

Retire Fire

Fire Safety Tips for Older Adults



- 1. Make a plan.**
You must know what to do and where to go in the event of a fire. If you live in a high-rise, check the building's fire safety plan.



- 2. Smoke alarms save lives.**
Install a smoke alarm on every level of your home. If you sleep with your

bedroom door shut, install one inside your bedroom. Check your smoke alarms once a month; this can be done easily with the end of a broom. Change their batteries twice a year.

- 3. Cook with caution.**
If you must answer the phone or the door while you are cooking, turn the stove off, or take a potholder or a spoon to remind you. Use the front burners first to cook on, turn pot handles inward, and roll up loose sleeves. If a pot catches fire, cover it and turn off the heat.

- 4. Never leave a burning candle unattended.**

5. Use deep ashtrays.
If you smoke, always make sure your cigarette butts are dead cold. Never smoke in bed, when you are drowsy, or on medication.

6. Allow portable heaters space.
Keep heaters at least three feet (one metre) from everything, including yourself.

7. If your clothing catches fire . . .
. . . drop to the ground, cover your face, and roll over and over until the flames are extinguished. If you are unable to drop to the ground, use a towel,

or clothing to suffocate the flames.

8. Prevent scalds and burns.
Have the hot water heater adjusted so that the temperature does not exceed 120 degrees Fahrenheit (49 degrees Celsius). Fill tub to desired level and check the water temperature before completely stepping into the bathtub.

9. Treat a burn.
If you are accidentally scalded or burned, run the affected area under cool water for 10-15 minutes.

10. Crawl low under smoke.
Most fire victims die from smoke inhalation. Stay low where the air is easier to breathe because smoke rises. Crawl low to escape to safety.

11. Contact your local fire services.
If you have any questions or concerns, please call your local fire and emergency services:

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