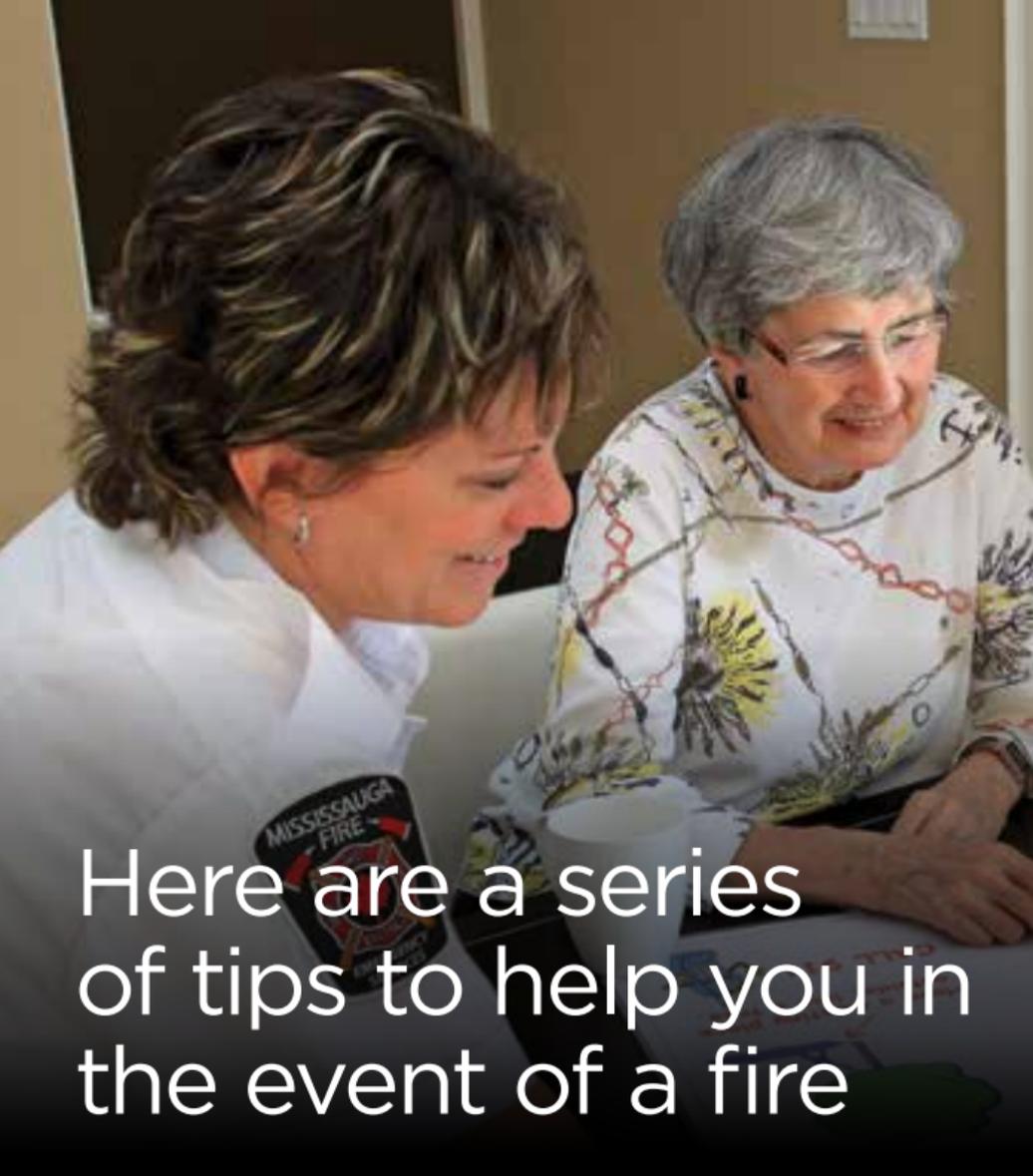


MFES READY *Make your home fire safe*

Fire Safety Tips for Older Adults



**Mississauga Fire
& Emergency Services**

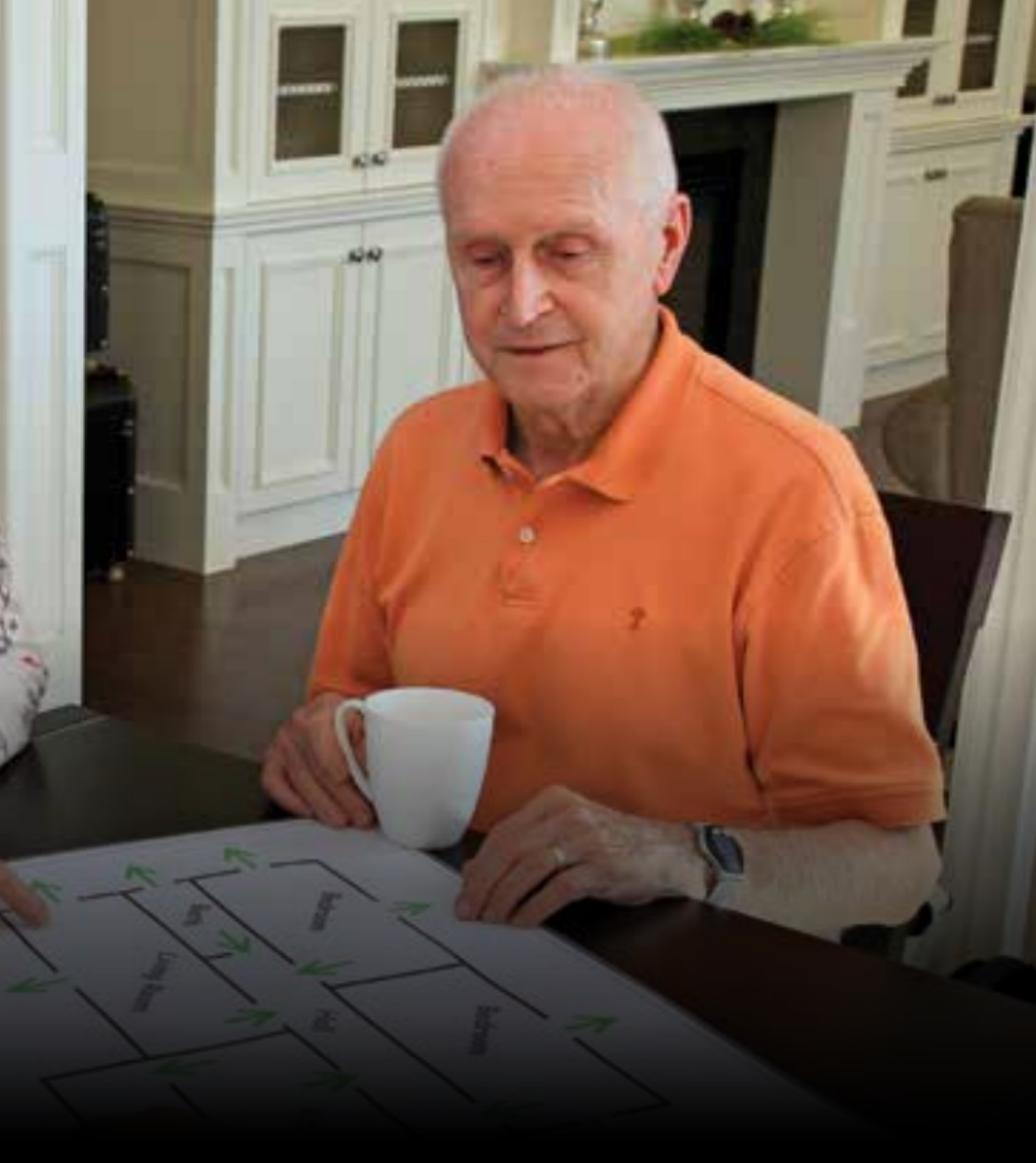


Here are a series of tips to help you in the event of a fire

Smoke alarms save lives



- Have smoke alarms installed on every level of your home, inside each bedroom and outside each sleeping area. For the best protection, make sure the alarms are interconnected so when one sounds, they all sound.
- Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms.
- Replace all alarms that are 10 years old or older.
- If you're hard of hearing and remove your hearing aids to sleep, consider purchasing a strobe alarm and/or a bed shaker.
- Be sure to install carbon monoxide alarms outside each sleeping area and on every level of the home.



If your clothes catch fire: Stop, drop and roll

- Stop (don't run), drop gently to the ground and cover your face with your hands. Roll over or back and forth to put out the fire. If you can't drop and roll, use a nearby blanket or towel to smother flames.
- If you use a wheelchair, scooter or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out.
- As a bystander, consider grabbing a rug, blanket or fire blanket to help extinguish the flames.
- Get medical help right away. If possible, hold the burned area under cool water or apply a cool, wet compress on the burn for 3-5 minutes.

Stay in the kitchen when cooking

- If you have to leave the kitchen while you're cooking, make sure to turn the burner off – even for short periods of time. Take a timer, oven mitt or wooden spoon with you as a reminder that you have something cooking.
- Wear tight-fitted clothing or short-sleeved shirts when cooking to avoid your clothing catching fire.
- Try using a timer and lightweight pans. Use oven mitts to handle hot pans.
- If your pan of food catches fire, slide a lid over it and turn off the burner.
- Don't cook if you've been drinking or taking medication. If you're taking new medication, avoid cooking until you know how it affects you.



Smoke outside

- Use large, deep ashtrays that can't be knocked over. If it wobbles, it won't work.
- Make sure cigarettes butts and ashes are out by soaking them in water or sand. Avoid placing butts in vegetation like mulch, potted plants, peat moss, dried grasses, leaves or other things that could ignite easily.
- **Never** smoke if medical oxygen is used in the home. It can cause materials to ignite more easily and make fires burn at a faster rate than normal.



Give space heaters space

- Keep space heaters at least one metre away from anything that can burn – including you.
- Shut off and unplug heaters when you go to bed or leave your home.
- Always plug space heaters directly into a wall outlet. Never plug them into an extension cord or power strip.



Plan and practise your escape

- If possible, plan two ways out of every room in your home and two ways out of your home.
- Make sure windows and doors open easily.
- If the smoke alarm sounds, get outside and stay outside.



Plan your escape around your abilities

- Have a landline telephone or a cell phone with a charger near your bed with the local emergency number written down nearby in case you are trapped by smoke or fire.
- Have other necessary items near your bed, such as medications, glasses, wheelchair, walker, scooter or cane.
- Keep a flashlight and a whistle near your bed to signal for help.
- Consider subscribing to a medical alert system which will provide you with a button you wear around your neck or wrist. In an emergency, push the button and the service will send emergency responders.
- If you have mobility issues, consider moving your sleeping area closer to the exit. If your bedroom is on the second floor, move it to the first floor. If your bedroom isn't near a front or back door exit, move it closer to one.



Know your local emergency number

- Your emergency number is 9-1-1.
- Once you have escaped a fire, call the fire department from a neighbour's phone or a cell phone.
- In case of a medical emergency, have other emergency contact numbers, like your neighbour or family member, near the phone to call for assistance while waiting for first responders to arrive.



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For further information, please
contact Mississauga Fire &
Emergency Services

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