



# Smoker's Lap Blanket



Your new Flame Resistant Smoker's Lap Blanket is a gift to you from East Sussex Fire & Rescue Service.

The blanket is designed to improve your safety, and to reduce the risk of a fire should you smoke in bed or in a chair and accidentally drop the cigarette.

*Please follow the essential safety advice below:*

1. The lap blanket should be used every time you smoke.
2. Keep the blanket close to where you normally smoke.  
*This will remind you of the need to use it.*
3. Place the blanket across you in a position that, should you drop the cigarette, it will land on the blanket and not in the chair or on the bed clothes.
4. Do not smoke if you are tired, taking prescription drugs or if you have been drinking. You may fall asleep, drop the cigarette and cause a fire.
5. Never leave a lit cigarette, cigar or pipe.  
*They can easily fall and start a fire.*
6. Always use a proper ashtray.
7. Make sure that the ash tray is not able to tip over.
8. Always ensure that cigarettes, cigars and pipes are extinguished completely before leaving them.
9. Ashtrays should be emptied into a safe fireproof container.  
*If you do not have one, put the ashtray outside of the property before going to bed or leaving the house.*

*In the event of a fire...*

**GET OUT, STAY OUT AND CALL 999**



# More people die in fires caused by smoking materials than in fires caused by anything else



If you want to stop smoking, Free Help and Support is available to you from your local specialist Stop Smoking Service.

For residents of **Brighton & Hove**  
call: **01273 267397**

or visit their website at:

**[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)**

Sussex Community   
NHS Trust



For residents of **East Sussex**  
call: **0800 917 8896**

or visit their website at:

**[www.stopsmokingineastsussex.co.uk](http://www.stopsmokingineastsussex.co.uk)**

East Sussex Healthcare   
NHS Trust

Always ensure that you  
have working Smoke Alarms



*Don't tackle a fire yourself...*

**GET OUT, STAY OUT AND CALL 999**

