

# FIRE SAFETY TIPS FOR OLDER ADULTS



Statistics show that people over the age of 80 are three times more likely to be injured in a fire.

Fire reports show that fatalities occur even though in 80 per cent of these cases the residence had a working smoke alarm.



OFFICE of the FIRE COMMISSIONER  
and your LOCAL FIRE DEPARTMENT

[www.firecomm.gov.mb.ca](http://www.firecomm.gov.mb.ca)

Manitoba 

The two leading causes of fire deaths and injuries in older adults are smoking material and the misuse of portable space heaters.

## If you smoke, smoke outside.

- Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts before throwing them out or bury them in sand. Never smoke in bed or if oxygen is used in the home.

## Give space heaters space.

- Keep them at least three feet (one metre) away from anything that can burn—including you. Shut off heaters when you leave the room or go to bed.
- Plug heater into wall plug. Never use an extension cord.



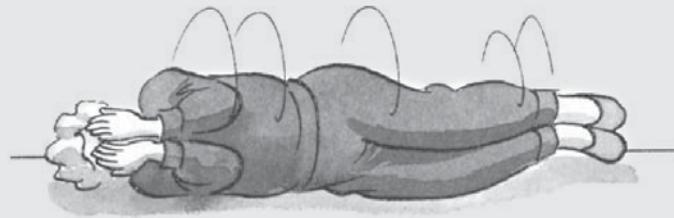
## Stay in the kitchen when frying food.

- Never leave cooking unattended. Wear form-fitting or short sleeves when cooking. 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.



## Stop, drop, and 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 to put out the fire. If burned, use cool water for three to five minutes to cool the burn. Get medical help.



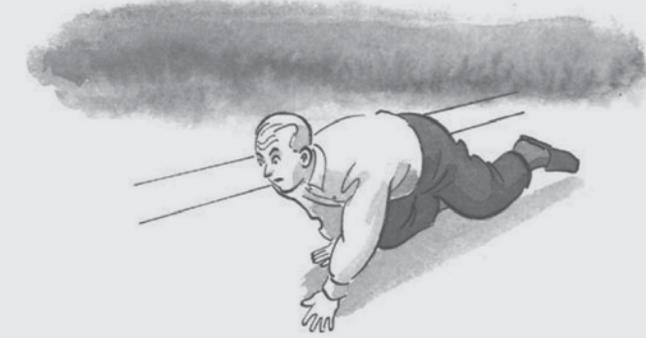
## Smoke alarms save lives.

- Have smoke alarms installed on every level of your home, inside and outside of each sleeping area. For the best protection, use interconnected alarms. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.



## Plan and practice your escape from fire and smoke.

- Know two ways out of every room. Make sure you can open all windows and doors in the plan. In a fire, get outside quickly. If there is smoke, stay low and go. Once outside, call the fire department. Wait for help outside.



## Know your local emergency number.

- Ask if it is 9-1-1 or a different number. Have a telephone near your bed in case you are trapped by smoke and fire.

## Carbon Monoxide Detector.

- Install and maintain a CO Detector outside each sleeping area and on every level of the home.
- If the CO Detector sounds, move to a fresh-air location outside of your home and call 9-1-1 or your local emergency number.

## Plan your escape around your abilities.

- Determine if anyone in the home will need assistance to get out safely. Practice the plan twice a year, both during the day and night. Have necessary items near your bed, such as glasses, your walker or your cane.