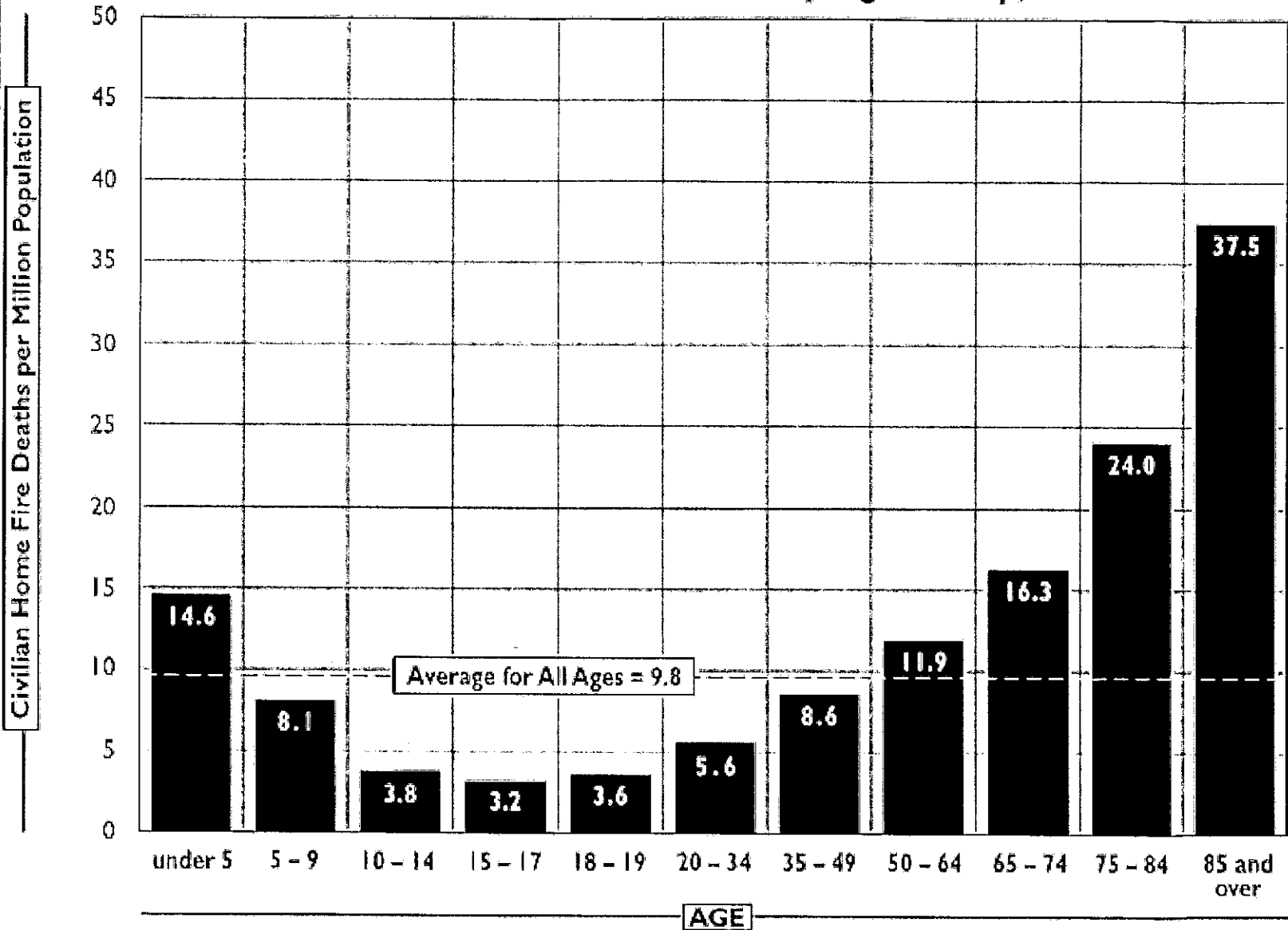




Fire Safety in the Home

Civilian Home Fire Death Rates by Age Group, 2002-2005



Remembering When: A Fire and Fall Prevention Program for Older Adults

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Source: NFIRS, NFPA Survey, U.S. Census Bureau

**If you smoke, smoke
outside.**

Use deep, sturdy ashtrays.
Wet cigarette butts and
ashes before throwing them
out or bury them in sand.
Never smoke in bed.



**Another fine mess:
keep space heaters
away from anything
that can burn.**



Give space
heaters space.

Keep them at least three feet (1 meter) away from anything that can burn – including you. Shut off and unplug heaters when you leave your home or go to bed.



Be kitchen wise.

Wear tight-fitting clothing or short sleeves when cooking. Use oven mitts to handle hot pans. Never leave cooking unattended. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Never use water to put out a fire in the kitchen.



Stop. drop, and roll.

If your clothes catch on fire:
stop (don't run), **drop** gently
to the ground, and cover
your face with your hands.
Roll over and over or back
and forth to put out the fire.
Use cool water for 3 to 5
minutes to cool the burn.
Get medical help right away.



Smoke alarms save lives.

Have smoke alarms installed outside each sleeping area, on every level of your home, and in each bedroom. Make sure alarms are interconnected: when one sounds they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace the battery every six months.



**Plan and practice
your escape from fire.**

If you hear the smoke alarm sounded at night, wake everyone up and get out of the house. If possible, know two ways out of every room in your home and two ways out of the home as you only have 60 seconds to get out of a fire. Make sure windows and doors open easily. In a fire, get out and stay out.



Know your local emergency number.

It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. Never go back into the house.



Plan your escape
around your abilities.

As you are crawling for
safety and run into thick
smoke, go back to your
room and close the door.

Have a telephone in your
bedroom and post the local
emergency number nearby
in case you are trapped by
smoke or fire.





**Be prepared: learn to use every exit
from your building.**