



STEPS TO SAFETY™

PREVENT FIRE & FALLS AT HOME



IT'S A BIG WORLD. LET'S PROTECT IT TOGETHER.™

Welcome!

Today we are here to:

- Key fire and fall tips to keep you safe at home
- Learn and share from and with each other



Introductions



A photograph of a fire station's gear rack. The rack is red and organized into eight vertical compartments. Each compartment contains a firefighter's helmet on a top shelf, a brown jacket with reflective yellow stripes hanging from a middle bar, and a blue or white bag on a bottom shelf. The background is a white brick wall. The text "Fire Prevention" is overlaid in the center of the image.

Fire Prevention

Fire is fast!

- Today's home fires burn hotter and faster than 40 years ago
- Synthetic materials, lightweight construction materials, and open floor plans
- Smoke kills more people than fire
- As little as 2 minutes to safely escape from the time the smoke alarm sounds



Top causes of home fires

- Cooking
- Space heaters
- Smoking
- Electrical
- Candles



If you smoke, smoke outside.

- Use deep, sturdy ashtrays.
- Wet cigarette butts and ashes before throwing them out.
- Never smoke in bed.
- Never smoke if medical oxygen is used in the home.
- **Never leave candles unattended and keep them 1 foot from anything that can catch fire**



Give space heaters space.

- Keep heaters at least three feet away from anything that can burn – including you.
- Shut off and unplug heaters when you leave the room or go to bed.
- Plug heaters directly into an outlet.



What are some items that might be left too close to a space heater?

Stay in the kitchen when frying food and cooking on the stovetop.

- Never leave cooking unattended.
- Wear short or form-fitting sleeves when cooking.
- Use oven mitts to handle hot pans.
- **Keep a Lid Nearby!** 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.



What are some ways that you keep yourself safe when cooking?

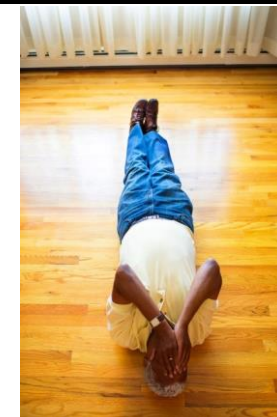
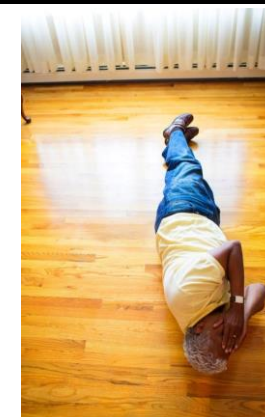
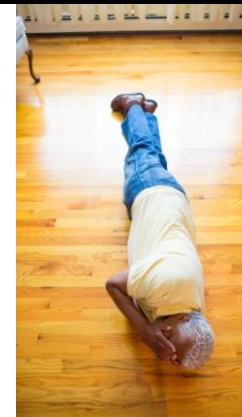
Fire Message #4

If you catch on fire, Stop, Drop, & 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 a burn.
- Get medical help right away.



and ROLL...Over and Over



What do you know about why SDR works?

Smoke and carbon monoxide (CO) alarms save lives.

- Install smoke alarms on every level of your home, in each bedroom, and outside each sleeping area.
- Interconnected alarms are the best option. When one sounds, they all sound.
- CO alarms belong on each level of your home
- Have someone test your smoke and CO alarms once a month.



What strategy do you use to remind yourself to test your alarms?

Bed shaker and strobe alarms

- If you are a deep sleeper
- If you are deaf or hard of hearing
- If you wear hearing aids/have cochlear implants



Plan and practice your escape from fire.

- If possible, have two ways out of every room in your home and two ways out of the home.
- Make sure windows and doors open easily.
- If the alarm sounds, get outside and stay outside.



What's your current home escape plan?

What have you heard about these plans and what they are good for?

What if you can't get out?

- Shelter in place
- Close as many doors between you and the fire
- Place a towel under the door
- Stay near a window and call 911

If you have trouble with stairs, can you sleep on the first floor?



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 OUTSIDE your home – Use a neighbor's phone or a mobile phone.

Why is it important to escape first and then call for help?



Plan your escape for your abilities.

- Have a telephone in your bedroom in case you are trapped by smoke or fire.
- Keep needed items near your bed, such as a flashlight, glasses, walker, scooter, or cane.



What are some things you'd want to have near you in the event of a fire?

Questions about the Fire Messages?

Let's Review:

- What is the safest way to prevent fires if you smoke?
- Name some items that should be kept near the bedside...
- Share a tip to help remind you to turn off heaters when you leave the room
- Share a tip to help prevent a cooking fire

Preventing a fall....

- 1 in 3 older adults will have a fall, sending 1 in 17 to the Emergency Room
- The first fall doubles your chances of a second fall



Exercise Regularly.

- Exercise builds strength and improves your coordination and balance.
- Tai Chi is an exercise that has been proven to help reduce fall risk.
- Ask your doctor about the best physical exercise for you.



What are some things you've heard regarding exercise and what it does for older adults?

Take your time.

- Get out of chairs slowly.
- Sit a moment before you get out of your bed.
- Stand and get your balance before you walk.
- Be aware of your surroundings.



**What's the strangest thing you've ever tripped over in your home?
If you haven't tripped, what have you heard about tripping?**



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**SOME TRIPS
ARE GREAT
FUN.**

OTHERS, NOT SO MUCH.

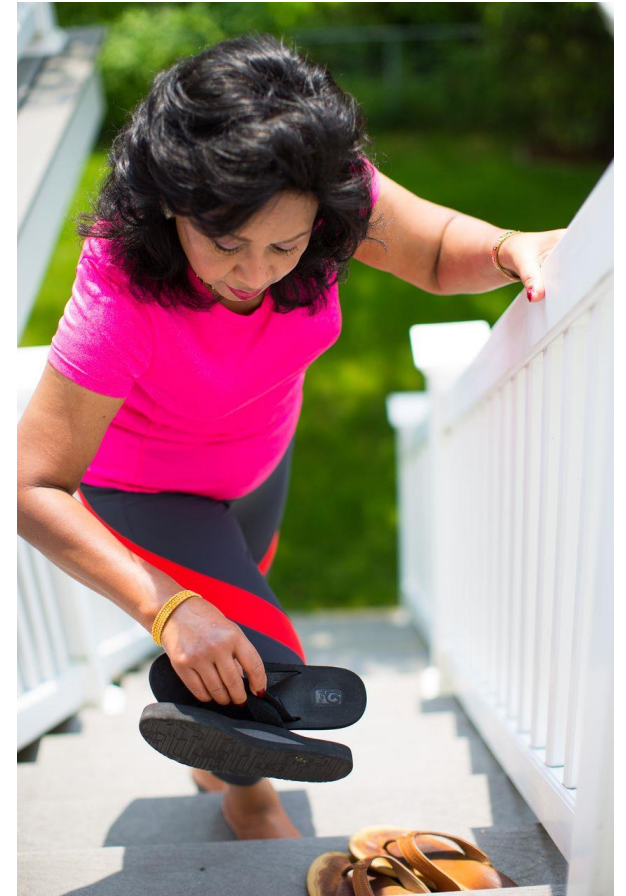


Keep stairs, pathways, and walking areas clear

Be sure to remove:

- electrical cords
- shoes
- clothing
- books & magazines
- plants & tables that stick out

**What can you do to keep the stairs clean?
Who can help you with this?**



Keep at least one hand on the railing

- Best to have handrails on BOTH sides of the stairs
- Use the handrail UP and DOWN
- Make more trips with lighter loads



Improve the lighting in and around your home



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**LIGHT UP
YOUR
LIFE.**



Improve the lighting in and outside your home

- Use night lights to light the path between your bedroom and bathroom.
- Stairways should be well lit from both top and bottom.
- Have easy-to-grip handrails installed along the full length of both sides of the stairs
- See an eye specialist once a year.



For those of you who have motion sensors, please share some things you like about it.

Fall Message #5

Use non-slip mats and grab bars in the bathroom

- Use non-slip mats on shower floors and outside of the tub/shower.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Wipe up spills immediately.

What kinds of things have you already done to improve the safety of your bathroom?



Be aware of uneven surfaces around the home

- Throw rugs must have rubber, non-skid backing.
- Smooth out wrinkles and folds in carpeting.
- Be aware of uneven sidewalks and pavement outdoors.
- Ask a friend to clear ice and snow from stairs and walkways.



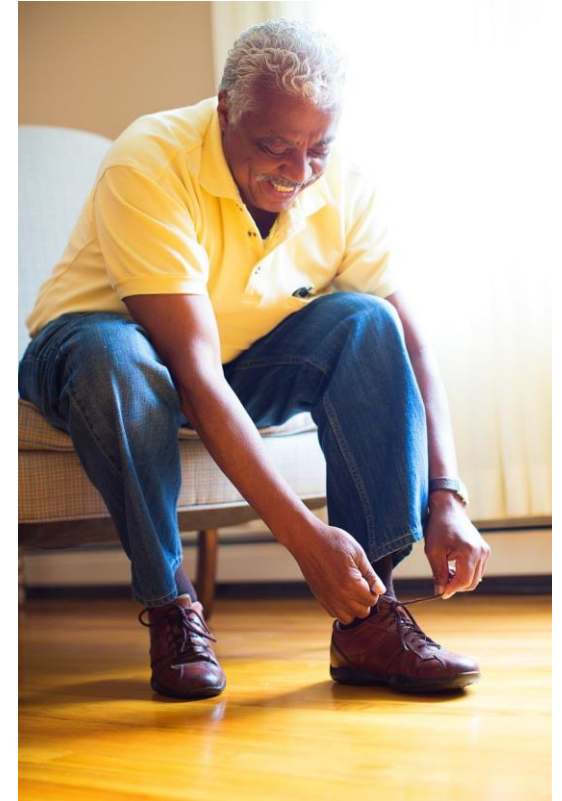
What have you heard about making your flooring safer at home?

Wear sturdy, well-fitting shoes

- Low-heeled shoes with non-slip soles are the best even indoors
- These are safer than high heels, thick-soled athletic shoes, slippers, bare, or stocking feet.

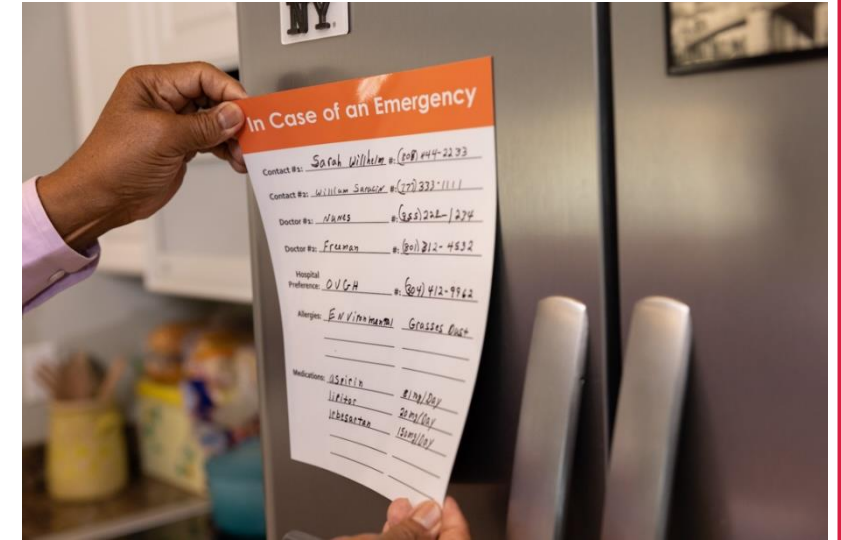
What are some things you can do to keep yourself safe while walking?

What's the worst thing that could happen if you don't wear safe footwear?

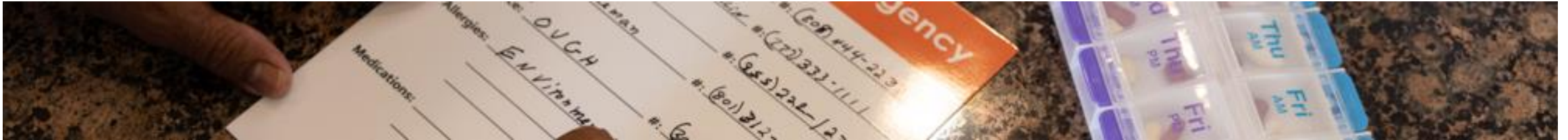


Have a list of your current medications

- Update the list as your medications/dosages change
- Put a copy on your refrigerator
- Give a copy to a caregiver, family member or friend.
- Add your emergency contacts and health care provider information



Review your medications with your doctor



- Some medications can make you sleepy
- Some medications impact your balance
- Some medications interact negatively with alcohol and other drugs
- Take your medications as directed

Consider a medical alert device

If you live alone or are alone for long periods of time

- Monthly subscription
- Wearable device
- Push button in emergency



Questions about the Falls Messages?

Let's Review:

- Name one change you can make in your own home to reduce your risk of falling.
- Why does regular exercise reduce one's risk of being injured in a fall?
- Why is our fall prevention program targeted at folks age 65 and over?

Thank you for your time

Add local information here:

Local FD

Local Senior Center

