



HEALTH & SAFETY GUIDANCE

As always the Repair Line 0141 583 4104 is there, not just for repairs but also for letting us know about any fire safety or other property concerns. Our Technical staff is here to help.

1. SAFE IN YOUR HOME

There are many actions we take for your safety, but we need your help to make sure that these are effective.

Fire Safety equipment has been upgraded and a test on smoke alarms is done as part of the annual gas safety check (also if you have wet electric or common heating). But this is only once a year. Please test your smoke alarms on a weekly basis. Let us know immediately if there is a problem.

Please don't try to make repairs to your heating system yourself, call us, and never make any alterations involving your gas or electrical supply. This has to be done by a competent contractor.

Front doors and many internal doors are self closing. Not everyone likes this function, we understand that. But propping doors open or otherwise disabling their self closing removes their fire resistance, and leaves you in danger in the event of a fire. Remember 'Stay Put' advice from SFRS, you need those fire doors to function correctly.

Inside the Close

We carry out close inspections, but this is a snapshot of any issues on the day. We rely on you to tell us of problems that arise. Let us know if any of this is happening

For instance;

In flats, your door entry system is there to help maintain building security. Please don't block open the doors.

It should go without saying that you are not allowed to store or use petrol or other flammable materials in shared areas (or in your home). All common areas are no smoking zones, and 'no storage areas' as obstructions create a hazard in low visibility.

Bulk uplift items must be put outside.

2. Legionella- Advice for Tenants

Legionella is a naturally occurring bacteria found in water and water systems. It can result in a range of diseases including Pontiac Fever, Lochgoilhead Fever and Legionnaires' Disease. It is rare, though not impossible, to contract these through a domestic water system and some simple precautions can reduce the risk further.

Those most at risk are those in the following groups: Older people, heavy smokers or drinkers, people with chronic respiratory or kidney disease, those with diabetes lung or heart disease and those with impaired immune systems. Although common and naturally occurring, the bacteria is comparatively harmless where it exists in low concentrations.

The risk increases where water is stagnant and at a temperature warm enough for the bacteria to breed. The biggest risk comes from breathing in contaminated water droplets e.g. from a shower.

These are the simple precautions you need to do to help manage any risk.

- Clean shower heads, descale and disinfect them at least every two months.
- If you only occasionally use your shower, flush it through by running the water for at least 2 minutes once a week.

If you have been away for a few days or at most a week, or more (e.g. when on holiday), before using, you should flush both hot and cold water systems by running all outlets for at least 2 minutes. (To wash through the shower head, put the shower head down in the bath or shower tray to avoid too many water droplets in the air.)

Please note you should inform PHA immediately if there are problems, debris or discolouration in the water.

3. SECURITY IN YOUR HOME

There are some basic measures that you can take to keep your home safe and sure.

- Windows and doors should always be locked when you go out, even if it's only for a few minutes;
- Ensure tools and ladders, which a burglar could use to get in, are securely locked away;
- Never leave keys in a "secret place" as thieves can often find them;

- Do not put your name or door number on your keyring. If it is lost or stolen, a thief will have information that could direct them to your home;
- Always leave a light on (preferably an energy efficient one) if you will be out at night;
- Do not leave notes on the door saying you are out ;
- Ask a neighbour you trust to keep an eye on your home if you are on holiday;
- Never leave valuables lying around where they can be seen through a window ;
- If you have a controlled entry system, make sure it is kept shut and locked at all times. Only allow a caller into the building if they are coming to see you;
- Report any problems with the door entry system promptly;
- Never wedge controlled doors open;
- Use a good quality padlock on your garden shed to protect its contents;
- If you have a security alarm, use it.

Home Insurance

Everyone hopes never to need it, but it is really important for you to have home insurance which covers contents against accidental breakages, flood, fire or theft.

The Association will not replace your belongings e.g. if you are flooded from an upstairs neighbour.

Bogus Callers

Thieves often pose as officials or contractors to gain access to homes. Never to let a stranger into your home or building if you are unsure who they are. If you have a spy hole or door chain please use this before opening the door to a caller. Ask to see an identification (ID) card to check the person is genuine. If the caller cannot provide ID, ask him/her to come back at another time and use this time to check that they are who they say they are-you can call us on the Repair line on 0141 583 4100 for advice if the person says they are from or acting on behalf of the Association. Or if you are suspicious of a caller, call the police on 101.