

## **Fire Prevention for Seniors**

www.ocfa.org

#### **STEPS TO SAFETY**

**Give space heaters space!** Keep them at least three feet away from anything that can burn. Unplug them when you shut them off, leave your home, or go to bed.

**Put it out!** Use large, deep ashtrays. Wet cigarette butts and ashes before throwing them into a wastebasket. Never smoke when you are lying down, drowsy, or in bed. Never smoke in bed or near oxygen tanks.

Smoke alarms save lives! Have smoke alarms installed outside all sleeping areas and on every level of your home. Test your smoke alarms once a month. Make sure everyone can hear your smoke alarms. If you cannot hear an alarm when hearing aids are removed, look into installing special alarms for the hearing impaired.

National Fire Prevention
Association (NFPA)
statistics show that people
age 65 and older are twice
as likely to die in a home
fire as the population at
large. The following steps
can reduce these risks
and save lives!



Be stove savvy! Wear tight-fitting or rolledup sleeves when cooking. Use oven mitts to handle hot pans. Never leave cooking unattended. Keep flammable materials such as paper towels and potholders away from burners and flames. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Mark stove dials with bright colored tape so that you know from a distance if the stove is on or off. Double check the kitchen before you go to bed or leave the house. Never use the oven to heat your home.

# PLAN YOUR ESCAPE AROUND YOUR ABILITIES!

Know your local emergency number! Have a telephone in your bedroom and post the local emergency number in case you are trapped by a fire. Once you have escaped from a fire, be sure to call 911 from a neighbor's phone.

### Plan and practice your escape from a fire!

Know two ways out of every room in your house. Make sure windows and doors open easily. If you use a walker or wheelchair, check all exits to be sure you get through the doorways. Sleep and live near exits on the ground floor to make your escape easier. Be sure to practice with caregivers and family members.



If your clothing catches fire - **STOP, DROP, and ROLL!** After gently dropping to the floor, cover your face with your hands and roll over and over to smother flames. Otherwise, smother flames with a blanket or towel.

### For More Information

Orange County Fire Authority (714) 573-6200 www.ocfa.org

National Fire Protection Association <a href="https://www.nfpa.org">www.nfpa.org</a>

United States Fire Administration <a href="https://www.usfa.dhs.gov">www.usfa.dhs.gov</a>

Cal-OSHA Consultation Services <u>www.dir.ca.gov</u>

# BE PREPARED TO SHELTER IN PLACE!

Be sure to sleep with your doors closed. When alarm goes off, check the door with the back of your hand before opening. If your door is too hot, or you cannot evacuate, you may have to stay in your room and wait for a firefighter to come for you. Be sure to keep emergency supplies, such as a flashlight, by your bed. Place damp towels or sheets in the bottom crack of your closed door. Place bright colored cloth in your window to signal firefighters of your location. Have a phone by the side of your bed to call out for help.