

FIRE SAFETY FOR THE HOME:

Fire is dangerous. Every 45 seconds in the United States, someone's home catches fire. More than 5,000 lives are lost to fires each year, and more than 20,000 persons suffer injuries due to fire. The National Fire Protection Agency (NFPA) has some tips as ways to improve fire safety in your home.

- **INSTALL and MAINTAIN SMOKE DETECTORS:**
 - They should be installed on every level and outside of each sleeping area.
 - Change the batteries at least twice per year. Typically done the same time you change your clocks.
 - Test the detector once a month
 - Replace your detector after 10 years.

- **PLAN and PRACTICE TO ESCAPE A FIRE:**
 - Have at least two ways to get outside from each room in your home, especially bedrooms.
 - Practice your escape plan at least twice a year
 - Get out right away as fast as possible and don't stop for anything. Stay outside until you are sure it is safe to go back inside.
 - Have a meeting place outside prearranged, so you'll be sure everyone is out of the home.
 - Never use an elevator. It might take you right to the fire.

- **KNOW HOW TO DEAL WITH SMOKE:**
 - If you encounter smoke, use an alternate escape route
 - If you must exit through smoke, keep low where the air is cleanest (1-2 feet above the floor) and crawl on your hands and knees to safety. Cover your mouth and take short breaths.

- **KEEP AN EYE ON SMOKERS:**
 - Don't let anyone smoke in bed or when sleepy
 - Put water on butts before discarding
 - Before bed or leaving home, check under and around sofa cushions for smoldering cigarettes

- **BE A CAREFUL COOK:**
 - Never leave cooking unattended
 - Keep cooking area clear of items that will catch fire.
 - Never put foil or metal in a microwave
 - Keep pot and pan handles turned inward so they won't be knocked over.
 - If there is a grease fire, carefully slide a lid over the pan to smother the flames and turn off the burner
 - Wear short or tight-fitting sleeves to cook.

- **GIVE PORTABLE AND SPACE HEATERS THE SPACE THEY NEED:**
 - Keep heaters at least three feet away from anything that can burn.
 - Keep children and pets away from the heaters.
 - Always turn heaters off when leaving home or going to bed.

- **REMEMBER, MATCHES and LIGHTERS ARE NOT TOYS:**
 - Use child-resistant lighters
 - Store matches and lighters up high where children cannot reach them-preferably in a locked cabinet.
 - Teach children that matches and lighters are tools for adults, not toys for children.

- **TAKE CARE OF A BURN RIGHT AWAY:**
 - Immediately place the burned area in cool water for 10-15 minutes.
 - If a burn blisters or chars, see a physician immediately.

- **BE CAREFUL WITH ELECTRICITY:**
 - Replace cracked or frayed electrical cords
 - If an appliance smokes or smells hot, unplug it right away and have it repaired
 - Don't overload extension cords or run them under the rug
 - Don't tamper with fuse boxes or use fuses of the wrong size.

- **KNOW WHAT TO DO IF YOUR CLOTHES CATCH FIRE – STOP, DROP, AND ROLL!**
 - **STOP** where you are. Never run
 - **DROP** to the ground. Cover your face with your hands to protect face and lungs
 - **ROLL** over and over to smother the flames.