



This year, Fire Prevention Week is October 4 – 10, 2015. Fire Prevention Week exists both to raise awareness of practices that can help prevent these disasters, and to recognize the work of the fire fighters who relieve them.

This year's Fire Prevention slogan is '***Hear the beep where you sleep***'. Please review the following fire prevention material with your family – it just may save their life – and remember to thank your volunteer fire fighters for all they do for our community.

Fire Safety for Older Adults



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Ontario adults 65 years and older are at a higher risk of dying by fire than any other age group.

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Common fire scenarios involving adults 65 years and older:

1. People smoking in their living area or bedroom while sleepy. Burning cigarettes or ashes ignite furniture/bedding or clothing.
2. People reaching over a hot burner on the stove and igniting clothing.

Make sure a fire never starts by following these simple tips:

- If you smoke use large, deep ashtrays. If anyone in the home smokes, smoke outside. Never smoke in bed.
- Don't reach for danger! Wear tight-fitting or rolled-up sleeves when cooking and don't reach over a hot burner. Always stay in the kitchen when you are cooking.
- Always blow out candles before leaving the room.
- Ensure items that can burn are one metre away from space heaters.
- Avoid overloading the electrical outlets. Extension cords should be used only as a temporary connection.
- Avoid running cords under rugs, which can damage the cord and cause a fire.
- Install a smoke alarm on every storey of your home and outside all sleeping areas. Test smoke alarms once a month and replace the battery once a year, or whenever the low-battery warning sounds.
- Know exactly what to do and where to go if there is a fire. Plan and practice your escape! Develop a home fire escape plan or refer to your building's fire safety plan.
- Know your local emergency number. It may be 9-1-1 or the fire department's phone number.
- Once you've escape a fire, call the fire department from a neighbour's home.

Escape Planning

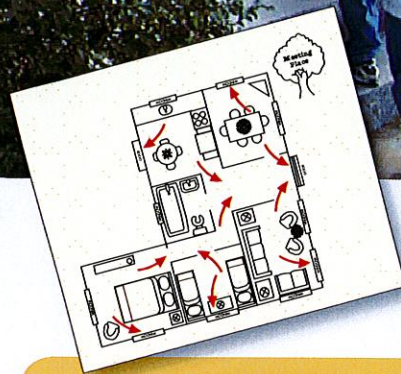
Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.



FACTS

- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Name or Organization Here

Contact Information Here

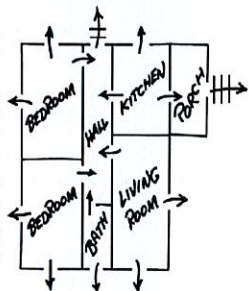
Develop a home fire escape plan today...

It could save your life tonight!

If a fire occurred in your home tonight, would your family get out safely? Everyone must know what to do and where to go when the smoke alarm sounds. Take a few minutes with everyone in your household to make a home fire escape plan, following the instructions below.



1. Draw a floor plan of your home



Use the grid on the back to draw a floor plan of your home. You should draw a plan for each level of your home.

2. Include all possible emergency exits

Draw in all the doors, windows and stairways. This will show you and your family all possible escape routes at a glance. Include any features, such as the roof of a garage or porch, that would help in your escape.

3. Show two ways out of every room, if possible.

The door will be the main exit from each room. However, if the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them to safety. If windows have security bars, equip them with quick-releasing devices.

4. Does anyone need help to escape?

Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.



5. Choose a meeting place outside

Choose a meeting place a safe distance from your home that everyone will remember. A tree, street light or a neighbour's home are all good choices. In case of fire, everyone will go directly to this meeting place so they can be accounted for.

6. Call the fire department from outside your home

Don't waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or a neighbour's home.

7. Practice your escape

Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Then hold a fire drill twice a year and time how long it takes. In a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Remember:

- Plan two ways out of every room, if possible
- Hold a fire drill twice a year
- Install smoke alarms on every storey of your home and outside all sleeping areas

If you live in a high-rise apartment building, contact the building management for information on your building's fire safety plan.

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- » Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- » Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- » There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.



FACTS

- ! Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Name of Organization Here

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Smoke Alarms



for People who are Deaf or Hard of Hearing

Smoke alarms save lives. However, people who are deaf or hard of hearing may not be able to depend on the traditional smoke alarm to alert them to a fire.

SAFETY TIPS

- ''' Smoke alarms and alert devices, called accessories, are available for people who are deaf. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high intensity strobe light is required along with a pillow or bed shaker to wake them up and alert them to fire conditions so they can escape. Currently this equipment is activated by the sound of a standard smoke alarm.
- ''' Smoke alarm alert devices, called accessories, are available for people who are hard of hearing. These accessories produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm and is usually installed next to the bed. People who are deaf may find that a pillow or bed shaker is also helpful to wake them up.
- ''' Recent research has shown that a loud, mixed low-pitched sound is more effective for waking people of all ages than the loud high-pitched sound of a traditional smoke alarm. As people age, their ability to hear high-pitched sounds decreases.
- ''' Research the available products and select one that best meets your individual needs.

WHERE TO FIND EQUIPMENT

Smoke alarms with built in or separate strobe lights can be purchased through home improvement store websites or by searching the internet for "strobe light smoke alarms." BRK/First Alert, Gentex and Kidde brands offer this type of smoke alarm. Smoke alarm accessories such as bed/pillow shakers, transmitters and receivers are available through lifetonesafety.com, safeawake.com and silentcall.com. Make sure any smoke alarm or accessory device you use has the label of a recognized testing laboratory.

FACTS

- ! People with a hearing disability may not even hear a smoke alarm.
- ! Home fire sprinklers increase the chances of surviving a fire.

AND DON'T FORGET...
All smoke alarms should be tested at least once a month using the test button.



www.nfpa.org/disabilities
www.nfpa.org/education



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