



## SENIOR SAFETY



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 BEDTIME

- 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 Fire Prevention at 861-2290.**
- 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.