



## Tips to Reduce Fire Risk

In a fire, fast action and quick thinking can make the difference between life and death. Personal fitness, advanced planning, and preventive actions can save lives, property and heartache. Here are some tips to reduce home life risks.

1. **Stay fit or get fit at any age.** (Prevent losses in abilities and protect.)
  - a. overall physical strength by doing resistive and muscle strengthening activities
  - b. joint range of motion by moving all joints to their complete range every day
  - c. balance (standing, walking and sitting balance) Keep all muscles strong
  - d. body flexibility so body can react quickly to get out in an emergency
  - e. senses including vision, hearing and smell (Vision may be needed to see flames, hearing may be needed to hear alarms or strange sounds, and smell to smell burning or smoke or strange smells such as chemicals, fumes and some gases)
  
2. **Install and Maintain Smoke Alarms**
  - a. Make sure smoke alarms are installed on each level of your home, outside all sleeping areas, in any room where portable heaters are being used and in any bedroom where occupants sleep with doors closed.
  - b. Test smoke alarms monthly. (If you can't reach the little tester button, use a broom handle.)
  - c. Replace smoke alarm batteries twice a year, when daylight savings time changes. **REMEMBER: Change Clocks, Change Batteries**
  - d. Be sure to remove dust and cobwebs from smoke detectors every month.
  
3. **Develop and practice an escape plan for every room of your home.**
  - a. Develop a home fire escape plan and draw it on a grid. For a home fire escape grid, visit <http://www.nfpa.org/assets/files/PDF/FPW07/EscapePlanGrid07.pdf>
  - b. On your fire safety grid, draw the floor plan of your home, including all windows and doors, and label each sleeping area.
  - c. Indicate all working smoke alarms. (Smoke alarms should be located on every floor of your home and outside of sleeping areas.)
  - d. Plan two routes of escape from every room. Planning ahead helps to reduce the time needed to think and respond in a crisis, especially when seconds may save life!
  - e. Mark your family meeting spot, located safely away from your home so all family members or visitors know where to safely meet.
  - f. Post the escape plans on each level of your home and in locations where overnight guests and others can easily see it.

- g. Practice your fire escape plan with members of your family at least twice a year.
- h. Know how and who to call when needed.

#### **4. In the Bedroom**

- a. Keep house keys, eyeglasses, a flashlight, telephone and any personal assistive devices such as a cane, walker or hearing aids next to your bed within easy reach.
- b. Keep floor and pathways to exits uncluttered to prevent trips and falls.
- c. Keep pathways to your exits well lit.
- d. Get smolder resistant bedding.
- e. Never smoke in bed or in the bedroom. (Too easy to doze off while smoking materials are lit such as a cigarette or cigar.)

#### **5. Smoking Tips**

- a. Use large, stable "safe ash trays" when using any smoking materials such as matches, lighters, cigarettes, cigars, etc.)
- b. Make sure ashes are completely extinguished before going to bed.
- c. Never smoke in a comfortable easy chair or bed (it is too easy to doze off).
- d. Don't expect to be awakened by the smell of smoke.
- e. Don't die due to careless smoking habits.

### **Personal Emergency Evacuation Planning Checklist**

Planning and knowing your personal emergency evaluation can make the difference between life and death. Use this form, developed by the National Fire Protection Association, as a helpful guideline to plan ahead.

<http://www.nfpa.org/assets/files/PDF/Forms/Chklist.doc>