

# Mobility Aided




**DORSET & WILTSHIRE**  
**FIRE AND RESCUE**

The advice in this leaflet is designed to give practical home safety advice for anyone with mobility impairments and for those who care for anyone with such impairments.

## Smoke Alarms

- Fit a smoke alarm on every level of your home, ideally on the ceiling of a hallway or landing
- Test your smoke alarm once a week
- Can you ask a friend, family member or neighbour to fit and test your smoke alarm?

Easy access alarms can be provided by the Disabled Living Foundation (DLF), - a non profit, national charity providing impartial advice, information and training on equipment for independent living since 1969. For more information contact them on:

 020 7289 6111

 [info@dlf.org.uk](mailto:info@dlf.org.uk)

 [www.dlf.org.uk](http://www.dlf.org.uk)



## Be prepared – get out, stay out, call 999

- Place helpful indicators along your escape routes and make sure you feel comfortable following them, even if you're feeling tired in the middle of the night
- Make sure all doorways and corridors are kept clear
- Have a plan B. The front door is usually your first option, but have a plan B if plan A is blocked
- Keep door and window keys near the exit

## Oxygen aid

Never use your oxygen near a naked flame – this includes all forms of smoking and e-cigarettes, gas and electric cookers.

**For local advice and support contact your oxygen provider or your GP.**



Introducing



visits in your community

We're offering you **free** safe and well advice, tailored to your needs and lifestyle choices.

You may also be entitled to a **free** safe & well visit. This will help to reduce the risk of fire in your home and to keep you safe and well.

We will provide **free** of charge:

- Custom-made information
- Install new and check existing smoke alarms
- Advice on where to get help if needed

For **free** safe and well advice or to check your eligibility for a safe & well visit, please see our website:  
[dwfire.org.uk/safety/safe-and-well-visits/](http://dwfire.org.uk/safety/safe-and-well-visits/)

Alternatively call our safe & well administrator on **freephone 0800 038 2323** during office hours or leave a message on our answer phone.

