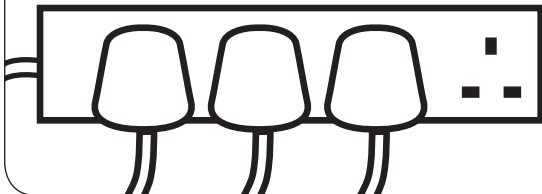


Don't overload

Ha ku xirin wax ka awood badan

$$5 + 5 + 3 = 13$$

AMP AMP AMP AMP



Korontada

Sidee looga digtoonaadaa dabka korontada

- Mar kasta isticmaal dab dhaliyaha saxda ah sida looga hortago kulayl dheeraad ah.
- Xaqiiqso in qalabka korontada uu leeyahay calaamadda ammaanka ee Ingiriiska ama Yurub markii aad soo gadanayso.
- Qaar qalabka korontada, sida mashiinada wax dhaqa, waa inay yeeshaan hal xarig koronto, maadaama ay dab badan qaataan.
- Isku day kuna xafid hal xarig badhan koronto kasta.

Know the limit!

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

Ogsoonow xadka ugu sareeya!

Xarigga koronto qaybiyuhu wuxuu yeelanayaa awood dab uu qaadi karo, sidaas darteed ha ku xirin awood ka badan si loo yareeyo khatarta dabka.

Qalabka korontadu waxay isticmaalaan xaddi kala duwan – teleefishan wuxuu isticmaali karaa awood ah 3amp iyadoo qashin xaaqe uu isticmaalo 5amp tusaale ahaan.

Keep electrical appliances clean and in good working order to prevent them triggering a fire.

- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.

Using an electric blanket

- Don't leave electric blankets folded as this damages the internal wiring. Store them flat or rolled up instead.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.



Ka dhig qalabka korontada kuwa nadiif ah oo si fiican u shaqaynaya si looga hortago in dab ka dhasho.

- Indhahaagu ha u foojignaadaan calaamadaha khatarta leh ama fiilooyin laalaada sida calaamadaha fiillooyinka, kuwa kulul ama badhamada korontada, fiyuusyo qarxa ama wareegga dabka qarxiya sabab la'aan, ama nalal wirqaya.
- Eeg oo badal wixii fiilooyin koronto ah oo gabooba, gaar ahaan markii ay ka qarsoon yihiin aragtida – gadaasha armaajooyinka ama hoosta kaarbetka iyo saliyaada.
- Qalabka korontada oo laga saaro fiilada waxay caawinaysaa yaraynta khatarta dabka.
- Ka saar fiilada dabka qalabka markii aadan isticmaalayn ama markii aad seexato.

Isticmaalidda dikaha korontada

- Ha u daynin dikayaasha korontada iyagoo isku laaban maadaama tani ay dhaawacayso fiilooyinka hoose. Ku kaydi qaab isku duuduuban ama fidsan.
- Ka saar dikaha fiilada korontada inta aadan seexan, inay leedahay ma ahane darmuus kulaylka miisaama oo shaqaynaya habeenkii oo idil.
- Isku day inaad iibsano dikaha korontada oo la soo isticmaalay isla markaana eeg mar kasta inuu jiidmayo oo laabmayo.

Kulayliyaal gacanta lagu qaato

- Isku day kulayliyaasha inaad ku rakibto darbiga si aysan u soo dhicin.
- Ka ilaali daahyada iyo qalabka guriga waligaana ha ku qallajin dharka.

Qalabka guriga

- Mar kasta hubso in qalabka guriga ay ku taal calaamadda u adkaysiga dabka.

Cigarettes

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!

- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and match boxes.



**Put them out. Right out!
Bannaanka u saar. Bannaanka!**



Sigaarka

Kala bax sigaarka guriga adigoo si taxadar leh u fogaynaya. Bannaanka dhig. Bannaanka!

- Waligaa sigaar ha ku cabin sariirta.
- Isticmaal sigaar lagu damiye haboon – waligaa ha u isticmaalin warqad la isku laalaabay.
- Hubso in sigaar lagu damiyaha uusan raacin hawada waana inuu ka samaysnaadaa shay u adkaysan kara dabka.
- Ha uga tagin gumad sigaar, sigaar ama beebka iyagoo yaala meelaha. Si fudud ayay u dhici karaan oo dab u dhalin karaan.
- Ka taxadar inaad sigaar cabto markii aad daalan tahay, aad qaadanayso daawo, ama aad cabtay qamro. Waad seexan kartaa iyadoo sariirtaada ama fadhigaaga uu dab qabsado.
- Ka xafid taraqa iyo kuwa wax lagu shido inay gaaraan carruurto.
- Tixgeli iibsiga kuwa dabka lagu shito oo carruurto aysan Karin iyo sanduuqyo taraq.

Matchboxes now carry this warning label



Sanduuq-taraq wuxuu hadda leeyahay calaamaddan

Candles

Make sure candles are secured in a proper holder and away from materials that may catch fire like curtains.

- Put candles out when you leave the room, and make sure they're put out completely at night.
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly.
- Children shouldn't be left alone with lit candles.

Mushamaca

Xaqiiji in mashamacyada la dhigo meel ammaan ah oo la suro kana fog alaabta qabsan karta dabka sida daahyada.

- Ka saar mushamacyada markii aad ka baxdo qolka, adigoo xaqiiqsanaya gebi ahaanba inaad ka saarto habeenkii.
- Isticmaal fandhaal ama qaado si aad u bixiso mushamaca. Way ka aaminsan tahay in la afufo taasoo dhimbilo ay duuli karaan.
- Carruurta looma dhaafi karo kaligood meel mushamac yaal.



Top tip
Sir culus

Be careful with candles

Ka taxadar mushamaca



PLAN A SAFE ESCAPE

QORSHE AMMAAN BAXSI

Fitting a smoke alarm is the first crucial step to protecting yourself from fire. But what would you do if it went off during the night?

This section will help you make a plan ready for an emergency.

Ku dhajinta qalabka ku dhawaaqa qiiqa guriga waa tallaabada ugu muhiimsan ee aad kaga difaaci karto naftaada dab. Laakiin maxaad samaynaysaa haddii ay dhawaaqdo habeenkii?

Qaybtani waxay kuu samaynaysaa qorshe aad ugu diyaar garoobayso arrin deg deg ah.

Be prepared by making a plan of escape

- Plan an escape route and make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practice your escape plan.
- Review your plan if the layout of your home changes.

U diyaar garow inaad samaysato qorshe baxsasho

- Diyaarso qad baxsasho adigoo xaqiijinaya in qof kasta yaqaan sida loo baxsado.
- Xaqiiji in meelaha laga baxo ay muuqdaan.
- Qadka ugu haboon waa midka caadiga ah ee laga galo lagana baxo ee guriga.
- Ka fikir qad labaad haddii ay noqoto in kan koowaad xirmo.
- Qaado dhowr daqiiqo si aad u ogaato qaabka qorshaha baxsiga.
- Dib u eeg qorshahaaga haddii qaabka gurigaaga wax iska badalaan.

Top tip Sir culus



Plan an escape route
Qorshee qad baxsi



Keep door and window keys where everyone can find them

Ku xafid furayaa-sha albaabada iyo daaqadaha meel qof walba ka arki karo

What to do if there is a fire

Don't tackle fires yourself. Leave it to the professionals.

- Keep calm and act quickly, get everyone out as soon as possible.
- Don't waste time investigating what's happened or rescuing valuables.
- If there's smoke, keep low where the air is clearer.
- Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.
- Call 999 as soon as you're clear of the building. 999 calls are free.

Maxaa la samaynayaa haddii dab yimaado

Ha la tacaalin dabka naftaadu. U dhaaf xirfadlayaasha.

- Muuji deganaan si dhaqsa ahna u soco, qof walba si deg deg ah uga saar guriga.
- Ha ku dhumin waqti inaad baaritaan ugu dhaqaaqdo sida wax u dhaceen ama badbaadinta alaabo muhiim ah.
- Haddii uu jiro qiiq, ka dhig hoos meeshii hawadu si fiican u muuqato.
- Intaadan furin albaab eeg in hawadu kulushahay. Haddii ay kulushahay, ha furin albaabka – dab ayaa ka jira dhinaca kale.
- Wac lambarka 999 sida ugu dhaqso badan markii aad guriga ka soo dhamaato. Wacidda 999 waa lacag la'aan.

Top tip
Sir culus



Get out, stay out and call 999

Bannaanka u bax, bannaanka joog oo wac 999

What to do if your clothes catch fire

- Don't run around, you'll make the flames worse.
- Lie down and roll around. It makes it harder for the fire to spread.
- Smother the flames with a heavy material, like a coat or blanket.
- Remember, Stop, Drop and Roll!

Maxaa la sameeyaa haddii dharkaaga dab qabsado

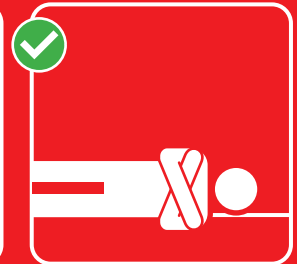
- Ha or-ordin , lolka ayaad sii badinaysaa.
- Dhulka is dhig oo galgalo. Waxay adkaynaysaa in dabku faafo.
- Ku tirtir lolka shay culus, sida jaakad ama dike.
- Xusuusnow, Jooji, Tuur oo Wareeji!



STOP!
JOOJI!



DROP!
TUUR!



ROLL!
WAREEJI!

What to do if your escape is blocked

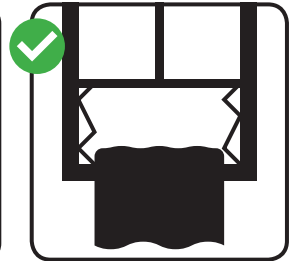
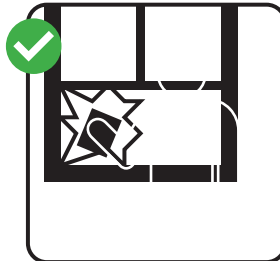
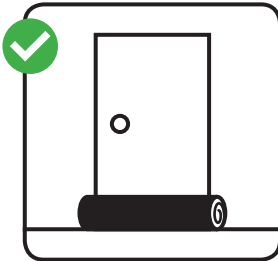
- If you can't get out, get everyone into one room, ideally with a window and a phone.
- Put bedding around the bottom of the door to block out the smoke, then open the window and call "HELP FIRE".
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.

Maxaa la sameeyaa haddii meesha baxsi-gaagu xiran tahay

- Haddii aadan bixi karin, geli qof walba hal qof, ugu fiican mid leh daaqad iyo teleefoon.
- Dhig sariir hoosta albaabka si loo joojiyo qiiqa, kaddib fur daaqadda iyo u wac "CAAWI DAB".
- Haddii aad joogto hoos ama dabaqa koowaad, waxaad ku baxsan kartaa daaqadda.
- Isticmaal sariirta si ay kuugu sahasho dhacitaankaaga adigoo si taxadar leh hoos ugu daadagaya. Ha boodin.

Haddii aadan furi karin daaqadda jabi muraayadda geeska hoose. Ka dhig qar garka mid ammaan ah adigoo isticmaalaya shukumaan ama dike.



How to escape from a high level building

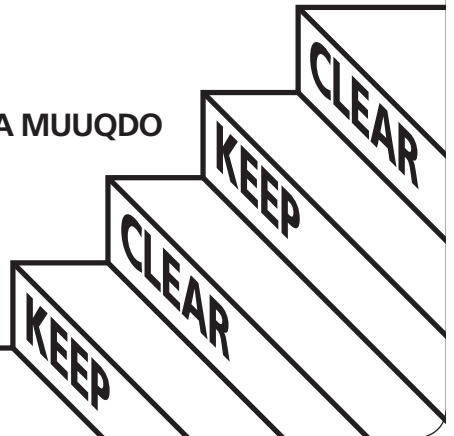
- Avoid using lifts and balconies if there is a fire.
- It is easy to get confused in smoke, so count how many doors you need to go through to reach the stairs.
- Check there is nothing in the corridors or stairways that could catch fire – like boxes or rubbish.
- Make sure doors to stairways are not locked.
- Make sure everyone in the building knows where the fire alarms are.
- You should still get a smoke alarm for your own home, even if there is a warning system in the block.



Sida looga baxsado dhisme dabaq sare

- Iska ilaali isticmaalka wiishka la raaco ama goobta dharka lagu warto haddii uu jiro dab.
- Way fududahay in la isku buuqo markii qiiq jiro, sidaas darteed tiri inta albaab ee aad u baahan tahay inaad ka badxo si aad u gaartid jaran-jarada.
- Eeg inaysan wax ku gudbanyn meelaha la maro ama wadada jaran-jarada kaasoo dab qabsan karo – sida sanduuqyo ama qashin.
- Xaqiiji in albaabada wadada jaran-jarada aysan xirnayn.
- Xaqiiji in qof walba ee dhismaha yaqaan halka qalabka dabka ku dhawaaqa ay yihiin.
- Waxaad weli heli kartaa qalabka ku dhawaaqa qiiqa ee gurigaaga, xitaa haddii uu jiro nidaamka digniinta ee dhismahaaga.

XAFID HA MUUQDO

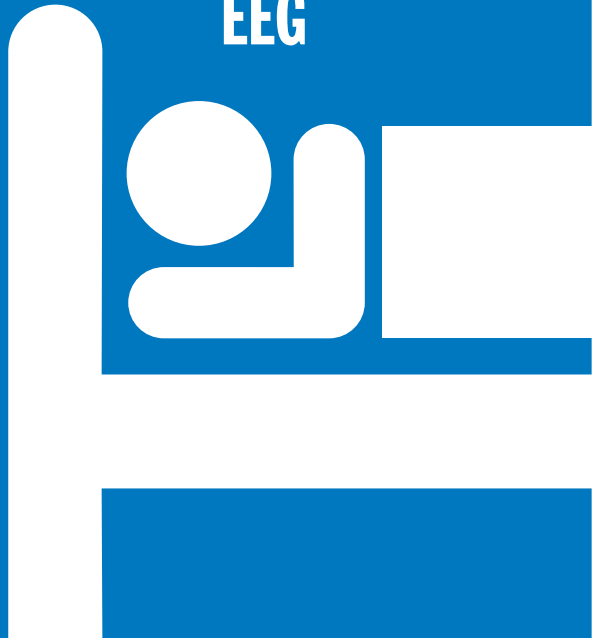


MAKE A BEDTIME CHECK

SAMEE
WAQTI-JIIF
EEG

You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

Waxaad khatar ugu sugan tahay dab markii aad hurudo. Sidaas darteed waa fikrad fiican inaad eegto gurigaaga ka hor intaadan seexan.

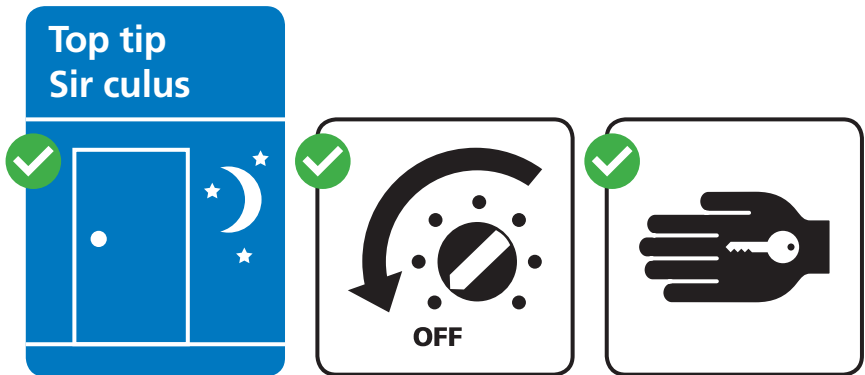


Check list

- Close inside doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.
- Check your cooker is turned off.
- Don't leave the washing machine on.
- Turn heaters off and put up fireguards.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Keep door and window keys where everyone can find them.

Liiska eegidda

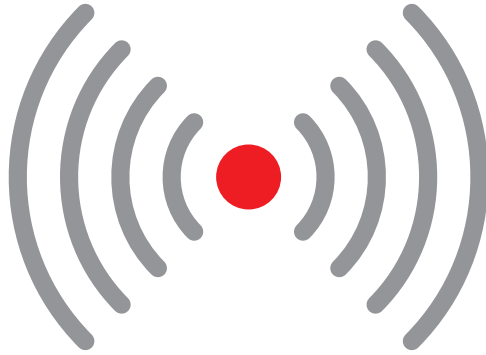
- Xir albaabada gudaha habeenkii si looga hortago in dabku faafo.
- Dami kana saar fiilada korontada qalabka korontada ku shaqeeya haddii aysan muhiim ahayn in loo daayo – sida firinjeerka.
- Eeg in makiinadaada cunto karintu xiran tahay.
- Ha uga tagin makiinadda dharka dhaqda iyadoo daaran.
- Dami kulayliyaasha adigoo toosinaya dab ilaaliyeyaasha.
- Ka saar guriga mushamacyada iyo sigaarka.
- Xaqiiji in meelaha laga baxo ay si fiican u muuqdaan.
- Ku xafid furayaasha albaabka iyo daaqadda meel qof walba heli karo.



Top tip
Sir culus

Close inside doors at night

Xir albaabada gudaha habeenkii



SMOKE ALARMS

**SAVE
LIVES**

**QALABKA KU DHA-
WAAQA QIIQA WUXUU
BADBAADIYAA NOLOL**

For a free home fire risk check contact your local fire and rescue service. The phone number is also in the telephone book (not 999). Or visit www.firekills.gov.uk

Egid lacag la'aan ah ee khatarta dabka gurigaaga la xariir adeegga badbaadinta iyo dabka degaankaaga. Lambarka teleefoonka waxaa sidoo kale laga helaa buugga teleefoonada (ma ahan 999). Ama booqo bogga internet-ka ee www.firekills.gov.uk