

Making Your Home Healthy and Safe

Fire and Burn Prevention



Be safety savvy!

Having working smoke alarms cuts your risk of dying in a home fire almost in half!

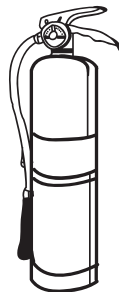
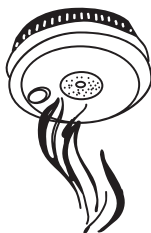
Home Safety Council

Use these inexpensive and easy tips to avoid fires and burns in the home:

Install and maintain smoke alarms and fire extinguishers

Have a trusted friend, family member, or maintenance person help you do the following:

- ✓ Put a smoke alarm in every bedroom, hallway, and on every level
- ✓ Test alarms each month by pushing the test button
- ✓ Replace alarm batteries at least once a year or use 10 year lithium batteries that will last the life of the detector
- ✓ Smoke alarms with strobe lights can help people who have problems hearing
- ✓ Have at least one fire extinguisher in your home and train yourself to use it
- ✓ When using a fire extinguisher, remember P.A.S.S. – **P**ull pin, **A**im nozzle, **S**queeze trigger, **S**weep from side to side

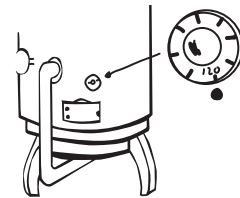


If you smoke

- ✓ Smoke outside only
- ✓ Put it out - all the way, every time
- ✓ Don't ever smoke while using an oxygen tank
- ✓ Don't ever smoke in bed

For your safety

- ✓ If you must use space heaters, keep them at least 3 feet away from anything that can burn; shut off and unplug them when you leave home or go to sleep
- ✓ Replace damaged or loose electrical cords
- ✓ To avoid scalding, lower the setting of your water heater to 120 degrees Fahrenheit or install anti-scald devices in faucets

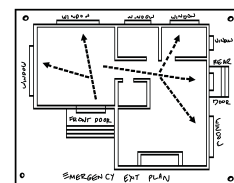


When cooking

- ✓ Set a timer as a reminder to turn off the stove or oven after each use
- ✓ Always stay in the room while cooking and refrain from cooking if drowsy
- ✓ If a pan of food catches fire, slide a lid over it and turn off the burner

Be prepared

- ✓ Plan and practice a fire escape route from every room
- ✓ In the event of a fire: leave your home immediately and call 9-1-1 from a safe place
- ✓ If your clothes catch on fire, **stop, drop** to the ground, cover your face with your hands, **and roll** over and over to put out the fire; use cool water for 3-5 minutes to cool the burn and get medical help right away



The Home SAFE Project is pleased to provide this fact sheet as part of its efforts to increase home safety awareness and activities in Los Angeles County.

RESOURCES

Eldercare Locator

Free one-stop referral resource for aging-related services in each community

www.eldercare.gov

(800) 677-1116

Los Angeles County Fire Department

Fire prevention tips including instructions for smoke alarm installation and maintenance and creating fire escape plans

www.fire.lacounty.gov

(323) 811-2411

Los Angeles Department of Aging, File of Life Program

Free to adults 60+ who live in LA County, this magnetic folder attaches to a refrigerator and provides medical information to emergency response personnel during an emergency

<http://aging.lacity.org/>

(213) 252-4030 or (800) 510-2020 toll free

Rebuilding Together Southern California

Home modifications and repairs to make homes safer for income-eligible home owners

www.RTSoCal.org

(949) 278-2911

Call your fire station for a free annual check for fire risks.

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