



# Senior Fire Safety

## Fire Safety Tips for Older Adults

For more fire and life safety info, please visit [www.ferncreekfire.com](http://www.ferncreekfire.com)

### Heating Your Home

- Keep everything at least 3 feet from any heat source
- Never allow clothes or wet material to dry by a heater
- Don't leave space heaters unattended and never use them while sleeping
- Unplug space heaters when not in use
- Keep space heaters at least 3 feet from combustibles
- Have fireplaces inspected yearly- use a combination smoke/carbon monoxide detector near the fireplace
- Do not use the oven to heat your home

### Safe Smoking

- Never smoke in bed or while lying on the couch. Do not smoke when tired or drowsy
- Use sturdy ashtrays
- Allow ashtrays to cool before dumping them. Empty ashtrays into a noncombustible container

### At Bed Time

- Keep your robe, slippers, eyeglasses and house keys by the bed
- Check all space heaters to be sure they are off.

### In the Kitchen

- Never leave food unattended on the stove. Most fires in the home start on the stove.
- Wear short sleeves or tight-fitting garments while cooking. Loose or hanging clothing may come into contact with items on the stove.
- Keep a lid close by when cooking. In case of a pan fire, place the lid on the pan. Wait a few seconds for the flames to disappear. Exit immediately if the fire doesn't extinguish or becomes larger. Do not try to fight a fire if the lid doesn't work.
- Do not use water to extinguish a grease/oil fire. Do not use any materials soaked in water (i.e.-dish towel). Grease and water do not mix in a fire.
- Routinely clean the oven and stove top to remove excess grease
- Keep all combustible material away from the stove while cooking- towels, oven mitts, paper towel rolls, etc
- If you have a fire extinguisher, keep it in a safe, handy spot where it can be accessed. When using an extinguisher, remember to PASS

P- Pull the safety pin  
A- Aim at the base of the fire  
S- Squeeze the handle  
S- Sweep back & forth

### Be Prepared

- Install smoke alarms on every level of your home and in every sleeping area. A ten-year lithium smoke alarm with a non-removable battery is a cheap, but excellent form of protection. Remember to check your alarms monthly.
- If you have gas-fired appliances in your home, install carbon monoxide detectors in your home. Remember, CO gas is invisible, odorless, & deadly.
- Plan and practice your escape routes. Always have two ways out of a room. Know where the exit stairs are in multi-story buildings and never use an elevator in a fire.
- If a fire occurs, get out and stay out. Never go back in. Stay low and go if there is smoke. Breathing smoke can be deadly. Have a safe meeting place so that all members of your family know where to go once out of the building.

### Call 9-1-1

- Always call 9-1-1 from a safe place. Never wait to leave a fire in order to call 911. Seconds count!
- Be sure all family members know their address and what to do in an emergency