



## Fire Safety for Older Adults

People over the age of 65 face the greatest risk of dying in a fire - more than 2 ½ times that of the general population. Older adults have a higher risk of injuries from fires. The Florida State Fire Marshal wants older adults to know that there are special precautions you can take to protect yourself and your home.

The State Fire Marshal Office is providing FREE smoke alarms to our senior citizens through your local fire department.

### Install and Maintain Smoke Alarms

The chance of surviving a home fire almost doubles with the initial warning from a smoke alarm.

- Install smoke alarms on each level of your home and inside and outside sleeping areas.
- Test them monthly and replace alkaline batteries at least once a year.
- Dust or vacuum smoke alarms annually
- Replace the entire smoke alarm every 10 years

### Plan Your Escape

Developing a fire escape plan around one's capability is a key element to a fire safety!

- Have at least two exits from every room
- If you use a walker or wheelchair, check all exits to be sure you can go through the doorways
- Unless instructed the fire department, never use the elevator during a fire.
- If you live in a multi-story home, arrange to sleep on the ground floor near an exit
- Speak to your family members, building manager or neighbors about your fire escape plan and practice it with them.

### Fire Safe Cooking

Cooking fires are the number one cause of home fire in America. Many older adults also experience burn-related injuries during cooking. Prevent fire and burns by being watchful and alert when you cook.

- Don't cook if you are sleepy, have consumed alcohol, or medicine or drugs that make you drowsy.
- Stay in the kitchen when you are frying, grilling, or broiling food.
- Turn pot handles away from the stove's edge
- Never lean over a lit burner
- Wear short, close-fitting or tightly rolled sleeves while cooking.

### Be Fire-Safe Around the Home

Careless smoking is a leading cause of home fire deaths among older adults.

- If you must smoke, never smoke in bed.
- Don't overload electrical outlets or extension cords.
- Keep children, pets, and objects that can burn at least 3 feet away from radiators, space heaters, fireplaces, wood stoves, and furnaces.
- Never use an oven, stovetop, dryer, or grill to heat your home.
- Only burn candles when you are in the room.
- Keep candles at least 12 inches from anything that can burn.
- Never smoke or use a candle where medical oxygen is being used.

**Remember, the prevention of fires is up to all of us...**

**Fire is Everyone's Fight™**