

# Fire Prevention

## **IF YOU SMOKE...**

- If you or anyone in your household smokes, what kind of ashtrays do you use?*  
Large, deep, non-tip ashtrays are best. Wet cigarette butts and ashes before emptying into a wastebasket.
- What are your smoking habits?*  
If you smoke, smoke outside. Never smoke when you are drowsy, feeling the affects of alcohol or medication, lying down, or in bed.

## **GIVE SPACE HEATERS SPACE**

- How far are your space heaters and portable heaters from things that can burn?*  
Keep anything that can burn, including yourself, at least three feet (one meter) from space heaters, portable heaters, and woodstoves. You should turn off and unplug heaters when you leave your home or go to bed.

## **ELECTRICAL SAFETY**

- Do you have cracked or damaged electrical cords in your home?*  
Unplug them at once. Have them repaired or replaced.
- Are there any electrical cords running across doorways or under rugs?*  
Unplug them at once and move them to a safer location.

## **BE KITCHEN WISE**

- What do you wear when you cook?*  
To avoid catching your clothes on fire, wear clothing with tight-fitting, rolled-up, or short sleeves. Use oven mitts to handle hot pans.
  - Do you know what to do if your clothes catch on fire?*  
Stop (don't run), drop gently to the ground, cover your face with your hands, and roll over and over or back and forth to smother the flames. If you can't "stop, drop, and roll," smother the flames with a towel or blanket.
  - What should you do if you burn yourself?*  
Immerse the burn in cool water for 3 to 5 minutes. Get medical assistance immediately. Never put butter or any other grease on a burn.
  - Do you know how to put out a pan fire?*  
Slide a lid over the pan, then turn off the burner.
  - Do you stay in the kitchen when you cook?*  
Never leave cooking unattended. Use a timer to remind you to check cooking. Don't use the stove if you are drowsy or feeling the affects of alcohol or medication.
-

- Do you use a microwave oven?*

Remember that while microwave ovens stay cool, the food inside can become very hot. To avoid a steam burn, use caution when removing covers or plastic wrap from food.

### **SMOKE ALARMS SAVE LIVES**

- Do you have at least one smoke alarm on every level of your home and inside and outside each sleeping area? If not, ask for help installing alarms. A fire can begin anywhere in your home and grow very quickly. In a fire you need the early warning provided by working smoke alarms to get out of your home safely. If you are deaf install alarms with strobe lights.*

*Do you test your smoke alarms?*

- Test your alarms by pushing the test button at least once a month. Batteries should be changed at least once a year, or whenever the alarm “chirps” to tell you that the battery power is low. Any smoke alarm that is 10 years old should be replaced.

### **PLAN AND PRACTICE YOUR ESCAPE**

*What should you do if there is a fire in your home?*

- Get out as quickly as you can and don't go back inside for any reason. Once outside, call the fire department from a neighbor's phone or a cell phone.

*Do you know two ways out of every room?*

- Make sure you can open all doors and windows easily. Security bars should be equipped with quick-release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, get low and go – the cleaner air is near the floor.

- Do you have limited mobility?*

If possible, your bedroom should be located on the first floor of your home so that you can escape faster during an emergency.

### **KNOW YOUR LOCAL EMERGENCY NUMBER**

- Do you know the emergency number to call in case of fire?*

Memorize the number, because once you escape, you'll need to call the fire department from a neighbor's phone.

### **CONSIDER YOUR ABILITIES**

- Do you have limited mobility?*

Develop your escape plan around your abilities and practice to make sure you can do it. Teach everyone in your household (and your neighbors) what assistance you may need.

- Do you have a telephone in your bedroom?*

Having a telephone in your bedroom is a good idea in case you are trapped by fire.

