



# Welcome!

# Spring 2024

To our Spring edition of the Schools Stay Safe Newsletter.  
Read on for advice on ways to stay safe for you and your family.

## Water Safety for Runners and Walkers

**Around 40% of people who accidentally drown in the UK had no intention of entering the water.**

- Take a fully charged phone with you.
- Invite a friend along – safety in numbers!
- Read the information signs along canals and river edges.
- Stay away from the edge.
- High waters? Take a rain check!
- Check tides and times.
- Download the free What 3 Words onto your device.
- Stick to the pathways and stay focussed!

[Water safety tips for runners and walkers - NFCC](#)





## Would your smoke alarm save you?

You are around ten times more likely to die from a fire if you do not have a working smoke alarm.

Test your smoke alarms at least once a month.

### We strongly recommend the following:

- Have a smoke alarm on every floor of your home.
- Ensure they are positioned correctly and installed by somebody who knows – it could save your life.
- Have an escape plan for if your smoke alarm goes off, and make sure everybody in your home knows it.
- Do not put a smoke alarm in the kitchen or bathroom.
- Never paint over a smoke alarm.
- Replace them every ten years – Hertfordshire Fire and Rescue Service will do this for FREE!

[Fire Kills - Fire Kills](#)

**IT ONLY TAKES ONE ACCIDENT TO START A FIRE.**

**FIRE KILLS**  
LET'S PREVENT IT

**ARE YOU SURE YOUR SMOKE ALARMS ARE WORKING?**

TEST YOURS NOW



## Checking in with elderly neighbours and relatives.

Run through this checklist with them – if they can answer YES to one or more questions they may be at increased risk of fire.

- Do they live alone?
- Do they smoke?
- Do they use a walking aid?
- Do they take medication that may make them drowsy?
- Do they struggle to prepare meals?
- Have they experienced any trips or falls lately?
- Is their home cluttered and untidy with blocked walkways?
- Do they have a hearing or sight impediment?
- Do they use emollient creams?

**BOOK THEM A HOME FIRE SAFETY VISIT TODAY!**





## Are you aware of Staywise?

Staywise is an interactive website packed full of fun activities from the UK's leading emergency services and safety-focused organisations, making it easy for you to find trusted activities that provide learning opportunities to help keep you safe.

There is lots to do on there for children and they are learning as they play!



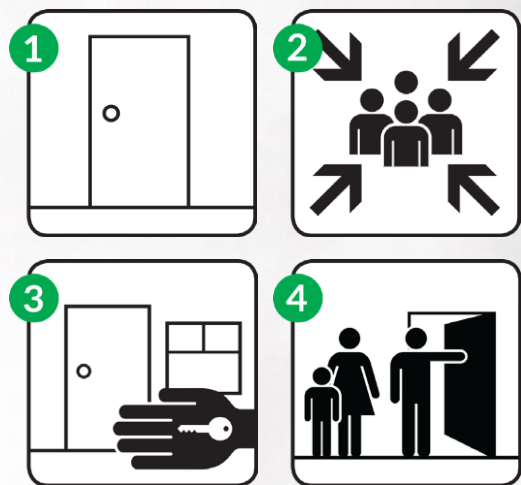
## Have you tested your smoke detector lately?

Do you have a night-time routine?

Would you know how to escape in the unlikely event of a fire?

We encourage you to book yourself a free safe and well visit today. The local station numbers are at the bottom of this newsletter.

Don't forget, the visit is free!



If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hertford Fire Station**  
01992 507611  
Royston.fire@hertfordshire.gov.uk
- **Bishops Stortford Fire Station**  
01279 696800  
BishopsStortford.fire@hertfordshire.gov.uk

 Hertfordshire Fire and Rescue Service

 Hertfordshire Fire and Rescue Community Safety

 [www.hertfordshire.gov.uk/fire](http://www.hertfordshire.gov.uk/fire)

[Fire, Rescue and Being Prepared | Hertfordshire County Council](#)