

# BE FIRE SAFE!

Older adults (over the age of 65) are twice as likely, and those who are 85 or older are over four times as likely to die in a house fire than the general population. Being prepared and understanding the common risks that lead to house fires can help you and your caregivers escape in the event of a fire.

## FIRE SAFETY CHECKLIST

What Risks are Hiding in Your Home?



- | YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have working smoke alarms throughout your home?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Can everyone in your home hear the smoke alarms?                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you test smoke alarms monthly?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you change your smoke alarms batteries twice a year?                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Have your smoke alarms been replaced in the last ten years?                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a home fire escape plan and practice it?                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know two ways out of every room?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Are all electrical cords in good condition? (Not damaged, cracked or frayed)           |
| <input type="checkbox"/> | <input type="checkbox"/> | Are space heaters more than 3 ft away from anything that can burn?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you always stay in the kitchen while frying, grilling or broiling food?             |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you keep necessary items (hearing aids, glasses, walkers, canes) close to your bed? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you keep a telephone or emergency alert button next to your bed?                    |

If you checked “No” to any of these questions you are at a greater risk for injury during a home fire.

### RESOURCES

U.S. Fire Administration:  
[www.usfa.fema.gov](http://www.usfa.fema.gov)

Red Cross:  
[www.redcross.org](http://www.redcross.org)

National Safety Council:  
[www.nsc.org](http://www.nsc.org)



## FIRE SAFETY FOR MATURE ADULTS

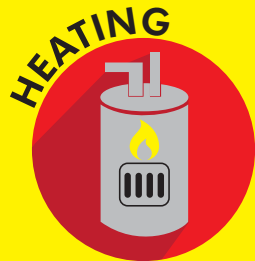


# PREVENT FIRES BEFORE THEY START

Follow these fire prevention tips for every room in your house and reduce the chances of fire:

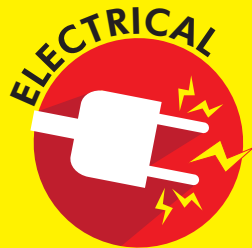


- Never leave cooking unattended.
- Never use the stove or oven to heat your home.
- Don't cook if you are sleepy or have consumed alcohol or medication that may make you drowsy.
- Turn off the stove if you need to leave the kitchen while cooking.



- Have heating systems checked by a professional once a year.
- Make sure that heaters are free and clear of any combustible items.
- Chimneys and flues should be cleaned and inspected on a regular basis.
- Keep items that can burn at least 3 feet away from radiators, space heaters, fireplaces or wood stoves. This includes bedding, towels, clothing, paper items, etc.

- Turn off space heaters if you leave the room or when going to sleep.
- Install Carbon Monoxide alarms and test them once a month.
- Your water heater should be set no higher than 120° F to help prevent scalds.



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



## SMOKE ALARMS SAVE LIVES!

### Smoke alarms should:

- Have their batteries replaced twice a year. (Daylight savings time is a good reminder).



- Never smoke in bed.
- Avoid smoking when drowsy.
- Always check furniture for embers after a person has been smoking.
- When using candles remember - When you Go Out, Blow them Out.
- Always use deep, large ashtrays.
- Be careful when using candles.
- Do not smoke or use candles when medical oxygen is in use.

## PRACTICE FIRE SAFETY FOR LIFE

Most home fires happen at night, when people are asleep. Smoke alarms are a must in every home. There should be at least one smoke alarm on every level of your home, in every bedroom and in hallways outside of sleeping areas. Install smoke alarms that have lights or include a bed shaker if needed.

- Be tested monthly.
- Be replaced every ten years.



## PLAN AHEAD FOR FIRE

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

### 1. Plan Your Safe Escape

- Plan your escape routes ahead of time so you'll know how to quickly exit your home. Practice fire drills regularly.
- Know two ways out of every room. Crawl on your hands and knees to exit. Smoke rises, so keep low.
- Have an outside meeting place a safe distance away from your home where first responders can see you.

### 2. Prepare for the Unexpected

- Make sure essential items such as glasses, walkers or canes are close to your bed.
- Ensure that walkways, exits, windows and doors are free from obstructions and can be easily opened. Clear clutter that may block an escape route or cause a fall.

### 3. Ask for Help

- If you have mobility or sensory loss that may cause a problem when escaping a fire discuss them with your fire department, family, a neighbor or building manager.
- If you feel you cannot get out quickly, keep the door of your room closed, cover vents and cracks around the door with cloth to keep the smoke out.
- Keep a phone or emergency alert button on your person. Call 9-1-1 and signal for help through an open window.

**NEVER GO BACK INSIDE A BURNING  
BUILDING FOR ANY REASON**