

## Bjørnis the Fire Bear

Bjørnis the Fire Bear has been developed to keep children safe and secure in the event of fires and other accidents, and to offer children and adults good advice on fire protection.

## How do we treat burns?



### 20 / 20 RULE OF THUMB

Cool the affected area with water at 20 °C for 20 minutes.

Start by cooling the affected area immediately. Rinsing with cold running water is the most effective way. Hold the affected area under a tap or place the injured person in a shower.

**REMEMBER:** Burns are not always immediately visible, so you can easily miss something with children. Continue cooling until the ambulance/doctor has arrived.



**DIAL 113**  
in the event of  
serious burns.

## Want to know more?

Contact your local fire service who will be happy to advise you. Follow Fire Bear on Facebook and Instagram, and visit our website [www.brannbamsen.no](http://www.brannbamsen.no)

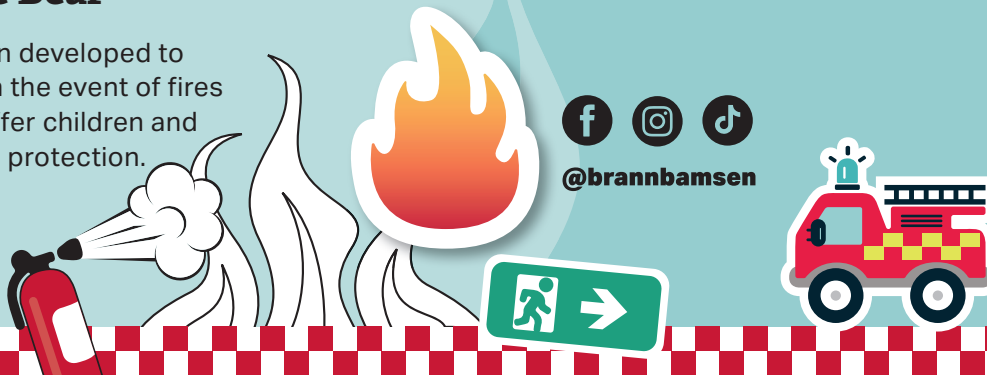


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## Protect your home against fires

Look after  
your loved ones.  
A small effort can make  
a big difference.



# How firesafe is your home?

Fire Bear Bjørnis and the fire and rescue services have teamed up to protect you and your family against fires in your home. We have prepared a checklist that you can go through to make sure your home is protected against fires.

PS: When you visit your elderly family members, take the time to check if their house is firesafe.

## Tip

Press the test-button on your smoke detector once a month to check, and make sure it is working.

## Remember

One rule of thumb is to change batteries on "smoke detector day", Desember 1. st every year. And otherwise when necessary.

# Checklist

## Do you have smoke alarms on each floor?

You must have at least one smoke detector on each floor, covering your kitchen, living room and the areas outside your bedrooms and utility room.

You must be able to clearly hear the alarm in your living areas and bedrooms when the doors between the rooms are closed. If you have multiple floors, we recommend using interlinked smoke alarms.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you have extinguishing equipment?

It is mandatory to have at least one of the following types of fire extinguishing equipment: **1)** Fire hose connected to the water supply **2)** Powder extinguisher **3)** Foam or water extinguisher.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you have two separate escape routes?

Your second escape route can be a patio door or a suitable window that leads outside, besides the main entrance. Just make sure to keep the escape routes free of furniture and clutter, so it's easy to get out safely if there's a fire.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you have a cooker guard?

A cooker guard cuts off the power if you leave it on by mistake. They can be fitted to older cookers.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you only use your washing machine, tumble dryer and dishwasher when you are awake and at home?

Electrical equipment is a particular fire hazard. Do your washing during the daytime. Fires that start at night take longer to discover than in the daytime.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you only charge electrical devices when you're awake and nearby?

Charge during the day and in rooms with a smoke detector. Charging cables, batteries, and electrical equipment can overheat and start a fire.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Is your electrical equipment properly certified?

Electrical equipment fires are often due to overvoltage. Do not use extension leads.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Do you safely heat your home?

Do not leave a fire burning at night. Put the fire out before you go to bed. Smouldering fires create a lot of soot, which can lead to chimney fires.

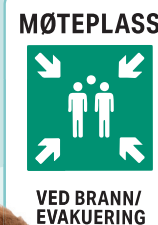
Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Do you have a fireplace guard?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Have you made a fire escape plan?

Small children are heavier sleepers than adults and are not normally woken up by smoke alarms. Plan how all your family can safely escape in the event of a fire, and practise by arranging a fire drill.



If you answered yes to all the questions – congratulations! If one or more of your answers was no, we recommend you think about what you can do to make your home safer.

This is your responsibility.

