

SENIOR CITIZEN SAFETY

Smoke Detectors

- ✓ Be sure to have a smoke detector on every level of your home and in all sleeping areas.
- ✓ Make sure everyone in your home is awakened by the sound of the smoke detector. If someone is hearing impaired, invest in a detector that uses flashing lights or some other visual aid.
- ✓ Test your smoke detectors once a month. If this is difficult for you, ask a neighbor or family member to assist you.
- ✓ Change your smoke detector batteries twice a year. Change your clocks, change your smoke detector batteries.
- ✓ If you have limited mobility or senses, or serious health problems, consider using a lifeline alert.

Fire Escape Planning

- ✓ Plan at least two ways out of each room of your home, especially the bedrooms.
- ✓ Consider any limitations you may have that would keep you from implementing your plan.
- ✓ Make sure that your exits are wheelchair or walker accessible.

Tips for Smokers

- ✓ Never smoke in bed.
- ✓ Do not smoke if you are feeling drowsy, if you are drinking or if you are taking medication that may make you drowsy.
- ✓ Use large deep ashtrays and never leave smoking materials unattended.
- ✓ Empty your ashtrays frequently, but never throw hot ashes in the garbage. Wet the contents of the ashtray and then dispose of them.

Electrical and Heating Safety

- ✓ Do not store newspapers, rags or other combustible materials near a furnace, space heater or hot water heater.
- ✓ Keep at least three feet between space heaters and things like curtains, furniture, etc. Heaters with a 3 prong receptacle and an automatic shut-off device are safest.
- ✓ Only operated unvented heaters in rooms with doors or windows that can be opened slightly to provide ventilation. Improper ventilation is the most frequent cause of carbon monoxide poisoning.
- ✓ Do not run extension cords under furniture or rugs.
- ✓ Do not overload electrical outlets. Do not allow pets to chew electrical cords.
- ✓ Be extremely cautious when using kerosene heaters. Never use any other fuel in kerosene heaters other than kerosene and never refill when hot.
- ✓ If you are having an electrical or heating problem, call a trained professional to have the problem fixed properly.



Kitchen Fire Safety

- ✓ Never leave your stove unattended! Always be sure to closely watch what you are cooking.
- ✓ Keep your pot and pan handles turned inward.
- ✓ Do not reach above the stove for anything while cooking. This may require reorganizing your things in your cupboards so the items you need for cooking are not stored directly above the stove.
- ✓ Keep your curtains, oven mitts, pot holders and towels away from the stove.
- ✓ If you have an oven fire, turn off the oven and keep the door closed.
- ✓ Keep your kitchen clean to cut down on grease buildup.
- ✓ Do not wear loose or frilly clothing while cooking.
- ✓ Never use water on a grease fire. Smother the fire with a lid or baking soda.
- ✓ Never use your stove as a heating device.
- ✓ Always turn your stove off when you are finished cooking.



What to Do if There is a Fire

- ✓ When the smoke detector sounds, get out of bed and stay low to the floor. Shut off any oxygen tanks.
- ✓ Feel the door. If it is cool, open it slowly and get to the nearest exit. If the door is warm or hot, follow your alternate escape route.
- ✓ Do not stop to collect valuables or pets. Most pets will find their own way out.
- ✓ If you are unable to leave your room, call 9-1-1 and tell the dispatcher that you are trapped. Seal the door with wet towels, duct tape, etc.
- ✓ When you get out, stay out! Never re-enter a burning building.