



Fire Safety For Older Adults

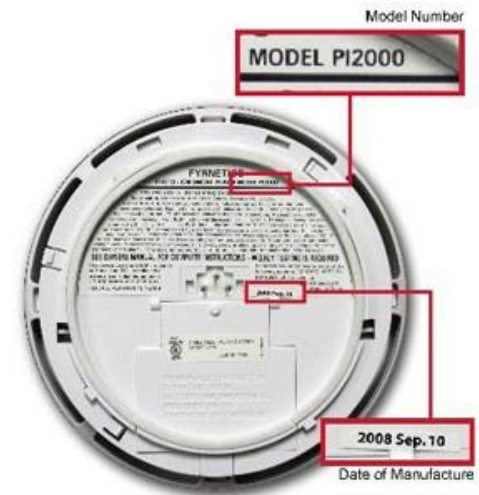


Older people are at special risk for death and injury from fires.

To protect yourself and those you care about, follow these tips:

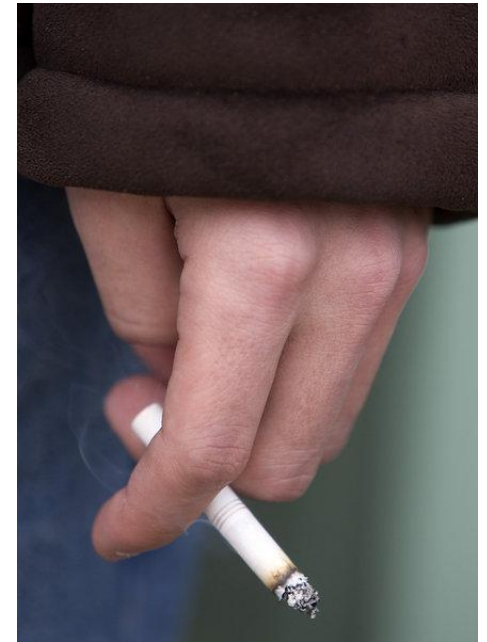
Install & Maintain Smoke Alarms

- You need working smoke alarms on every level of your home and in each bedroom
- Test each smoke alarm monthly
- Change the batteries twice a year
- Replace alarms after 10 years



If You Smoke...

- Never smoke in bed, while drowsy or under the influence of medication or alcohol
- Use large, deep ashtrays
- Let matches and ashes cool completely before disposing of them



If You Smoke...

- **Store matches and lighters up high, away from the reach of visiting children!**
 - Studies show that about 38 percent of children ages 6-14 have played with fire at least once.
 - Nearly 80 percent of those children were playing with matches or lighters



Cooking Fire Facts

- Cooking equipment is the leading cause of home fires and fire injuries. (48% of home fires, 45% of the injuries, 21% home fire deaths)
- In the US from 2012 to 2016 there were 530 civilian deaths, 5,270 injuries and \$1.1 billion property damage per year.
- **Top three factors in cooking fires**
 - unattended equipment (32%)
 - Abandoned or discarded material (11%)
 - Heat source too close to combustibles (09%)



Cooking Safety

- **Keep area clean and clutter-free**
 - Keep cooking surfaces and surrounding areas free from clutter
 - Clean any grease build-up



Cooking Fire & Burn Prevention

- **Be careful around stoves!**
 - Keep pot handles turned inward
 - Use pot holders and oven mitts
 - Never lean over a hot burner
 - Wear short sleeves or roll up loose-fitting sleeves



Pay Attention to Your Cooking

- Use a timer to remind you that you're cooking
- Stay in the kitchen when you are frying, grilling, or broiling food – If you leave the kitchen for even a short time, turn off the stove
- Remain in the home if you are simmering, baking, roasting, or boiling food, and check it regularly



Home Heating

- Heating is the second leading cause of home fires.
- In 2017, about 33,435 fires were heating-related fires.



Heat Your Home Safely

- Have all heating equipment serviced annually by a professional
- Keep combustibles and things that can burn or melt away from heaters, furnaces, fireplaces and water heaters
- Never use a range or oven to heat your home



Use Space Heaters Responsibly

- Nationwide, portable space heaters are the top cause of fire deaths from home heating equipment
 - Keep space heaters at least 3 feet away from anything that can burn
 - Choose space heaters that turn off automatically if they tip over
 - Turn off space heaters before you go to bed



Woodstoves & Fireplaces

- Never use gas or lighter fluid to start a fire in a fireplace or wood stove
- Never burn cardboard boxes, newspaper, wrapping paper or trash
- Use a metal or glass fireplace screen to keep sparks from hitting nearby carpets or furniture



Electrical Safety

- Have a professional electrician inspect your home's wiring at least once every 10 years
- Never overload the electrical system
- Avoid using extension cords
- Use outlet covers if small children visit



Electrical Safety

- Replace outlets if plugs do not fit snugly
- Use ground fault circuit interrupters in rooms where water may be present



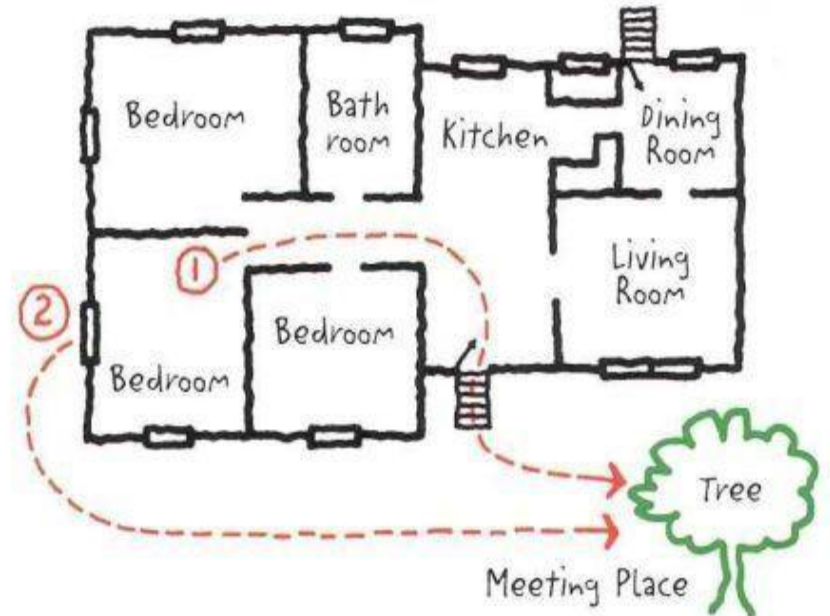
Candle Safety

- Put candles in sturdy metal, glass, or ceramic holders
- Place candles where they cannot tip over
- Never leave a lit candle unattended
- Blow out candles after use and before going to bed



In Case of Fire...

- Practice two ways out of every room
- Call 9-1-1, preferably from a neighbor's phone
- Know the escape plan for the buildings you frequent



In Case of Fire...

- Get out as soon as you discover a fire!
- Don't try to fight the fire
- Once out – *stay out!!*



Home Oxygen

- If you're using home oxygen, you should not smoke – and family and friends should not smoke around you
- Using home oxygen increases the risk of fires and burns
- Keep home oxygen and tubing 10 feet away from heat sources



Carbon Monoxide

- Carbon monoxide (CO), is an invisible, odorless, colorless gas created when fuels burn inefficiently
- CO can result from faulty furnaces or other gas appliances, portable generators, water heaters, clothes dryers, or cars left running
- Have fuel-burning appliances, furnaces, venting and chimneys checked annually by a professional



Carbon Monoxide

- Place at least one CO alarm within ten feet of each sleeping area.
- Unborn babies, infants, children, seniors, and people with heart or lung problems are at greatest risk from CO poisoning



Carbon Monoxide Poisoning

- Symptoms include headache, nausea, and drowsiness
- Extremely high levels of poisoning can be fatal, causing death within minutes
- Carbon monoxide poisoning usually occurs in winter months, when heat sources may produce hazardous carbon monoxide levels

