



Gwasanaeth Tân ac Achub
Canolbarth a Gorllewin Cymru

Mid and West Wales
Fire and Rescue Service

家庭的 消防安全

**FIRE SAFETY
IN THE HOME**

www.mawwfire.gov.uk

你知道吗? DID YOU KNOW?

- 如果缺少一个正常运作的烟雾警报器，那么你在火灾中的死亡率高达两倍以上。
- 超过一半的家庭火灾是由烹饪事故造成的。
- 一天中有三场火灾是由于蜡烛引起的。
- 每三天就有一个人因为香烟引发的火灾死亡。
- 全国每年都会出现很多因电气故障（电器、电线、插座超载等）引发的家庭火灾。
- You're more than twice as likely to die in a fire if you don't have a working smoke alarm.
- Over half of fires in the home are caused by cooking accidents.
- Three fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause many house fires across the country every year.

如何确保烟雾报警器是处于正常运作的状态呢？

HOW TO MAKE SURE YOUR SMOKE ALARM WORKS

每周都要对烟雾报警器的电池进行检查。每年都要更换电池，而且永远不要将电池移除。

Test the batteries in your smoke alarm every week. Change them every year. Never remove them.

聋人或听力障碍的人士可以选择闪光灯和震动盘报警器。请联系英国皇家聋人协会信息热 0808 808 0123 取得更多信息

Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing. Contact the Royal National Institute for Deaf People Information Line on 0808 808 0123



- 即使烟雾报警器出现误响，永远不要切断或将电池从烟雾报警器中移除。
- 一般电池供电的烟雾报警器是最实惠的选择，但是电池需要每年更换。
- 许多人会忘记测试烟雾报警器的电池，所以使用有长效电池寿命的电池更好。
- 使用电池寿命长达十年的烟雾报警器是最好的选择。
- 电源供电的烟雾报警器是由你的家庭电源供电。
- 它们通常不需要更换电池，但必须是由一名合格的电工安装。
- 插在电灯插座的报警器使用的是可循环充电的电池，当房间的灯开着的时候就在充电状态。
- 你甚至可以将多个烟雾报警器连接在一起，当其中一个报警器探测到烟雾，所有的报警器会同时响起。如果你居住的房子很大或者有不同楼层，这类报警器会非常有用。
- Never disconnect or take the batteries out of your alarm if it goes off by mistake.
- Standard battery operated alarms are the cheapest option, but the batteries need to be replaced every year.
- Many people forget to test the batteries, so longer life batteries are better.
- An alarm with ten-year batteries is the best option.
- Mains-powered alarms are powered by your home power supply. Generally they don't need replacement batteries, but need to be installed by a qualified electrician.
- Alarms that plug into a light socket use a rechargeable battery, which is charged when the room's light is on.
- You can even have linked alarms installed, so that when one alarm detects a fire they all go off together. This is useful if you live in a large house or over several levels.

烟雾报警器维护

LOOKING AFTER YOUR SMOKE ALARM

- 通过按住报警器的按钮，直到发出声响的方式进行检测，如果报警器不响，你需要更换电池。
- 如果你的报警器定期发出哔哔声，你必须立即更换电池。
- 如果使用的是十年免更换的烟雾报警器，那么你必须每十年更换一个全新的报警器。
- Test it by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If your smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

其他可以考虑的设备：

- 灭火毯是用来扑灭火灾或者包裹衣服着火的人。厨房最好备有灭火毯。
- 灭火器通过喷射灭火剂来控制火势。灭火器不仅可以快速使用而且容易掌握，但是使用前必须先阅读使用手册。
- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.

Other equipment you could consider:



重要贴士
TOP TIP



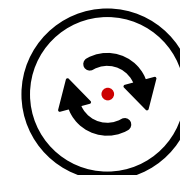
测试报警器
Test it

重要贴士
TOP TIP



更换电池
Change it

重要贴士
TOP TIP



替换报警器
Replace it

厨房

IN THE KITCHEN

当在煮东西的时候，避免将小孩单独留在厨房。将火柴以及炖锅把手放在他们够不到的地方，以确保他们安全。

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.

- 当在烹饪时需要离开厨房，要格外小心，把锅从火上移开或者将厨灶关小来避免风险。
- 确保炖锅把手不要伸出来——避免它们打翻。
- 穿着宽松的衣物时请小心，因为衣物更有可能碰到热的东西而着火。
- **Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.**
- **Make sure saucepan handles don't stick out - so they don't get knocked off the stove.**
- **Take care if you're wearing loose clothing, which can easily catch fire if caught on something hot.**

FIRE SAFETY IN THE HOME

重要贴士 TOP TIP



千万不能将金属类物品放在微波炉里
Don't put anything metal in the microwave

重要贴士 TOP TIP



炖锅放在够不到的地方
Keep out of reach

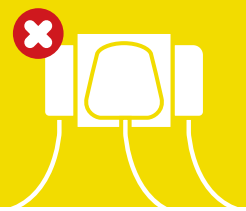
- 将茶巾和抹布放置到离厨灶远的地方。
- 尽可能使用点火设备给燃气灶点火，这会比用火柴或打火机更安全，因为不会产生明火。
- 当结束烹饪时，要反复查看确保厨灶已经关掉。对待电器要格外小心。
- 保持电器（电线和电器）远离水。
- 检查烤面包机确保是干净的，并放置到远离窗帘和厨房卷纸的地方。
- 保持烤箱，炉盘和烤架的清洁，以及处于良好的运行状态。长期的油脂堆积会引发火灾。
- Keep tea towels and cloths away from the cooker and hob.
- **Where possible, use spark devices instead of matches or lighters to light gas cookers, to avoid the naked flame.**
- **Double check the cooker is off when you've finished cooking. Take care with electrics.**
- **Keep electrics (leads and appliances) away from water.**
- **Check toasters are clean and placed away from curtains and kitchen rolls.**
- **Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.**

电器 如何避免电气火灾

ELECTRICS: HOW TO AVOID ELECTRICAL FIRES

- 时刻确保使用的是正确的保险丝以防止过热。
- 购买电器时，确保它有英国或者欧洲的安全标志。
- 部分特定的电器功率很大，比如洗衣机等等，它们应该要使用单独的插头。
- 尽量保持一个插座只配一个插头。
- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.

重要贴士 TOP TIP



千万别超载插座
Don't overload

了解电器的承受限度！

每个延长电线或转换器都有耐受电流的上限，请注意不要超载，以减少火灾的风险。

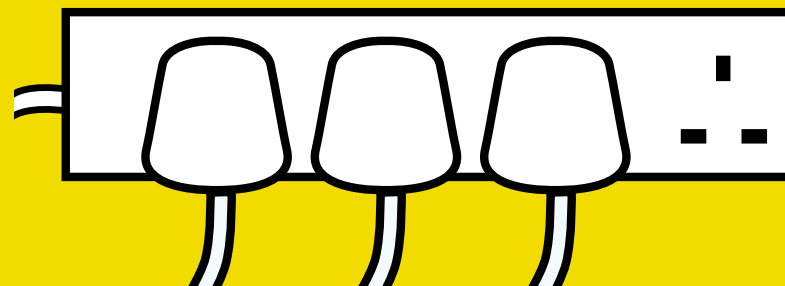
Know the limit!

An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.

不同电器使用的功率也是不同的，例如电视机可能使用3安培的插头，吸尘器使用的是5安培的插头。

Appliances use different amounts of power - a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.

$$\begin{array}{ccccccc} 5 & + & 5 & + & 3 & = & 13 \\ \text{安培} & & \text{安培} & & \text{安培} & & \text{安培} \\ \text{AMP} & & \text{AMP} & & \text{AMP} & & \text{AMP} \end{array}$$



家庭的消防安全

保持电器的清洁以及良好的运行状态，以免引发火灾。

KEEP ELECTRICAL APPLIANCES CLEAN AND IN GOOD WORKING ORDER TO PREVENT THEM TRIGGERING A FIRE.

- 注意观察是否有危险或电线松动的迹象，例如：
 - 烧焦痕迹
 - 发烫的插头和插座
 - 熔断的保险丝
 - 跳闸的断路器
 - 闪烁不定的光
- 检查并更换旧电缆或电线，特别是隐藏在视线范围以外——在家具后面或地毯和垫子下面更需要检查。
- 当不使用电器或者准备去睡觉，请拔掉电器的插头。
- Keep your eyes peeled for signs of dangerous or loose wiring such as:
 - scorch marks
 - hot plugs and sockets
 - blown fuses
 - tripped circuit-breakers
 - flickering lights
- Check and replace any old cables or leads, especially if they are hidden from view – look behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them or when you go to bed.

FIRE SAFETY IN THE HOME



家具

- 一定要确保家具上有永久性的防火标志。

便携式加热器

- 尽可能确保加热器是靠在墙旁边，以防倒下。
- 确保加热器必须是远离窗帘以及家具，并切勿将衣物放在加热器上晒干。

Furniture

- Always ensure that your furniture has the fire-resistant permanent label.

Portable heaters

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.



香烟

CIGARETTES

当在煮东西的时候，避免将小孩单独留在厨房。将火柴以及炖锅把手放在他们够不到的地方，以确保他们安全。

- 永远不要在床上吸烟。
- 使用正确的烟灰缸——永远不要用废纸篓
- 确保烟灰缸不会打翻，并且是用非可燃材质制造的。
- 不要将点燃的香烟、雪茄或烟斗随便乱放。它们很容易引发火灾。
- Never smoke in bed.
- Use a proper ashtray – never a wastepaper basket.
- Make sure your ashtray can't tip over and is made of a material that won't burn.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.

Stub cigarettes out properly and dispose of them carefully. Put them out. Right out!



重要贴士 TOP TIP



熄灭香烟，
彻底熄灭！
Put them out.
Right out!

- 如果在抽烟的时候处于以下状态，请务必格外小心：比如劳累的时候、服用处方药期间、或者喝酒之后。你可能会不小心睡着，点燃床铺或沙发引起火灾。
- 将火柴或打火机放在小孩够不着的地方。
- 考虑购买专门防止小孩用的打火机或火柴盒。
- Take extra care if you smoke when you're tired, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.
- Keep matches and lighters out of children's reach.
- Consider buying child resistant lighters and matchboxes.



火柴盒现在都带有这种警告标签。
Matchboxes now carry this

制定逃生计划

BE PREPARED BY MAKING A PLAN OF ESCAPE

- 计划逃生路线并确保大家都知道如何逃生。
 - 确保出口没有障碍物堵塞。
 - 计划第二条可替代的逃生路线，预备当第一条通道发生堵塞时可以逃生。
- Plan an escape route and make sure everyone knows how to escape.
 - Make sure exits are kept clear.
 - Think of a second route in case the first one is blocked.

将门窗钥匙放在大家都可以找到的地方

Keep door and window keys where everyone can find them



如果发生火灾 要怎么做

WHAT TO DO IF THERE IS A FIRE

千万不要尝试一个人灭火。让专业人员来处理。

Don't tackle fires yourself. Leave it to the professionals.

- 保持冷静，行动要迅速，尽快让大家都疏散出去。
 - 别浪费时间调查发生了什么事情或者拿贵重物品。
 - 如果现场有烟雾，蹲下使自己处于烟雾较少的低处。
 - 开门前请检查门是否是烫手，如果烫手，别开门——这说明门的另一面有火。
 - 一旦离开了建筑物，请立即拨打999。999电话是免费的。
- **Keep calm and act quickly, get everyone out as soon as possible.**
 - **Don't waste time investigating what's happened or rescuing valuables.**
 - **If there's smoke, keep low where the air is clearer.**
 - **Before you open a door check if it's warm. If it is, don't open it - fire is on the other side.**
 - **Call 999 as soon as you're clear of the building. 999 calls are free.**

重要贴士
TOP TIP

999

逃离火灾现场、
留在外面并拨打
999

Get out,
stay out and
call 999



如果逃生路线被堵要

WHAT TO DO IF YOUR ESCAPE IS BLOCKED

- 如果无法逃离现场，最好让大家聚集在一个有窗户的房间，还要有一台手机。
- 将被褥放在门的底部以阻挡烟雾，然后打开窗户大喊“HELP FIRE（救命着火了）”。
- 如果你位于底层或一楼，你可能可以从窗户逃生。
- 使用被褥帮助缓冲你落地，小心地将自己放低。
- 不要跳下。
- If you can't get out, get everyone into one room, ideally with a window and a phone.
- Put bedding around the bottom of the door to block out the smoke, the open the window and call “HELP FIRE”.
- If you're on the ground or first floor, you may be able to escape through a window.
- Use bedding to cushion your fall and lower yourself down carefully. Don't jump.

如果无法打开窗户，则将底部角落的玻璃敲碎。用毛巾或毯子保护自己不被不平坦边缘伤到。

If you can't open the window break the glass in the bottom corner. Make jagged edges safe with a towel or blanket.



检查清单怎么做

CHECK LIST

- 夜间将内部门关闭，以防火灾蔓延。
- 除非一些特定电器的设计是无需切断电源——例如你的冰箱等，否则要记得关闭以及切断电器电源。
- 检查确保厨灶是关掉的。
- 切勿将洗衣机一直开着。
- 关掉加热器并设置防火装置。
- 将蜡烛和香烟彻底熄灭。
- 确保逃生路线出口是通畅的。
- 将门窗钥匙放在大家都可以找到的地方。
- Close internal doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer. Check your cooker is turned off.
- Don't leave the washing machine on.
- Turn heaters off and put up fire guards.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Keep door and window keys where everyone can find them.



FREE SAFE & WELL VISITS

Contact the Home Fire Safety team on:

0800 169 1234

Mid and West Wales Fire and Rescue Service will carry out a Safe & Well Visit and give you all the advice you need and fit smoke alarms entirely FREE OF CHARGE.

免费上门安全检查

请联系家庭消防安全队:

0800 169 1234

威尔士中西部消防和救援服务提供上门安全检查, 以及提供所有你所需的建议, 安装烟雾警报器, 费用全免。

如果需要任何帮助·请联系威尔士华人协会:

微信号: @chineseinwales

电话号码: 01792 469919 (办公时间周一到周四 11:00-16:00)

电邮: info@chineseinwales.org.uk