

# ***Huffy and Friends*** ***Tulsa Firefighter's Educational Clowns***

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## **Senior Fire Safety**

### **A Fact sheet on Fire Safety for Older Adults**

**Americans over the age of 65 have a fire death rate nearly twice the national average. For those over 75, this jumps to three times the national average. Whether living independently or in a care facility, there are steps seniors can take to remain safe from fire.**

#### **Kitchen Caution**

- \* Don't leave food unattended on the stove. If you must leave the kitchen, take a wooden spoon or potholder as a reminder.
- \* Wear short or close fitting sleeves and an apron to avoid catching clothes on fire.
- \* When cooking, keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.
- \* Clean the stove and toaster regularly to avoid grease and crumb buildup.
- \* Use potholders, not towels, to handle hot pans and dishes.
- \* Don't use the oven to heat your home.

#### **Heating Hazards**

- \* Keep everything at least one foot from any heat source.
- \* Unplug electrical appliances and heaters when not using them.
- \* Never hang clothes near a heater to dry them.
- \* Don't leave portable heaters alone or go to sleep while they are on.
- \* Make sure curtains hang well away from heat sources.

#### **Safe Smoking**

- \* Never smoke in bed or while lying on the couch. Smoke only when alert never when tired or drowsy.
- \* Use a large, sturdy ashtray or purchase a special "safety ashtray".
- \* After using an ashtray, leave it on the kitchen counter or in the sink overnight before emptying.
- \* Always empty ashtrays into a non-burnable container, such as a metal garbage can.

#### **At Bed Time**

- \* Keep your robe, slippers, eyeglasses and house keys close by the bed.
- \* Check to be sure that any space heaters are turned off and heat is turned down.
- \* Close your bedroom door while sleeping.

#### **Be Prepared**

- \* Install a smoke alarm on every level of your home. Check smoke alarms monthly.
- \* If you need a smoke alarm, call your local Fire Department. They may be able to provide you one at no charge.
- \* Plan your escape routes (two from every room, if possible) in case a fire does strike. Locate two exit stairways from your apartment building. Never use elevators in a fire.

#### **Calling 9•1•1**

- \* Place a 9•1•1 sticker on your phone so that you will always have the number at your fingertips during an emergency.
- \* Call 9•1•1 "From a safe location" for any fire, medical or police emergency.