



Senior Fire Safety

Proudly Serving Issaquah, North Bend, Sammamish and Fire Districts 38 & 10, which includes Carnation

Americans over the age of 65 have a fire death rate nearly twice the national average. For those over 75, this jumps to three times the national average. Whether living independently or in a care facility, there are steps seniors can take to remain safe from fire.

Kitchen Caution

- Don't leave food unattended on the stove. If you must leave the kitchen, take a wooden spoon or potholder as a reminder. Better yet, turn off the heat under the food.
- Wear short or close fitting sleeves and an apron to avoid catching clothes on fire.
- When cooking, keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.
- Clean the stove and toaster regularly to avoid grease and crumb buildup.
- Use potholders, not towels, to handle hot pans and dishes.
- Don't use the oven to heat your home.

Heating Hazards

- Keep everything at least one foot from any heat source.
- Unplug electrical appliances and heaters when not using them.
- Never hang clothes near a heater to dry them.
- Don't leave portable heaters on in empty room or go to sleep while they are on.
- Make sure curtains hang well way from heat sources.

Smoking

- Never smoke in bed or while lying on the couch
- Smoke only when alert. Avoid smoking if you are taking medication that makes you tired or drowsy or while drinking alcohol.
- Use a large, sturdy ashtray or purchase a special safety ashtray.
- After using an ashtray, leave it on the kitchen counter or in the sink overnight before emptying. Make sure they are completely cool before disposing of them. If

you are in doubt flush them down the toilet.

At Bed Time

- Keep your robe, slippers, eyeglasses, and house keys near the bed.
- Check to be sure that any space heaters are turned off and unplugged.
- Close your bedroom door while sleeping.

Preparation Ahead of Time

- Install a smoke alarm on every level of your home.
- Check smoke alarms monthly.
- Change the batteries in your smoke detectors at least once a year.
- If you are unable to afford a smoke detector or need assistance in maintaining your smoke detector Eastside Fire & Rescue may be able to assist you. Please call the Community Liaison Officer at 425-313-3247 for more information.
- Plan your escape routes (two from every room, if possible) in case a fire does strike. Locate two exit stairways in the building if you live on the second floor or higher.
- Never use elevators in a fire.

Calling 9-1-1

- Place a 911 sticker on your phone so that you will always have the number at your fingertips during an emergency.
- Call 911 from a safe location for any fire, medical or police emergency.
- Stay on the phone until the 911 operator tells you it's OK to hang up.