



Gwasanaeth Tân ac Achub
Canolbarth a Gorllewin Cymru

Mid and West Wales
Fire and Rescue Service

A fire doesn't have to kill you, to take your life...



#Favouritethings

 @mawwfire

All emojis provided free by Emoji One.





Most of the fires we are called to start in the kitchen, usually when cooking has been left unattended.



If you have food on the hob or under the grill, stay in the kitchen so you can keep an eye on it.



If you've been drinking please give cooking a miss. If you fall asleep and your food catches fire you'll wake up with more than a sore head...if you wake up at all.



And remember, if you do have a fire:
Get out, stay out and call 999.



Show your smoke alarm some love and test it on a regular basis. If it saves your life in a fire it will be your new BFF.