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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.

☐

Turn off gas appliances you're not using.

☐

Candles and naked flames out.

☐

Spark guard in front of the fire.

☐

Ashtrays emptied.

Run the contents under the tap before you bin them.

☐

Your way out clear: stairs, hall and doors.

☐

Every door closed.

A closed door slows the spread of smoke and fire.

☐

Heaters off and unplugged.

☐

Chargers unplugged. Don't charge phones, tablets or e-cigarettes while you sleep.

☐

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.

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