



FIRE SAFETY FOR MATURE ADULTS



People over the age of 64 are twice more likely to die in home fires. Why? The skin of older people is thinner and more vulnerable to fire, their reflexes slow down and the increased use of medications may lead to drowsiness. All of these factors can make quickly escaping a home fire difficult.

SMOKE ALARMS SAVE LIVES!

Most home fires happen at night, when people are asleep. Smoke alarms are a must for every home. There should be **at least one** smoke alarm on **every level** of the home. For added protection, install smoke alarms in bedrooms and hallways outside of bedrooms. Follow the manufacturer's installation instructions.



PLAN AHEAD FOR FIRE

To increase your chance of getting out without injury, you should:

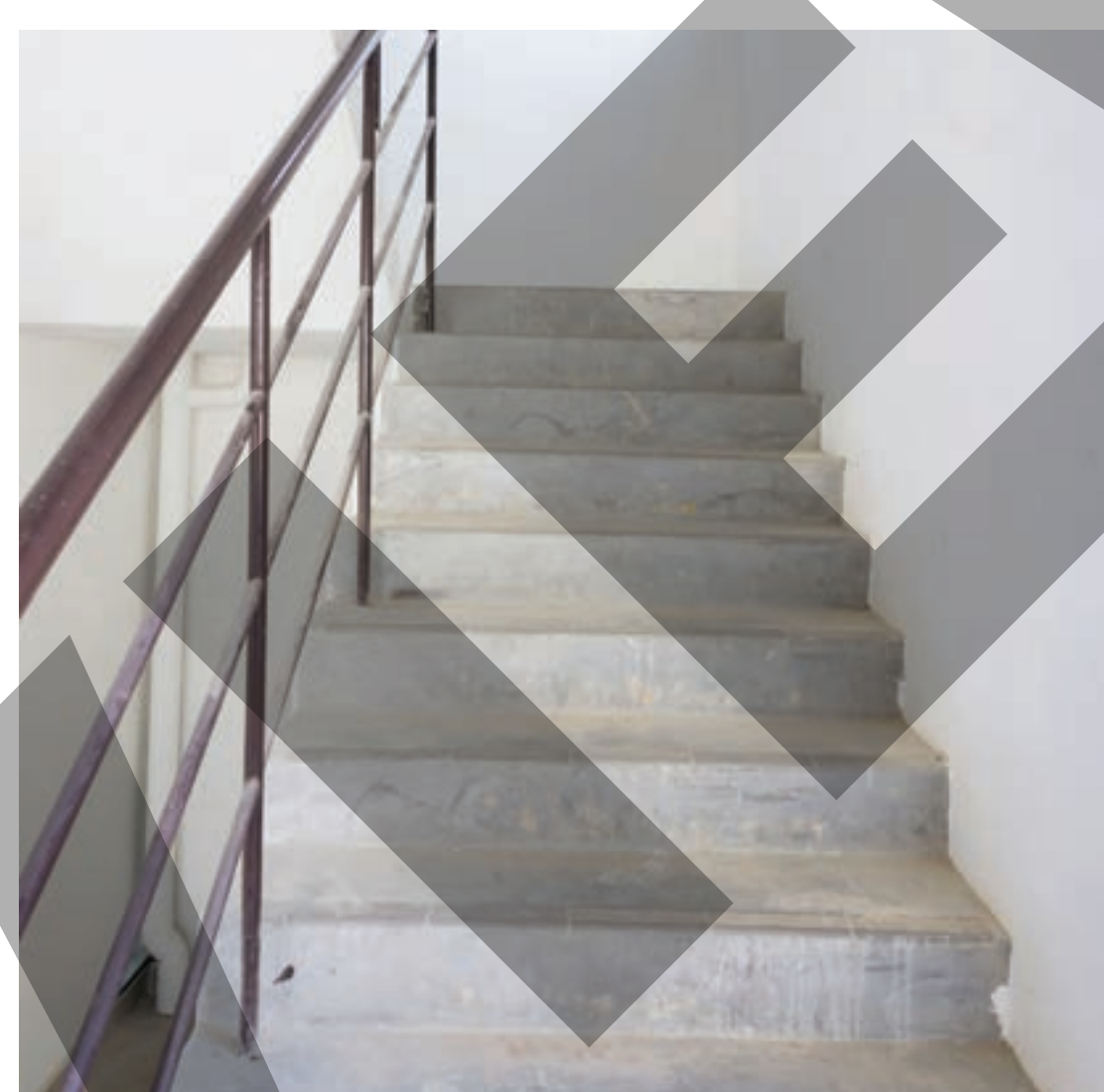
- Plan your safe escape routes ahead of time so you'll know how to quickly exit your home.
- Know 2 ways out of every room.
- Practice fire drills during the day and at night.
- Practice feeling the doorknob and back of the door to check for heat. If the door is hot, use your second way out.
- Practice crawling on your hands and knees to the outside exit. Smoke rises, so remember to keep low.



- Make sure that essential items such as glasses, walkers or canes are close to your bed.
- Ensure that exits, windows, hallways and doors, are free of obstructions.
- Choose a Safe Meeting Place outside of your home where everyone will meet in case of a fire.

NEVER GO BACK INSIDE A BURNING BUILDING FOR ANY REASON.

HIGH RISE EVACUATION

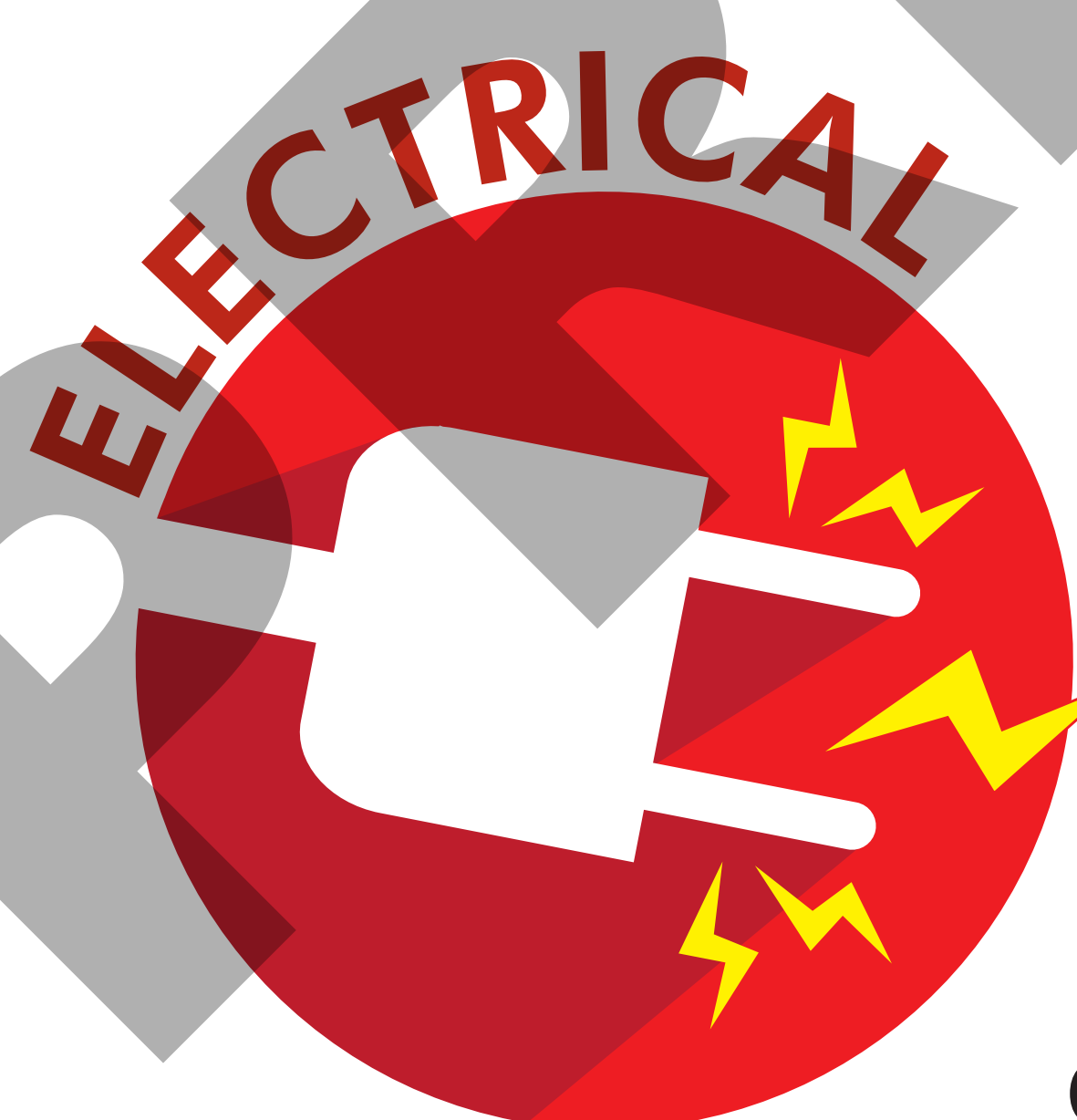


If you live in a high-rise building, keep these special safety tips in mind:

- In a fire, don't use the elevators! Use the stairs instead.
- Memorize the number of doors from your apartment to the exit. You may need to count doors if the hallway is filled with smoke.

PREVENT FIRES BEFORE THEY START!

Follow these fire prevention tips and reduce the chances of fire:



- Don't run wires where they can be stepped on or tripped over.
- Don't run cords near heat sources, through doorways, across walkways or under rugs.
- Don't overload electrical outlets or extension cords.
- Repair or replace frayed or damaged electrical cords.
- Ensure electrical appliances have a testing laboratory seal of approval.



- Never leave cooking food unattended.
- Use a lid to put out a grease fire and turn off the heat. Never use water!
- If an oven fire starts, close the door, turn off the heat and call the fire department for help.
- Turn pot handles away from the front, toward the center of the stove.
- Don't wear long or loose sleeves or loose clothing while cooking - they could catch fire.



- Have heating systems checked by a professional once a year.
- Make sure that heaters are free and clear of any combustibles. Maintain a three foot zone around any heater.
- Chimneys and flues should be cleaned and inspected on a regular basis.
- Always keep fire screens in front of fireplaces.



- Never smoke in bed.
- Avoid smoking when drowsy.
- Always check furniture for lit embers after a person has been smoking.
- Be careful when using candles. Keep them away from flammables.
- Always use large, deep ashtrays.
- When using candles remember: "When You Go Out - Blow It Out!"

PRACTICE FIRE SAFETY FOR LIFE!