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Bedtime fire check

Every night, before bed

A few minutes, every night. Go through it before you go up, until it is a habit.



Before you go to bed

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

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Switch off and unplug anything you're not using.

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Turn off gas appliances you're not using.

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Candles and naked flames out.

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Spark guard in front of the fire.

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Ashtrays emptied.

Run the contents under the tap before you bin them.

☐

Your way out clear: stairs, hall and doors.

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Every door closed.

A closed door slows the spread of smoke and fire.

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

Last checked 7 October 2026 **Free to print and share. Not for sale.**



Before you go to bed (continued)

☐

Heaters off and unplugged.

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

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Door keys where everyone can find them.

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A torch beside the bed.

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Hair straighteners and curling tongs unplugged, not just switched off.

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



If the smoke alarm goes off

Get everyone out, closing doors behind you. Ring **999 or 112** from outside. Don't go back in.

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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)