



safeandsecure.ie

Bedtime fire check



Before you go to bed

It only takes a few minutes. Make it part of your routine.

- | | |
|---|--|
| ☐ Switch off and unplug anything you're not using. | ☐ Your way out clear: stairs, hall and doors. |
| ☐ Turn off gas appliances you're not using. | ☐ Every door closed.
A closed door slows the spread of smoke and fire. |
| ☐ Candles and naked flames out. | ☐ Heaters off and unplugged. |
| ☐ Spark guard in front of the fire. | ☐ Chargers unplugged. Don't charge phones, tablets or e-cigarettes while you sleep. |
| ☐ Ashtrays emptied.
Run the contents under the tap before you bin them. | ☐ Door keys where everyone can find them. |

- **Never smoke in bed**, or when you're tired or on medication.

This sheet: safeandsecure.ie/resources/printables/bedtime-fire-check

Sources: Fire Ireland (fireireland.ie): routine fire safety check, Prevention, Evacuation, Fire Safety Week 2026, Fire Safety at Home leaflet; Dublin Fire Brigade (dublincity.ie). Last checked 7 October 2026. Free to print and share. Not for sale.

- cut -



safeandsecure.ie

Bedtime fire check



Before you go to bed

It only takes a few minutes. Make it part of your routine.

- | | |
|---|--|
| ☐ Switch off and unplug anything you're not using. | ☐ Your way out clear: stairs, hall and doors. |
| ☐ Turn off gas appliances you're not using. | ☐ Every door closed.
A closed door slows the spread of smoke and fire. |
| ☐ Candles and naked flames out. | ☐ Heaters off and unplugged. |
| ☐ Spark guard in front of the fire. | ☐ Chargers unplugged. Don't charge phones, tablets or e-cigarettes while you sleep. |
| ☐ Ashtrays emptied.
Run the contents under the tap before you bin them. | ☐ Door keys where everyone can find them. |

- **Never smoke in bed**, or when you're tired or on medication.

This sheet: safeandsecure.ie/resources/printables/bedtime-fire-check

Sources: Fire Ireland (fireireland.ie): routine fire safety check, Prevention, Evacuation, Fire Safety Week 2026, Fire Safety at Home leaflet; Dublin Fire Brigade (dublincity.ie). Last checked 7 October 2026. Free to print and share. Not for sale.