



# Fire and Fall Prevention Safety



## PREVENT FIRES AND FALLS

Let this checklist help you evaluate your home. Your situation may vary. Adjust this to fit your needs. Review this list every month to see how you're doing.

### Home Smoke Alarms

- Install smoke alarms on every level: outside each sleeping area and in every bedroom.
- Use interconnected smoke alarms: if one sounds, they all sound.
- If you might sleep through an alarm, install alarms with flashing lights.
- Test smoke alarms – by pushing the Test button – at least once a month. Never stand on a chair to test smoke alarms. If you need to, ask a friend or neighbour over to lend a hand.

### Kitchen Safety

- Many home fires start in the kitchen. Stay in the kitchen when frying or boiling food.
- When cooking on the stove, wear short, close-fitting, or tightly rolled-up sleeves.
- Use oven mitts to prevent burns. Turn pan handles inward so you don't accidentally tip pans over. Also, be careful with hot food coming out of the microwave.
- Keep items that could catch fire off the stove: plastic containers, bags, paper towels, etc. Make sure appliances are away from curtains or other items that could catch fire.
- Avoid falls: use non-slip mats, remove clutter, and wipe up spilled liquids.

### Bedroom Safety

- Clear away items you could trip over: shoes, cords, magazines, etc. Only use throw rugs with a non-skid backing. Smooth out any wrinkles and folds in carpeting.
- Move space heaters at least 3 feet (1 meter) away from things that may catch fire: drapes, bedding, items on the floor. Unplug space heaters when you leave the room or go to bed.
- Plug electric space heaters directly into an outlet. Never plug into an extension cord.
- If you smoke, smoke outside. Never, ever smoke lying down, in bed, or taking medication that makes you drowsy. Use large, deep ashtrays. Wet down ashes before emptying ashtrays.

### Fire Escape Planning

- Know two ways out of every room. Make sure doors and windows open easily.
- If you have stairs or depend on someone for assistance, work that into your escape plan.
- Don't ignore smoke alarms. Get out fast, crouching down below the smoke.
- Be prepared: have a phone, emergency numbers, and a flashlight next to your bed.

### Avoiding Slips and Falls

- Get out of chairs slowly. Sit before you get out of bed. Get your balance before you walk.
- Install handrails in the tub & on both side of stairs. Only use non-skid bathmats & rugs.
- Improve your strength and balance – you'll be less at risk for slips and falls. Ask your doctor about the best physical exercise for you.

# 10 WAYS TO BE SAFER AT HOME

## Install smoke alarms

Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Interconnect smoke alarms throughout the home. When one sounds, they all sound. If anyone in your household is deaf or hard of hearing, consider installing smoke alarms that use a flashing light or vibration to alert you to a fire emergency.

## Test smoke alarms each month

Test smoke alarms at least once a month and replace batteries once a year or when the alarm “chirps” to tell you the battery is low. Replace any smoke alarm that is more than 10 years old.

## Have a home fire escape plan

Make a home fire escape plan and practice it at least twice a year. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.

## Get out safely and stay out

Don't ignore a smoke alarm: get out of the house. Stay low and below smoke.

## Watch your cooking

Stay in the kitchen when you are frying, grilling or broiling food. If you must leave, even for a short time, turn off the stove.

## Give space heaters space

Keep fixed and portable space heaters at least 3 feet (1 meter) from anything that can burn. Turn off heaters when you leave the room or go to sleep.

## Smoke outside

Ask smokers to smoke outside. Have sturdy, deep ashtrays for smokers.

## Take it easy

Get out of chairs slowly. Sit before you get out of bed. Wear sturdy, well-fitting shoes with non-slip soles. Get your balance before you walk.

## Clear away clutter

Take a hard look at your living space, and then remove clutter that can get in the way. Clear away stacks of magazines and boxes you might be saving. Replace extension cords with new outlets and add extra lighting so you can see more clearly.

