

Fire Safety Advice for people who use paraffin based emollients

Emollient Creams and Ointments are paraffin based and pose a significant fire risk. They can impregnate clothing and bedding making them particularly inflammable. If you use emollient creams or ointments to treat a skin condition please note the following:



Do not smoke or use naked flames (or be near people who are smoking or using naked flames).



Do not go near anything that may cause a fire while emollients are in contact with a medical dressing or your clothing. For example, do not lean over a lit gas cooker hob or candles, or allow lit cigarettes to come into contact with clothing or dressings.



Clothing and bedding should be changed regularly - preferably daily - to reduce the build-up of paraffin within the fabric.



Clothing that has been in contact with the emollient should be washed at a higher temperature. It is suggested that this should be between 60-90 degrees to remove the paraffin. Many garments cannot safely be washed at this temperature without causing damage to the garment in which case try to avoid wearing delicate clothing when using emollient creams or ointments.

Bedtime Checklist

- Close inside doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on – like your freezer.
- Check your cooker is turned off.
- Don't leave the washing machine or tumble dryer on.
- Turn heaters off and put up fireguards.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Keep door and window keys where everyone can find them.



For more information about specific emollients please read the product Patient Information Leaflet (PIL) or ask your Community Pharmacy team.

Information originally produced and shared by East Sussex Fire & Rescue Service