



**West Sussex  
Fire & Rescue  
Service**

## Free Safe and Well Visit

**A Safe and Well Visit is a free service carried out by West Sussex Fire & Rescue Service. During the visit to your home we offer advice on how to make it safer and, where appropriate, fit smoke alarms or other specialist fire detection equipment free of charge.**

**You may be entitled to a Safe and Well Visit if you:**

- Have a physical disability or a mobility issue
- Have any sensory impairment - audio or visual
- Have a Care Line
- Rely on assistance from other people to help you live independently in your home, including support of Adult Social Care
- Have mental health problems, which may lead to unsafe practices with fire, cooking, heating or hoarding of combustible materials
- Have learning difficulties or cognitive impairment that can lead to confusion
- You are returning from hospital and may be vulnerable to the risk of fire
- Live in a high rise building
- Are an older person
- If there is evidence of burn marks on either bedding, furniture or carpets.

**If you feel this is you please contact  
West Sussex Fire & Rescue Service:**

**[safeandwell@westsussex.gov.uk](mailto:safeandwell@westsussex.gov.uk) 0345 8729719**

# Home fire safety advice



**There are some simple steps you can take to keep yourself safe from the risk of fire:**

- Fit at least one smoke alarm on every level of your home and test it regularly
- Don't leave cooking unattended and don't cook after you've consumed alcohol
- Have an escape plan so that everyone in the house knows what to do if the smoke alarm goes off, especially during the night
- The safest way to prevent a smoking-related fire in your home is to give up altogether. If this is not an option smoke outside and make sure cigarettes are put right out
- Make sure candles are secured in a proper holder and away from materials that may catch fire – like curtains
- Keep matches and lighters out of children's reach
- Keep portable heaters at least one metre away from anything flammable
- If you do have a fire in your home, don't attempt to tackle it yourself. Leave the room and close the door behind you, get out of the house and call 999.

**[westsussex.gov.uk/fire](https://westsussex.gov.uk/fire)**

You can also complete our free online Home Fire Safety Check for tailored home safety advice by scanning this QR code:

