

Senior Fire Senior Fire Safety



Senior Fire Safety identifies those areas of concern for our seniors. Below are those areas and gives some ideas on how to prevent a fire from occurring.

Did You Know:

- 💡 Americans over the age of 65 are twice as likely to be injured or dying in a fire.
- 💡 People over 80 years of age are three times more likely to die in a fire that the rest of the population.
- 💡 Approximately 75% of senior citizens who die in fires do not have working smoke detectors in their home.
- 💡 The leading cause of fires in a senior citizen's home is the misuse of heaters and smoking in bed.

Reasons:

- 💡 Many senior citizens live alone, so if there is trouble no one is close by.
- 💡 Many senior citizens have a physical condition which inhibits them to move quickly, or are taking medicines which affect their ability to make quick decisions.
- 💡 Many senior citizens are unaware of what to do in an emergency situation.

What to do:

💡 Smoke Detectors

- 👉 Install a smoke detector on every level of the home and one outside the sleeping area.
- 👉 Test the smoke detector monthly.
- 👉 Replace the batteries twice a year.
- 👉 Replace any detectors that are more than 10 years old.

Seniors - If you are in need of assistance with your smoke detector, feel free to contact this department at 721-5332 and we will be glad to assist you.

💡 Heat Producing Appliances and Space Heaters

- 👉 Be sure to have the heating system checked by a professional before each heating season.
- 👉 Keep space heaters 3 feet from anything that is flammable or combustible.
- 👉 Never use an extension cord to run a space heater – space heaters draw a lot of electricity and can melt an extension cord.
- 👉 Turn space heaters off when you go to bed or leave home.
- 👉 Unplug space heaters when not in use.

💡 Smoking

- 👉 Use a large, deep, non-tip ash trays.
- 👉 Avoid smoking in bed.
- 👉 Soak butts and ashes before dumping them in the trash.

💡 Cooking

- 👉 Never leave cooking food unattended. If for some reason you need to leave the room, turn the burner off.
- 👉 Avoid wearing loose fitting clothes. If you have loose fitting long sleeves, roll the sleeves up.
- 👉 Turn pot handles to the back of the stove.
- 👉 Keep dish towels, pot holders and other flammable or combustible material away from the stove while cooking.
- 👉 Use a rubber mat or rug in front of the stove to prevent slipping and falling against the stove.

💡 E.D.I.T.H. (Exit Drill In The Home)

- ☞ Make an emergency plan.
- ☞ Have a prearranged meeting place outside so that someone can find you.
- ☞ If able, make a diagram of the home and plan 2 escape routes from each room.
- ☞ If not able, make a plan of who to call, where to go in your home so that you may be found, and stick to it.
- ☞ Keep halls, stair ways and door ways free from obstruction.

💡 Electricity

- ☞ Avoid using extension cords, extension cords are meant for temporary use only. If an extension cord is needed, then use a power strip that is plugged directly into the wall outlet.
- ☞ Replace all appliances that the cord show signs of wear – frayed or cracked cords.
- ☞ If you have circuit breakers that trip or blown fuses, have this checked immediately.

💡 Emergency Preparedness

- ☞ ALWAYS pay attention to smoke alarms. When you hear a smoke alarm, exit immediately.
- ☞ Test doors and knobs for heat before opening.
- ☞ Never use an elevator during a fire.
- ☞ If your clothes catch on fire – **STOP**, DON'T RUN – **DROP** down to the ground – **ROLL** either back and forth, or over and over to extinguish the flames, cover your face with your hands.
- ☞ Cool a burn with cool water for 10-15 minutes.
- ☞ Call 9-1-1 for help
- ☞ Smoke and heat rises, so you need to crawl low under smoke to escape.
- ☞ Sleep with your bedroom door closed. If a fire happens, this will help keep smoke and toxic fumes from reaching you. If you cannot make it out, block the cracks in the doors with blankets, towels, etc.

- ☞ When you hear fire trucks, find some way to let them know where you are.
- ☞ Keep essential items near your bed to help you:
 - emergency phone list
 - keys
 - eyeglasses
 - hearing aids
 - flashlight
 - walker
 - whistle or bell
 - telephone
 - A list of your current medications

NEVER GO BACK INTO A BURNING BUILDING!