FIRE SAFETY

Equip your home with smoke and carbon monoxide detectors:
- Install smoke alarms on every level of your home and inside each bedroom
- Include the installation of several carbon monoxide detectors
- Kitchen smoke alarm should be at least 10 feet from stove to avoid false alarms
- Test devices monthly to ensure they are working properly
- Use strobe lights and bed shaker devices for those with hearing loss
- Replace batteries annually on all devices; replace devices after 10 years

Make an Escape Plan:
- Plan two ways to escape from each room
- Make sure all doors and windows leading outside open easily
- Identify secondary routes of escape
- If you live in a multi-story building, plan to use the stairs – never the elevator
- Designate an outside meeting place a safe distance from the building where everyone should meet
- Teach children never to hide during a fire, and how to escape on their own in case you can’t help them
- If you have pets and are unable to locate them during a fire, leave all exit doors open
- Practice:
  » Getting out with your eyes closed, crawling low to the floor and keeping your mouth covered
  » Closing doors behind you
  » How to “stop, drop and roll” if your clothes catch on fire
  » Testing door handles to see if they are hot before opening them

CALL 911 – Teach your children and all household members how to call for HELP!
MINIMIZING SAFETY RISKS AT HOME

• **Child Proof** your home:
  » Apply locks to cabinets that contain medicines and toxic items
  » Store tools and sharp objects in a safe and secure place out of reach to children
  » Have a first aid kit well stocked and available in an accessible location
  » Be sure to keep children away from stoves and all heating elements

• **Be Alert** at all time – get enough sleep.

• **Pick Up Spills** immediately to avoid possibly falls or injuries.

• **Develop a Home Safety Plan** and practice different ways to exit your home.

• **Fire Alarms and Carbon Monoxide Detectors** – Test monthly, change batteries annually.

• **Remove Clutter** from floors, halls and entry ways to provide safe pathways.

• **Vehicle Safety** – Wear seat belts and properly secure children in car/booster seats.

• **Safety Helmets** – are required to be worn by children and adults.

• **Water/Pool Safety:**
  » Learn how to swim!
  » Never swim alone; children need to be supervised at all times
  » Install a pool barrier (fencing), alarm and safety net/cover
  » Keep chemicals/cleaning products under lock and key
  » Deflate and remove inflatables and ladders when not in use
  » Life jackets are required when riding in any type of water vessel

• **Window Safety** – Loose or looped window cords pose a risk for strangulation – go cordless.

• **Safety Rails** – in bathrooms, stair and entry ways to assist with balance concerns.

• **Bed rails** – should be considered to avoid any concern for falls.

• **Electrical** – Replace all frayed electrical cords and cap off unused electrical outlets.

• **Poison Control Center** – Always keep this number handy (1-800-222-1222).

• **CPR** – Consider taking a CPR course to learn how to administer life-saving measures.

• **Cell Phones** - Keep them well charged and handy for any emergency needs.

• **Emergency Phone List** – Post a listing of phone numbers for emergency use.

911 – Teach your children and all household members how to call for HELP!
SAFETY SCAVENGER HUNT

It’s important to stay safe so we can keep doing the things we enjoy. What are your favorite things to do together with your family?

Fire Safety
Find all the smoke detectors in your house. How many did you count? Do they all work? Why is it important to have working smoke detectors?

Power Outage Safety
What do you do if the power goes out in your home? Find all the flashlights in your house. How many do you have? Do they work?

First Aid Safety
Find your family’s first aid kit. What’s in it? Name some other items that can be added to your kit?

Escape Plan Safety
Do you have an escape route out of your house during an emergency? Practice this escape route with your family and then have a second backup route in place. Find a safe meeting spot for your family outside of your home. Practice meeting up in this spot!