

# Do you know someone who is **STRUGGLING** to **STAY WARM** in their home?

Our **award winning** Stay Safe and Warm scheme can help - it is a completely **FREE** service for **Cleveland residents.\***

SCAN ME



Stay Safe  
& Warm!

EST 2008



**CLEVELAND**  
FIRE BRIGADE



**01429 874063**

[www.clevelandfire.gov.uk/ssaw](http://www.clevelandfire.gov.uk/ssaw)

\*Following a free home assessment. You must live in Cleveland.



# To stay warmer this winter follow some of the advice below:



- Move furniture away from radiators so heat can circulate
- Curtains should be thick or lined. Close at dusk to keep heat in
- Use heating controls to help manage room temperatures
- Turning the room thermostat down by 1°C can save 10% off your bill
- Set room heat between 18°C and 21°C (64°F and 70°F)
- A room stays warm for 45 minutes after you switch off the heating
- Setting your hot water tank thermostat to 60°C (140°F)
- Place tin foil behind the radiators to put heat back into the room
- Draught proof windows and doors with brush or PVC seals
- Fit a brush or spring flap to letterboxes and cover keyholes

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