PRINTABLE CHECKLIST

Power cut at night: staying safe in the dark

If the power fails at night, stay where you are until you have a light, because falls on stairs are the main risk. Check the cooker and heaters are off, report the cut on 105, set an alarm on your phone and go back to bed with a torch within reach. Most night-time cuts are over by morning.

- [ ] Torch within reach of every bed
- [ ] Automatic light on the landing or stairs
- [ ] Phone alarm set as a backup to mains clocks
- [ ] Cooker, heaters and electric blankets switched off
- [ ] Cut reported on 105
- [ ] All candles out before sleeping
- [ ] Extra blanket and hat to hand