

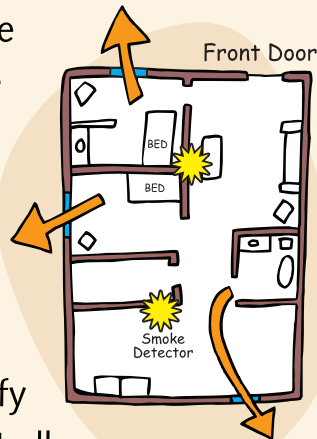


## Did You Know?

-  Americans 65 and older have the highest rate of dying in a fire.
-  The leading cause of fire deaths among elders is smoking in bed and misuse of space heaters.

## Your Local Fire Department

Florida's local fire departments are elder friendly. Contact your local fire department to plan an escape route and identify fire hazards. Not all local fire departments provide secondary services, so call your local fire department for information.



## Do You Have Escape Plans?

- ▶ Ask someone to assist you with making an escape plan.
- ▶ Practice regular fire drills and, when possible, have two exits from each room.
- ▶ Make sure all windows and doors can be quickly unlocked and keep keys within sight of the door.
- ▶ Be sure all security devices such as window bars can be operated from the inside.
- ▶ Install ramps to outdoors, if needed for quick escapes.



Special thanks to  
Captain Beth Hardee  
Alachua County Fire Rescue  
Gainesville, Florida

For more information regarding injury prevention, please contact:  
Health Promotion and  
Disease Prevention Program  
Department of Elder Affairs  
(850) 414-2000

## INJURY PREVENTION PROGRAM

# FIRE SAFETY TIPS for Florida's Elders

Florida Injury Prevention  
Program for Seniors

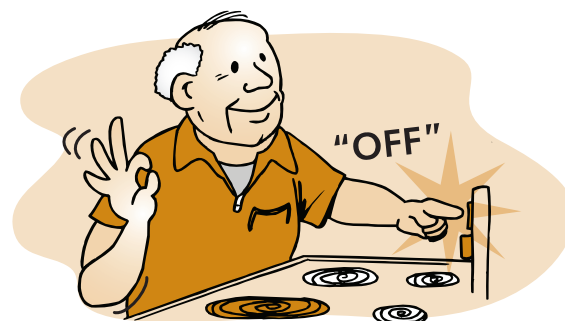
## We All Need Smoke Alarms

- ▶ A smoke alarm is the single most important item to protect you before and during a fire.
- ▶ Place smoke alarms on every floor of your home, especially outside of each sleeping area.
- ▶ Replace batteries yearly or when the low battery alarm sounds.
- ▶ Keep smoke alarms clean and free of dust.
- ▶ Periodically test your smoke alarm.
- ▶ If you cannot install your smoke alarms, contact your local fire department or Elder Helpline at 1-800-96-ELDER (1-800-963-5337).



## Safety in the Kitchen

- ▶ Do not leave the kitchen when stove burners are on high.
- ▶ Check stove often to ensure burners are off.



- ▶ Wear short sleeves or tight fitting tops when cooking on the stove.
- ▶ Do not store flammable or combustible items in cabinets above the stove.
- ▶ Do not store pots and pans or food in the oven.

## Inside the House

- ▶ Have house wiring checked. Faulty wiring can cause serious electrical fires.
- ▶ Overloading your electrical outlets can cause a fire to start.
- ▶ A frayed cord can cause injury as well as fires.
- ▶ Choose furniture items that have fire resistant fabrics.

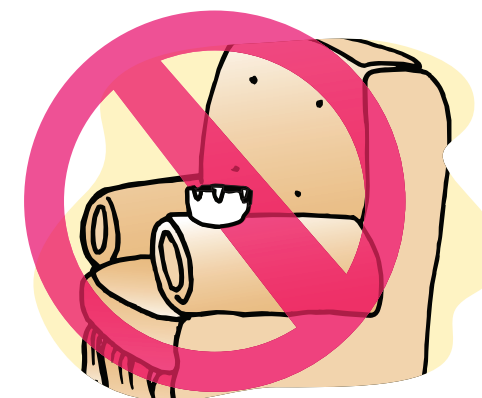


## Outside the House

- ▶ Be sure house numbers are clearly visible from the street.
- ▶ Keep trees and shrubbery cleared from the house area.
- ▶ Be sure that emergency vehicles are able to get into the driveways and close to the house.

## If You Smoke:

- ▶ **NEVER, EVER, EVER, SMOKE IN BED.**
- ▶ Don't smoke when you are drowsy.
- ▶ Use large, deep ashtrays with safety notches on the rim of the ashtray.
- ▶ Do not empty an ashtray unless you are SURE the cigarette butts are extinguished.



- ▶ Never leave an ashtray on the arm of a chair.

**FIRE SAFETY TIPS FOR FLORIDA'S ELDERS**