



LFD Fire Safety Tips for Seniors

- **Install Smoke Alarms:** Make sure there are smoke alarms installed on every level of the house and inside each sleeping area. Test these alarms monthly to ensure they are working properly.
- **Create a Fire Escape Plan:** Develop and practice a fire escape plan with your family or caregivers. Identify two ways out of every room, preferably through doors and windows. Make sure everyone knows where to meet outside in case of a fire.
- **Keep Exits Clear:** Ensure that hallways, stairways, and exits are always clear of clutter or obstacles. This helps in swift evacuation during emergencies.
- **Know How to Use Fire Extinguishers:** If you have fire extinguishers in your home, ensure that you and your family members know how to use them properly. Remember the PASS technique: Pull the pin, aim at the base of the fire, Squeeze the handle, and sweep from side to side.
- **Practice Kitchen Safety:** Most house fires start in the kitchen. Avoid leaving cooking unattended and keep flammable items such as dish towels and curtains away from stovetops. If a grease fire occurs, smother it by carefully sliding a lid over the pan and turning off the heat.
- **Be Cautious with Heaters:** If you use portable heaters, ensure they are kept at least three feet away from anything that can burn, such as curtains, furniture, or bedding. Never leave heaters unattended or on overnight.
- **Smoking Safety:** If you smoke, make sure to do so safely. Use deep ashtrays and never smoke in bed or when drowsy. Ensure all cigarettes are fully extinguished before discarding them.
- **Stay Connected:** Ensure that your telephone or cell phone is accessible near your bed in case you need to call for help during a fire emergency. Consider having a personal emergency response system if you live alone.
- **Know Your Abilities:** Be aware of your physical limitations and plan accordingly. If you have mobility issues, ensure that someone can assist you during an evacuation.
- **Regularly Review and Update:** Fire safety practices should be reviewed regularly and updated as needed. Adjust based on changes in your living situation or health condition.

Remember, fire safety is everyone's responsibility. By taking proactive measures and staying informed, you can greatly reduce the risk of fire-related incidents in your home.