



FIRE SAFETY TIPS FOR SENIORS

Older adults (age 65 and older) are twice as likely to die in fires as any other age group. The death rate for those 85 and over is four times the national average. Older people are also at higher risk of injury from fires. Planning what to do in case of fire can mean the difference between life and death. The following tips can help protect you and those you care about from fires and burns.

- ✓ **Install and Maintain Smoke Alarms.** Install working smoke alarms on every level of your home, especially near sleeping areas. Test and dust each alarm monthly, and change the batteries at least once a year.
- ✓ **Practice Electrical Safety.** Have a professional electrician inspect your home's electrical wiring system at least every 10 years, and make recommended repairs. Never overload the electrical system. Plug each appliance directly into its own outlet and avoid using extension cords. Install and maintain electrical appliances according to the manufacturers' instructions.
- ✓ **Use Smoking Materials Safely.** Never smoke in bed, while drowsy, or while under the influence of medication or alcohol. Use large, deep ashtrays for smoking debris, and let the contents cool before you dispose of them.
- ✓ **Pay Attention to Your Cooking.** Keep pot handles turned inward, and keep cooking surfaces and surrounding areas free from clutter and grease build-up. Use pot holders and oven mitts. Never lean over a hot burner and avoid wearing loose clothing with flowing sleeves while cooking. Set a timer if you must leave the kitchen with food cooking on the range top.
- ✓ **Heat Your Home Safely.** Have a professional service all heating equipment annually. Keep combustibles and anything that can burn or melt away from all heaters, furnaces, fireplaces, and water heaters. Never use a range or oven to heat your home. Never use the oven as storage.
- ✓ **Keep Possessions Organized.** Collections, antiques, books, and momentos are valuable keepsakes, but can potentially be a fire threat if not kept in an orderly fashion. Avoid "pack-rat" conditions and excessive storage in the home that can block exits and walkways.
- ✓ **Know What to Do in Case of Fire.** Practice two ways out of every room in your home. Get out as soon as you discover a fire; do not try to fight the fire. Once out of the house, stay out; do not attempt to enter a burning home to gather belongings left behind. Immediately dial 9-1-1 for help.
- ✓ **Keep Matches and Lighters Away from Children.** Store matches and lighters in a locked drawer or a high cabinet away from the reach of grandchildren or other youngsters. Make sure lighters are child-resistant.

For More Information
www.usfa.dhs.gov
www.nfpa.org