

Speak Up For Seniors

Speak to your family members, building manager, or neighbors about your fire safety plan and practice it with them.

Contact your local fire department's non-emergency line and explain your special needs.

The fire department will probably suggest escape plan ideas and may perform a home fire safety inspection and offer suggestions about smoke alarm placement and maintenance.

Ask emergency providers to keep your special needs information on file.

Live Near an Exit

Although you have the legal right to live where you choose, you'll be safest on the ground floor if you live in an apartment building.

If you live in a multi-story home, arrange to sleep on the ground floor, and near an exit.

Free In-Home Assessment from Visiting Angels

Your local Visiting Angels agency can provide you with Peace of Mind and perform a free in-home safety assessment at your convenience.

The safety and security of seniors is our first concern at Visiting Angels so call today.

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St. Louis Park, MN

Fire Safety For Seniors

*Why Seniors Are at Risk
and What to Do About It*



**A guide for family, friends
and loved ones**

*from
America's Choice in Homecare™*

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Eighty-two Percent of all Fire Deaths Occur in the Home

People over the age of 65 are one of the groups at highest risk

Did You Know

Eighty-two percent of all fire deaths occur in the home. People over the age of 65 are one of the groups at highest risk of dying in a fire. People age 65-75 are twice as likely as the general population, 75-85 are three times as likely, and 85+ are four and one-half times as likely to be killed in a house fire.

Fire Life-Saving Tips

- ★ Install a smoke alarm on every level of your home.
- ★ Test smoke alarm batteries every month & change them at least once a year.
- ★ Consider installing a 10-year lithium battery powered smoke alarm, which is sealed so it cannot be tampered with or opened.
- ★ Develop and practice a home fire escape plan.

Go Room to Room: Kitchen

The kitchen is a high danger zone for fire, so be extra cautious when cooking.

- ★ Remember not to leave food unattended and don't wear loose clothing when cooking.
- ★ Never use the range or oven to heat the home.
- ★ Double-check the kitchen to be sure the oven and all small appliances are turned off before going to bed or leaving the house.
- ★ Don't overload electrical outlets.
- ★ Always keep dish towels away from all appliances and electrical outlets.

Go Room to Room: Bedroom

Each year, fire claims the lives of 4,000 people and injures approximately 20,000. Bedrooms are a common area of fire origin. Nearly 600 lives are lost to fires that start in bedrooms. Many of these fires are caused by misuse or poor maintenance of electrical devices, such as overloading extension cords or using portable space heaters too close to combustibles. Many other bedroom fires are caused by children who play with matches and lighters, careless smoking among adults, and arson.

The United States Fire Administration (USFA) and the Sleep Products Safety Council (SPSC) would like you to know that there are simple steps you can take to prevent the loss of life and property resulting from bedroom fires.

Appliances Need Special Attention

Bedrooms are the most common room in the home where electrical fires start. Electrical fires are a special concern during winter months which call for more indoor activities and increases in lighting, heating, and appliance use. Do not trap electric cords against walls where heat can build up. Take extra care when using portable heaters. Keep bedding, clothes, curtains & other combustible items at least three feet away from space heaters. Only use lab-approved electric blankets and warmers. Check to make sure the cords are not frayed.

Tuck Yourself In For A Safe Sleep

Never smoke in bed.
Replace mattresses made before the 1973 Federal Mattress Flammability Standard. Mattresses made since then are required by law to be safer.
Finally, having working smoke alarms dramatically increases your chances of surviving a fire. Place at least one smoke alarm on each level of your home and in halls outside bedrooms. And remember to practice a home escape plan frequently with your family or a neighbor.

Older Adults Are At Risk . . .

Decreased mobility, health, sight, and hearing may limit a person's ability to take the quick action necessary to escape during a fire emergency.

Depending on physical limitations, many of the actions an individual can take to protect themselves from the dangers of fire may require help from a caregiver, neighbor, or outside source.

If you use a walker or wheelchair, check all exits to be sure they can go through the doorways. Make any necessary accommodations, such as providing exit ramps and widening doorways to facilitate an emergency escape. Unless instructed by the fire department, never use an elevator during a fire.

