

Safety Card



Address of this property:
Druim Mor, Outend, Swordale
Point, Isle of Lewis, HS2 0BP

1. Doctor:

1. Broadbay Medical Practice,
Tel: 01851 703588
16 Francis Street, STORNOWAY, HS1 2XB
www.broadbaypractice.org.uk

2. The Group Practice
Tel: 01851 703145
Health Centre, Springfield Road, Stornoway HS1 2PS
www.groupmedical.co.uk/

2. NHS 24 helpline

111 is the new free way to phone the **NHS 24 helpline** from landlines and mobiles.

The helpline is open 24 hours a day, 7 days a week.

When to phone:

You should only phone the NHS 24 helpline:

- if you or someone you know is unwell
- when your doctor's surgery is closed and you feel it can't wait until it re-opens.

3. Hospital:

Western Isles Hospital: Tel 01851 704704
Macauley Road, Na h-Eileanan an Iar, HS1 2NB, Take the A857 towards Barphas/Barvas from the Roundabout near the CoOp

4. Fire. Evacuate the house immediately and call the fire brigade by dialling 999.

You will be answered by a telephone exchange operator who will ask you which emergency service you require and the telephone number that you are dialling from. You must then stay on the line where you will then be connected to the Fire and Rescue Control Room in the area you are calling from, not the local fire station.

As you are being connected to the Fire and Rescue Service you will hear the telephone exchange operator passing your telephone number to the fire brigade control operator.

The Control Operator Will Ask You Some Questions

- What is on fire?
- What is the address? [**Druim Mor**, Outend, Swordale Point, Isle of Lewis, HS2 0BP]
- What is the nearest main road? [A866 then take road to Swordale, past last bus turn]
- What town are you in? [Swordale, near Stornoway]

5. Ambulance. Dial 999

This is a NO SMOKING House

Safe Cooking

*"In Scotland, most **fatal fires** are started by **smoking**", [This is a **No Smoking house**.]*

*"More fires start in the **kitchen** than in any other room in the house" [Please **exercise care** when **cooking**]*

Source: Scottish Fire and Rescue Service

Keep your oven, cooker and grill clean and make sure there's no fat on it

- Keep tea towels, cloths and kitchen paper away from the cooker
- Keep fats and oils away from the cooker
- Cook with handles turned to the side to avoid them spilling
- Use a flameless lighter on gas cookers instead of matches or a lighter

You should never:

- Hang or dry clothing and towels on or near the cooker
- Leave your cooker, grill or oven on when you go out – even on a timer
- Leave electrical wires or cords near the cooker
- Keep anything on top of an eye-level grill
- Put anything metal in your microwave – even tin foil

Chip pans and deep-frying

Modern electric deep fat fryers are much safer than traditional chip pans as they have a safety switch that cuts them off to stop them overheating and catching fire.

Try not to use a traditional chip pan if you can because there's always a high risk of fire. If you do use a traditional chip pan, follow our safety advice:

- Only ever fill one third full
- Turn the handle to the side – but not over any of the other cooker rings
- Fry in small amounts – overfilling could cause spills
- Make sure food going in it is dry, not dripping wet or covered in ice.

You should never:

- Deep fry when you've been drinking alcohol or taking drugs or if you are feeling tired
- Leave the pan alone - It only takes a second for a fire to start

Other kitchen appliances

Washing machines, tumble dryers and dishwashers have powerful parts that heat up, any of which could start a fire if something goes wrong. Follow our safety advice:

- Always switch appliances off at the wall before going to bed or going out
- Always plug straight into a wall socket and avoid adaptors for lots of plugs as they can result in electricity overloads
- Never Leave them running when going out or to bed

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