



Fire Safety for Seniors

Seattle Fire Department Fire Prevention Division

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.

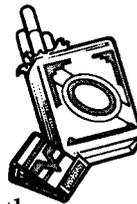


■ Unplug electrical appliances and heaters when not using them.

■ Never hang clothes near a heater to dry them.

■ Don't leave portable heaters alone or go to sleep while they are on.

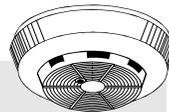
■ Make sure curtains hang well away from heat sources.



Safe Smoking

■ Never smoke in bed or while lying on the couch. Smoke only when alert—never when tired or drowsy.

(Over)



Smoke Detectors

- Should be located on every level of your home.
- Should have their batteries changed every year.
- Should be replaced if over ten years old.

Free smoke detectors are available from the Seattle Fire Department for seniors who live in their own homes. Call us at 386-1337 and we will come install working smoke detectors in your home.



Emergency Contacts

Telephone numbers change over time, so check yours for accuracy and update as needed.

Emergency Numbers

Fire, Police, Aid 911
Police
Non-emerg. ... 625-5011
City Light 625-3000

Personal Information

Emergency Contacts:

Out-of-State Contacts:

Medical Conditions:

Medications:

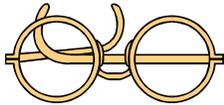


■ Use a large, sturdy ashtray or purchase a special "safety ashtray".

■ After using an ashtray, leave it on the kitchen counter or in the sink overnight before emptying. Always empty ashtrays into a nonburnable container, such as a metal garbage can.

At Bed Time

■ Keep your robe, slippers, eyeglasses and house keys close by the bed.

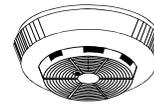


■ Check to be sure that any space heaters are turned off and heat is turned down.

■ Close your bedroom door while sleeping.

Be Prepared

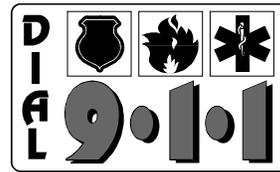
■ Install a smoke detector on every level of your home. Check smoke detectors monthly.



■ 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.



■ Call 9•1•1 from a safe location for any fire, medical or police emergency.

For People Who Don't Use Stairs

If you live in an apartment that is not on the ground floor, and you are not able to use stairs, you will need a special emergency plan. Don't use the elevators any time during a fire or fire drill.

Use stairs to exit the building. If you are unable to use the stairs, you will need to seek an area of refuge on the floor. Likely the safest place for you to seek refuge and wait for assistance is inside your apartment.

If smoke is present, observe the following survival rules.

- Use towels or clothing to block openings around doors or vents where smoke might enter. Put a wet cloth over your mouth and nose.
- If smoke or fire enters your unit, call 911 to report your location. Stay low to the floor to breathe the best air.
- It is advisable not to open or break windows. Often smoke from the outside of the building can enter through open windows. Breaking windows will put you at great risk to smoke entering from the outside, and will hamper rescue efforts below.

Safety Checklist

- Baseboard heaters do not touch any furniture or curtains.
- All portable heaters are placed at least three feet from bedding, furniture, and other flammable materials.
- You use as few extension cords and plug adapters as possible.
- Extension cords are in the open, not tacked to walls, under rugs, or through doorways.
- You keep your stove and oven clean of grease.
- You always remain in the kitchen while using the stovetop.
- You never use your oven to heat your home.
- In the event of a grease fire, you know the best response is to put a lid on the pan.
- No smoking in bed* is a rule in your home.
- Smoke detectors are installed on a ceiling or high on the wall outside of the bedroom(s) on each level of your home.
- You make certain that your smoke detector battery is changed once a year.
- You keep your robe, slippers, eyeglasses, and walking aid close by the bed while you sleep.