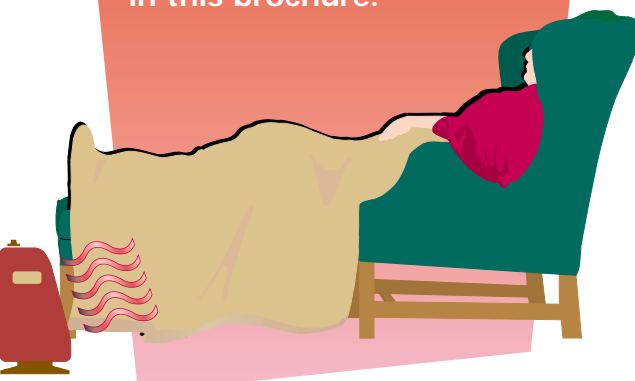


# Fire Safety Tips

for older adults

Smoking and the misuse of portable space heaters are the leading cause of fire deaths and injury in older adults. You can prevent accidents by following the safety precautions outlined in this brochure.

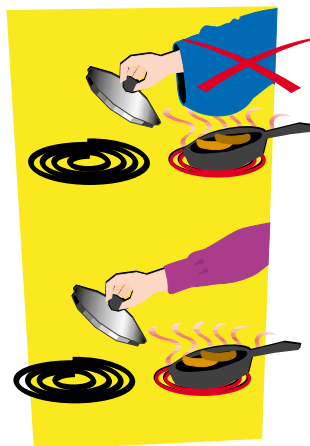


## Why are Older Adults at Risk?

Seniors are at risk because many live alone, with no one close at hand if they need help. They may also be on medication, or have physical ailments that might impair their mobility or their ability to make quick decisions. In addition, many seniors do not know what to do in case of fire.

### Tips to Remember

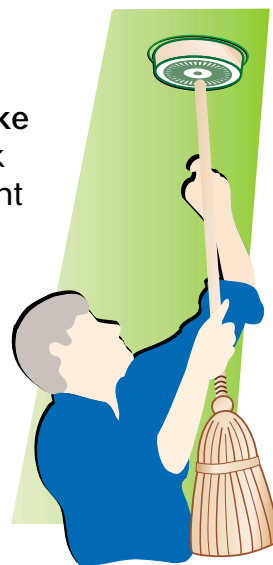
- Never smoke in bed. You might accidentally set fire to bedclothes, newspapers and other materials. Restrict smoking to areas such as the kitchen or living room.
- Never run electrical cords under a carpet or rug, and avoid using extension cords with space heaters or electric blankets.
- Do not use a dishtowel as a potholder. They will catch fire if they come in contact with a hot burner.
- Loose clothing is a serious burn hazard – roll up your sleeves and ensure that other pieces of clothing are kept well away from hot stovetop elements.



## Smoke alarms can save your life!

Make sure your smoke alarm WORKS! Ask your local fire department or a friend or relative to help you with the following:

- Install a working smoke alarm on every floor in your home and outside your sleeping area. Make sure that it is loud enough to wake you if you are asleep! Ask a friend or relative to test your smoke alarm while you are asleep. If it can't wake you – it can't save you!
- Test the battery in your smoke alarms once a month. This is done by either pushing the test button on the alarm, or by directing smoke into the alarm.
- Never disconnect your smoke alarm for any reason.



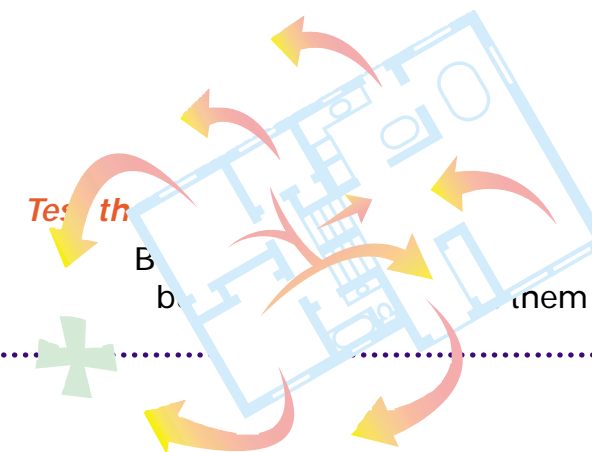
## Plan your Escape and Practise It

- Plan and practise an escape plan in case of fire. It will reduce panic and confusion in an emergency – and may save your life!
- Make sure you can unlock all doors and open all windows. Know how to safely escape from all levels of your home.
- Know two ways out of every room.
- **React Fast to Fire!**  
**Get Out and Stay Out!**

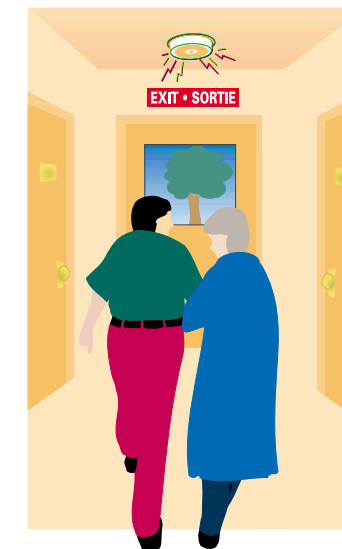
If you escape – don't go back into a burning building for any reason! Let professional firefighters do the rescue work.

### Get Down, Stay Low

The air closest to the floor will be the freshest in case of fire. Crouch or crawl to the nearest exit, keeping your hand on a wall for guidance.



first by feeling them with the back of your hand. If the door or knob is hot, keep it closed! Take an alternate route out. If the door and knob is cool, open it slowly and crouch low with your shoulder against the door. Be ready to close it quickly if smoke and heat rushes in.



Be ready to close it quickly if smoke and heat rushes in.

### Stop, Drop, and Roll

If your clothing catches fire, stop where you are. Drop gently to the ground.

Cover your face with your hands and roll back and forth to put out the flames.

### First Aid for Burns

Run cool water over the burned area for five to 10 minutes to ease the pain and prevent further skin damage. Consult your doctor as soon as possible.