



**Presents a “Guide to Fire Safety Education”
A teaching manual for
Educators, Parents & Caregivers**

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How to Use This Manual

The Guide to Fire Safety Education provides information for individuals who present fire safety education programs to the public. Those new to fire safety education as well as the seasoned fire safety educator will find this manual useful. This manual is intended to be a guide of recommended fire safety education messages to ensure a consistent message is taught throughout the state. It is also meant to give helpful tips to the educator to ensure an effective presentation. Many of these tips are lessons learned to help you avoid the mistakes made by educators before you.

As you read, you will notice two different bullet points. Bullet points indicated by • are messages to present to your audience. Bullet points indicated by ➤ are tips to the educator. You will find additional tips to the educator at the end of each section.

Each section targets a different age group. It is **NOT** intended that you cover all the messages listed for the age group during a single presentation. Consider the attention span of your target audience when preparing for a presentation. Time allowed for the presentation will also restrict the amount of information you can effectively present. It is recommended that you consult the person scheduling the presentation to assist with the decision of presentation content.

Preschool-Kindergarten

Know your emergency number

Limit Information

- **Young children can only process so much information at a time. Your lesson will be more effective if you can limit your teaching to only 10 minutes and one subject each session.**

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the children know that number. If you feel your emergency number will be too hard for them to learn in such a short time, skip this lesson.
 - It is important to stress that 9-1-1 is only for emergencies. Give examples of emergencies and non-emergencies. Even then, children may “practice” calling 9-1-1 when they get home.
 - Always tell the children to call nine-one-one; never tell the children to call nine eleven because there is no “11” button on the phone.
 - Use a 9-1-1 simulator or unplugged phone to allow the children to practice. Explain that you are using a pretend phone to practice, and they should only call 9-1-1 if they have an emergency. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
 - Children need to learn their home address and phone number.
- Answer all questions you are asked. Teach that “I don’t know” is a good answer when you do not know the answer.

Smoke alarms

- When you hear the smoke alarm, go to your outside meeting place.
- Know the sound.
 - Some children may have never heard the sound of a smoke alarm. Test a smoke alarm so the children will know the sound.
 - Warning the children that the sound will be loud can keep them calm.

- You can hold the alarm next to your body or cover part of the alarm with your hand to reduce the volume in a class. It is still wise to let them hear it at full volume during your presentation.
- Get out and stay out.

Making a safe escape during a fire

- When a smoke alarm sounds, get out and stay out.
- If you must escape through smoke, get low and go under the smoke.
- Go to your outside meeting place.

Firefighters are friends

- Firefighters are friends and helpers.
 - Never tell children that the fire fighters are coming to get them. This can make them fear the fire fighter. It is better to say, “The fire fighter will help you get out.”
- They have special training that keeps them safe in a fire.
- They have special clothes that keep them safe in a fire.
 - Show the children what the firefighter looks like when they fight a fire.
 - Always use clean turnout gear. The toxins on dirty turnout gear are unsafe. It is best to have turnout gear that has never been in a fire (if possible).
 - Always put turnout gear on in front of the children slowly. Remember, you are not responding to a fire; you are teaching children that firefighters are their friends. **Never enter the room fully dressed.**
 - Allowing the teacher to dress in the gear may decrease the children’s fear.
 - Never allow the children to put on adult turnout gear. It is too large for them and could hurt them, especially the helmet.
 - Explain each piece before putting it on.
 - Allowing the students to touch the items can calm their fears (if the gear is clean).
 - Relating the equipment to common items and explaining how it is different will calm some fears. (Ex. SCBA is like the backpack the children except is has a tank that holds clear air for fire fighters to breath in the smoke. The SCBA mask is like a Halloween mask except it keeps the fire fighters face safe in a fire. It also helps them get the clean air from the tank.)
 - Breathe through the SCBA so the children will be familiar with the sound of the firefighter. You may relate this to Darth Vader.
 - Before putting on the SCBA, place the mask in front of your face and remove it a couple times to allow the children to see that it is still the same person, not a monster.

- Remove the turnout gear in front of the children so they can see that is a person in the gear.
- If a child becomes fearful, have the teacher remove them from the classroom. If you have time, you may contact the teacher to see if a face to face meeting without any gear on would help relieve some of the fear.
- Never force a fearful child to touch the firefighter or any other item they are fearful of.
- Repeatedly reminding the children during the dressing and undressing process that this firefighter is their friend and he is not scary can help. (Say things like, Firefighter X is almost ready to help you, or Firefighter X isn't scary at all, is she? Refrain from saying thing like, Firefighter X may look scary, but...)

Tools not Toys

Hot things can hurt you

- Stay away from things that can get hot and can hurt you.
 - Fill a container with tools and toys. Include items that are not hot but may get hot. Ask a fire fighter or other adult to sit on one side of you; ask a child to sit on the other side. As you remove each item from the container, ask the children to identify it as a tool or toy. Give the tools to the fire fighter or other adult; give the toys to the child.
- These are tools for grown-ups, not toys for children:
 - ♦ Fire
 - ♦ Stove
 - ♦ Microwave
 - ♦ Iron
 - ♦ Curling iron
 - ♦ Heater
 - ♦ Fireplace
 - ♦ Grill
 - ♦ Matches
 - ♦ Lighters
 - ♦ Etc.

Matches and lighters

- Matches and lighters are tools for grown-ups not toys for children.
 - Never use a match or lighter in front of children.
 - Never give matches or lighters to the children.
- If you find matches or lighters, leave them alone and tell a grown up right away.
- Never touch matches or lighters.

Hot things Can Hurt Alternative

- A similar theme would be to focus on stay away from things that can get hot and can hurt you. This is very appropriate for preschool children. Show things that are or could be hot and things that are not. Tell the children if they are Hot or Cool. Teach children to take three steps back away from something that is “Hot”. Show the items again and have the children take three steps back from the “Hot” items and then return to their place when you put the item away. Have them sit when you show a “Cool” item.

Fire extinguishers

- Never teach children of this age how to use a fire extinguisher. Fire extinguisher demonstrations are not effective with the age group. Focus on the basics.

Tips to the educator

- If possible, visit the classroom prior to the presentation. The children will become familiar with you and be less frightened of you.
- **Get on their level.** Sit on the floor or in a chair to be at or near the children's eye level.
- **Teach the parents.** At this age, children are too young to escape on their own. Parents must be responsible for the children's safety. Parents must also be responsible for smoke alarm testing and maintenance.
- **Children learn from repetition.**
 - Repeat the message at least three times.
- It is also a good idea to review with the children by asking questions about the lessons to ensure they learned correctly.
- **Tell the children what to do.**
 - When possible, do not tell them what not to do. At this age, children do not always understand "not". Ex. If you tell a child "do not touch matches", they only understand "touch the matches". It is better to tell them "if you find matches, leave them alone". If you tell a child "do not hide", they only hear "hide". It is better to tell them "get outside".
- **Never force children to do things they are afraid to do.**
- **Keep messages simple.**
 - Never use big words. Ex. When showing the fire truck, children do not understand "the truck holds 1,250 gallons of water". At this age they do not know what a gallon is, nor do they understand how much 1,250 is. Instead of saying "SCBA" or "self-contained breathing apparatus", say air bottle or air tank. When it is necessary to use a big word, give a simple definition. Ex. Emergency is a big word that means you need the fire department, police department, or ambulance really fast.
 - It is best to cover only one message during a visit when teaching these children. They likely cannot comprehend more than one message during a visit.
- **Be careful about allowing the children to operate the hose.** Some experts believe that this confuses the children. You have just taught them to get out of a fire, but they now think that they should spray water on fire because you have taught them how to use the hose. **Never allow children to extinguish a fire.**
- **Use props** such as a black sheet (smoke) and tree (meeting place) to allow the children to practice a fire drill in the classroom.

1st-2nd grade

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the children know what the number is.
 - It is important to stress that 9-1-1 is only for emergencies. Give examples of emergencies and non-emergencies. Even then, children may “practice” calling 9-1-1 when they get home.
 - Always tell the children to call nine-one-one; never tell the children to call nine eleven because there is no “11” button on the phone.
 - Use a 9-1-1 simulator or unplugged phone to allow the children to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
 - Children need to learn their home address and phone number.
- Answer all questions you are asked.

Smoke alarms

- Have smoke alarms near the bedroom where you can hear it when you sleep.
 - Explain to the children that our noses go to sleep when we go to sleep. We need a smoke alarm to smell for the smoke and let us know if there is a fire.
- When you hear the smoke alarm, go to your outside meeting place.
- Know the sound.
 - Some children may have never heard the sound of a smoke alarm. Test a smoke alarm so the children will know the sound.
 - Warning the children that the sound will be loud can keep them calm.
 - Tell them to ask a grown-up to test their smoke alarm at home because their alarm may sound different than yours.
- Get out and stay out.

Making a safe escape during a fire

- When a smoke alarm sounds, get out fast and stay out.
- If you must escape through smoke, get low and go under the smoke.

- Know at least two ways out of every room. The door is the best way out. If the door is blocked by heat, smoke, or fire, use the window.
 - ♦ Before opening a door, feel the door and doorknob. If it is hot, use your second way out.
 - ♦ If the door is cool, open it a little to see if there is smoke and fire.
 - ♦ If you see smoke or fire, close the door and use your second way out.
 - ♦ If there is no smoke or fire, continue through the door closing it behind you.
- Have an outside meeting place in front of the house away from the home where everyone should meet.
 - If asked about bedrooms on the second or third level, explain that an escape ladder may be purchased.
- Get out and stay out. Never go back inside.
 - If asked about pets, remind the children that pets will usually escape before people. If not, tell fire fighters the pet may be trapped inside. Fire fighters have special clothes that keep them safe while they search for a trapped pet; children do not have these special clothes.
- Practice the plan with everyone in your home at least twice a year and at least once at night with the lights off.

Firefighters are friends

- Firefighters are friends and helpers.
 - Never tell children that the fire fighters are coming to get them. This can make them fear the fire fighter. It is better to say, “The fire fighter will help you get out.”
- They have special training that keeps them safe in a fire.
- They have special clothes that keep them safe in a fire.
 - Show the children what the firefighter looks like when they fight a fire.
 - Always use clean turnout gear. The toxins on dirty turnout gear are unsafe. It is best to have turnout gear that has never been in a fire (if possible).
 - Always put turnout gear on in front of the children slowly. Remember, you are not responding to a fire; you are teaching children that firefighters are their friends. **Never enter the room fully dressed.**
 - Allowing the teacher to dress in the gear may decrease the fear.
 - Never allow the children to put on adult turnout gear. It is too large for them and could hurt them, especially the helmet.
 - Explain each piece before putting it on.
 - Allowing the students to touch the items can calm their fears (if the gear is clean).
 - Relating the equipment to common items and explaining how it is different will calm some fears. (Ex. SCBA is like the backpack the children except it has a tank that holds clear air for fire fighters to breath in the smoke. The SCBA mask is like a Halloween mask except it keeps the fire fighters face safe in a fire. It also helps them get the clean air from the tank.)

- Breathe through the SCBA so the children will be familiar with the sound of the firefighter. You may relate this to Darth Vader.
- Before putting on the SCBA, place the mask in front of your face and remove it a couple times to allow the children to see that it is still the same person, not a monster.
- Remove the turnout gear in front of the children so they can see that is a person in the gear.
- If a child becomes fearful, have the teacher remove them from the classroom.
- Never force a fearful child to touch the firefighter or any other item they are fearful of.

Burns

- Tell a grown-up right away.
- Treat a burn right away by putting it in cool water.
- Cool the burn for three to five minutes. Explain that this is a long time.
- Cover with a clean, dry cloth.

Tools not Toys

Hot things can hurt you

- Stay away from things that get hot and can hurt you.
- These are tools for grown-ups, not toys for children.
 - ♦ Fire
 - ♦ Stove
 - ♦ Microwave
 - ♦ Iron
 - ♦ Curling iron
 - ♦ Heater
 - ♦ Fireplace
 - ♦ Grill
 - ♦ Matches
 - ♦ Lighters
 - ♦ Etc.

Matches and lighters

- Matches and lighters are tools for grown-ups not toys for children.
 - Never use a match or lighter in front of children.
 - Never give matches or lighters to the children.
- If you find matches and lighters, leave them alone and tell a grown up right away.
- Never touch matches or lighters.

Stop, Drop, and Roll

- If your clothes catch fire, never run; STOP, DROP, AND ROLL.
- Stop immediately, drop to the ground, cover face with your hands, and roll over and over or back and forth to put out the fire.
- Cool the burn immediately.

Fire extinguishers

- Never teach children of this age how to use a fire extinguisher. Never use fire extinguishers in front of these children.

Tips to the educator

- These children may still be too young to understand and comprehend more than one message during a visit. Use your judgment. If unsure, consult the teacher before the visit.
- **Get on their level.** Sit on the floor or in a chair to be at the children's eye level.
- **Teach the parents.** At this age, children may still be too young to escape on their own. Parents must be responsible for the children's safety. Parents must also be responsible for smoke alarm testing and maintenance.
- **Children learn from repetition.**
 - Repeat the message at least three times.
 - It is also a good idea to review with the children by asking questions about the lessons to ensure they learned correctly. Ex. If you teach home escape planning and stop, drop, and roll in the same visit, ask "what do you do when your house is on fire?" If the children respond "stop, drop, and roll", you know that you need to work with them a little more so they know the proper thing to do.
- **Tell the children what to do.**
 - Do not tell them what not to do. At this age, children don't always understand "not". Ex. If you tell a child "do not touch matches", they only understand "touch the matches". It is better to tell them "if you find matches, leave them alone". If you tell a child "don't hide", they only hear "hide". It is better to tell them "get outside".
- **Never force children to do things they are afraid to do.**
- **Keep messages simple.**
 - Never use big words. Ex. When showing the fire truck, children do not understand "the truck holds 1,250 gallons of water". At this age they do not know what a gallon is, nor do they understand how much 1,250 is. Instead of saying "SCBA" or "self-contained breathing apparatus", say air bottle or air tank. When it is necessary to use a big word, give a simple definition. Ex. Emergency is a big word that means you need the fire department, police department, or ambulance really fast.
 - These children may still have trouble comprehending more than one message during a visit. When possible, teach only one message during each visit.
- **Be careful about allowing the children to operate the hose.** Some experts believe that this confuses the children. You have just taught them to get out of a fire, but they now think that they should spray water on fire because you have taught them how to use the hose. **Never allow children to extinguish a fire.**
- **Use props** such as a black sheet, window, door, and tree to allow the children to practice a fire drill in the classroom and felt "flames" to practice stop, drop, and roll.

3rd-5th grade

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the children know what the number is.
 - Always tell the children to call nine-one-one; never tell the children to call nine eleven because there is no “11” button on the phone.
 - Use a 9-1-1 simulator or unplugged phone to allow the children to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
 - Children need to learn their home address and phone number.
- Answer all questions you are asked.

Smoke alarms

- Have smoke alarms near the bedroom where you can hear it when you sleep.
- When you hear the smoke alarm, go to your outside meeting place.
- Know the sound.
 - Some children may have never heard the sound of a smoke alarm. Test a smoke alarm so the children will know the sound.
 - Tell them to ask a grown-up to test their smoke alarm at home because their alarm may sound different than yours.
- Get out and stay out.

Making a safe escape during a fire

- When a smoke alarm sounds, get out fast and stay out.
- If you must escape through smoke, get low and go under the smoke.
- Know at least two ways out of every room. The door is the best way out. If the door is blocked by heat, smoke, or fire, use the window.
 - ♦ Before opening a door, feel the door and doorknob. If it is hot, use your second way out.
 - ♦ If the door is cool, open it a little to see if there is smoke and fire.
 - ♦ If you see smoke or fire, close the door and use your second way out.
 - ♦ If there is no smoke or fire, continue through the door closing it behind you.

- Have an outside meeting place in front of the house away from the home where everyone should meet.
 - If asked about bedrooms on the second or third level, explain that an escape ladder can be purchased.
- Get out and stay out. Never go back inside.
 - If asked about pets, remind the children that pets will usually escape before people. If not, tell fire fighters the pet may be trapped inside. Fire fighters have special clothes that keep them safe while they search for a trapped pet; children do not have these special clothes.
- Practice the plan with everyone in your home at least twice a year and at least once at night with the lights off.

Firefighters are friends

- Firefighters are friends and helpers.
- They have special training that keeps them safe in a fire.
- They have special clothes that keep them safe in a fire.
 - Show the children what the firefighter looks like when they fight a fire.
 - Always use clean turnout gear. The toxins on dirty turnout gear are unsafe. It is best to have turnout gear that has never been in a fire (if possible).
 - Always put turnout gear on in front of the children slowly. Remember, you are not responding to a fire; you are teaching children that firefighters are their friends. **Never enter the room fully dressed.**
 - Allowing the teacher to dress in the gear may decrease the fear.
 - Never allow the children to put on adult turnout gear. It is too large for them and could hurt them.
 - Explain each piece before putting it on.
 - Breathe through the SCBA so the children will be familiar with the sound of the firefighter. You may relate this to Darth Vader.
 - Remove the turnout gear in front of the children.
 - If a child becomes fearful, have the teacher remove them from the classroom.
 - Never force a fearful child to touch the firefighter or any other item they are fearful of.

Burns

- Tell a grown-up right away.
- Treat a burn right away by putting it in cool water.
- Cool the burn for three to five minutes.
- Cover with a clean, dry cloth.

Matches and lighters

- Matches and lighters are tools for grown-ups not toys for children.
 - Never use a match or lighter in front of children.
 - Never give matches or lighters to the children.
- If you find matches and lighters, leave them alone and tell a grown up right away.
- Ask the grown-up to keep matches and lighters way up high to keep you safe.

Stop, Drop, and Roll

- If your clothes catch fire, never run; STOP, DROP, AND ROLL.
- Stop immediately, drop to the ground, cover face with your hands, and roll over and over or back and forth to put out the fire.
- Cool the burn immediately for three to five minutes.

Fire extinguishers

- Never teach children of this age how to use a fire extinguisher. Never use fire extinguishers in front of these children.

Tips to the educator

- **Children learn from repetition.**
 - Repeat the message at least three times.
 - It is also a good idea to review with the children by asking questions about the lessons to ensure they learned correctly. Ex. If you teach home escape planning and stop, drop, and roll in the same visit, ask “what do you do when your house is on fire?” If the children respond “stop, drop, and roll”, you know that you need to work with them a little more so they know the proper thing to do.
- **Never force children to do things they are afraid to do.**
- **Keep messages simple.**
 - Children of this age understand more complex words. When using these words, simply ensure that they understand what you are talking about. Ex. When showing the SCBA, explain that “SCBA” is a “self-contained breathing apparatus” which is an air bottle or air tank that holds clean air.
- **Be careful about allowing the children to operate the hose.** Some experts believe that this confuses the children. You have just taught them to get out of a fire, but they now think that they should spray water on fire because you have taught them how to use the hose.
- **Use props** such as a black sheet, window, door, and tree to allow the children to practice a fire drill in the classroom and felt “flames” to practice stop, drop, and roll.

6th-8th grade

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the children know what the number is.
 - Always tell the children to call nine-one-one; never tell the children to call nine eleven because there is no “11” button on the phone.
 - Use a 9-1-1 simulator or unplugged phone to allow the children to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.

Information to give the emergency operator

- Stay calm.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
- Tell the 9-1-1 operator your address.
- Tell the 9-1-1 operator the address where the emergency is.
- Tell the 9-1-1 operator what the emergency is.
- Answer any other questions.

Smoke alarms

- Have smoke alarms near the bedroom where you can hear it when you sleep.
- When you hear the smoke alarm, go to your outside meeting place.
- Know the sound.
 - Some children may have never heard the sound of a smoke alarm. Test a smoke alarm so the children will know the sound.
- Get out and stay out.

Making a safe escape during a fire

- When a smoke alarm sounds, get out fast and stay out.
- If you must escape through smoke, get low and go under the smoke.
- Know at least two ways out of every room. The door is the best way out. If the door is blocked by heat, smoke, or fire, use the window.
 - ♦ Before opening a door, feel the door and doorknob. If it is hot, use your second way out.

- If the door is cool, open it a little to see if there is smoke and fire.
- If you see smoke or fire, close the door and use your second way out.
- If there is no smoke or fire, continue through the door closing it behind you.
- Have an outside meeting place in front of the house away from the home where everyone should meet.
 - If asked about bedrooms on the second or third level, explain that an escape ladder can be purchased.
- Get out and stay out. Never go back inside.
 - If asked about pets, remind the children that pets will usually escape before people. If not, tell fire fighters the pet may be trapped inside. Fire fighters have special clothes that keep them safe while they search for a trapped pet; children do not have these special clothes.
- Practice the plan with everyone in your home at least twice a year and at least once at night with the lights off.

Firefighters are friends

- Firefighters are friends and helpers.
- They have special training that keeps them safe in a fire.
- They have special clothes that keep them safe in a fire.
 - Show the children what the firefighter looks like when they fight a fire.
 - Always use clean turnout gear. The toxins on dirty turnout gear are unsafe. It is best to have turnout gear that has never been in a fire (if possible).
 - Always put turnout gear on in front of the children slowly. Remember, you are not responding to a fire; you are teaching children that firefighters are their friends. Never enter the room fully dressed.
 - Allowing the teacher to dress in the gear may help keep the children's attention.
 - Explain each piece before putting it on.
 - Breathe through the SCBA so the children will be familiar with the sound of the firefighter. You may relate this to Darth Vader.
 - Remove the turnout gear in front of the children.

Burns

- Tell a grown-up right away.
- Treat a burn right away by putting it in cool water.
- Cool the burn for three to five minutes.
- Cover with a clean, dry cloth.

Matches and lighters

- Matches and lighters are tools for grown-ups not toys for children.

- Never use a match or lighter in front of children.
- Never give matches or lighters to the children.
- If you find matches and lighters, leave them alone and tell a grown up right away.
- If these students care for younger children, they should put the matches or lighter away.
- Ask the grown-up to keep matches and lighters way up high to keep you safe.

Stop, Drop, and Roll

- If your clothes catch fire, never run.
- Stop immediately.
- Drop to the ground.
- Cover face with your hands.
- Roll over and over or back and forth to put out the fire.
- Cool the burn immediately for three to five minutes.

Fire extinguishers

- Many Scout Troops require fire extinguisher training to receive a badge at this age. Use caution teaching children of this age how to use a fire extinguisher; they may still be unable to comprehend proper extinguisher use.

Cooking

Watch what you heat

- To prevent cooking fires, you must be alert. You won't be alert if you are sleepy.
- When you fry, grill, or broil, stay in the kitchen. Turn off the stove if you leave the kitchen, even for a short time.
- When you simmer, bake, roast or boil, stay in your home. Turn off the stove if you leave your home, even for a short time.
- Check on the cooking regularly; use a timer to help you remember that you're cooking.
- Stay alert when you are cooking. Use the microwave oven or eat cold food if you are not alert.
- Keep things that can catch on fire away from your stovetop.
- Don't store things that can catch on fire in an oven or toaster oven.
- Clean food and grease off burners, stovetop, and oven.
- Loose clothing can easily catch on fire when in contact with burners. When cooking, wear close-fitting clothing with sleeves that are short, close fitting, or tightly rolled up.
- Children of this age should only cook with adult supervision; however, many of these children may be babysitting and responsible for cooking. Speak with

the teacher to determine if these messages are appropriate for the class you are teaching.

- It is safer for these children to use the microwave if it is appropriately placed at their level.

In case of fire

- Get out and stay out.
- Call 9-1-1.
- Children of this age should not try to fight the fire.

Separate kids and pets from cooking area

- This message should be taught to students that are babysitting younger children.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while cooking, carrying hot foods, or drinking or carrying hot liquids.

Prevent scalds and burns

- This message should be taught to students that are babysitting younger children.
- Place hot objects so they cannot be pulled or knocked over.
- Turn pot handles away from the stove’s edge.
- Use the stove’s back burners to keep hot things even farther out of the reach of young children.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.
- Use dry oven mitts or potholders. The heat from hot cookware or tableware could turn moisture into a scald burn.
- Place or install the microwave oven at a safe height within easy reach of all users. The face of the person using the microwave oven should always be higher than the front of the microwave oven door.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Open microwaved food slowly, away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly.

Heating

- Ensure items that can burn are at least 3-feet from anything hot or that can get hot.

- Supervise children when open fires and space heaters are being used. Install a non-combustible screen around the appliance to prevent burns.
- Cooking appliances should not be used to heat a home.

Portable space heaters

- Turn portable space heaters off when you go to bed or leave the room.
- Plug power cords only into outlets and never into an extension cord.
- Inspect for cracked, frayed, or broken plugs or loose connections. If found, do not use.

Tips to the educator

➤ **Children learn from repetition.**

- Repeat the message at least three times.
- It is also a good idea to review with the children by asking questions about the lessons to ensure they learned correctly. Ex. If you teach home escape planning and stop, drop, and roll in the same visit, ask “what do you do when your house is on fire?” If the children respond “stop, drop, and roll”, you know that you need to work with them a little more so they know the proper thing to do.

➤ **Never force children to do things they are afraid to do.**

- However, children of this age are more embarrassed to perform tasks in front of their peers. Do not confuse this with fear. Encourage them to perform the tasks, but do not force them.

➤ Children of this age understand more complex words. When using these words, simply ensure that they understand what you are talking about. Ex. When showing the SCBA, explain that “SCBA” is a “self-contained breathing apparatus” which is an air bottle or air tank that holds clean air.

➤ **Be careful about allowing the children to operate the hose.** Some experts believe that this confuses the children. You have just taught them to get out of a fire, but they now think that they should spray water on fire because you have taught them how to use the hose.

- These children are more likely to take risks. Be extremely careful about performing or talking about dangerous tasks. They may have never thought to try a risky task, but you have just put the idea in their head. They will likely tell you about a dangerous task they have already performed or seen performed by friends.

➤ **Use props** such as a black sheet, window, door, and tree to allow the children to practice a fire drill in the classroom and felt “flames” to practice stop, drop, and roll.

9th-12th grade

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the audience knows what the number is.
 - Always say call nine-one-one; never say nine eleven.
 - Use a 9-1-1 simulator or unplugged phone to allow the audience to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.

Information to give the emergency operator

- Stay calm.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
- Tell the 9-1-1 operator your address.
- Tell the 9-1-1 operator the address where the emergency is.
- Tell the 9-1-1 operator what the emergency is.
- Answer any other questions.

Smoke alarms

- Have smoke alarms near the bedroom where you can hear it when you sleep.
- Know the sound.
 - Some children may have never heard the sound of a smoke alarm. Test a smoke alarm so the children will know the sound.
- When you hear the smoke alarm, go to your outside meeting place.
- Get out and stay out.

Testing and maintenance

- Test smoke alarms in accordance with manufacturer's instructions at least once a month using the test button.
- Use care to prevent falls when using step stools and ladders to test a smoke alarm.
 - To avoid climbing, suggest using a broom handle to test the alarm.
- Each time you test your alarm, clean it with a feather duster, brush attachment on the vacuum, or air in a can.

- Smoke alarms with non-replaceable batteries are designed to remain effective for 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms with any other type of battery, replace batteries at least once a year. If that alarm chirps, replace only the battery.
- Replace all smoke alarms when they are 10 years old or sooner if they do not respond properly when tested.
- For best results, choose a smoke alarm with a long life lithium battery.

Home fire escape

Plan

- Have a home escape plan.
- Find all doors and windows that lead outside. Make sure they open easily and are not blocked.
- Know at least two ways out of every room, if possible.
- Have a plan for anyone who may need assistance escaping your home.
- Choose an outside meeting place in front and away from the home where everyone should meet.
- For homes with a second or third level, consider escape ladders listed by a recognized testing laboratory.
- Make sure everyone in your home knows how to call 9-1-1 or your local emergency number.
- Make sure your house number can be seen from the street.

Practice

- Practice the plan with everyone in your home twice a year, at least once at night with the lights off.
- Push the smoke alarm button to start the drill.
- Get out fast.
- Practice using different ways out including escaping under smoke.
- Practice opening your home escape ladder and dropping it out the window, but not using it.

Making a safe escape during a fire

- When a smoke alarm sounds, get out fast and stay out.
- Know at least two ways out of every room. The door is the best way out. If the door is blocked by heat, smoke, or fire, use the window.
 - Before opening a door, feel the door and doorknob. If it is hot, use your second way out.
 - If the door is cool, open it a little to see if there is smoke and fire.
 - If you see smoke or fire, close the door and use your second way out.

- If there is no smoke or fire, continue through the door closing it behind you.
- If you must escape through smoke, get low and go under the smoke.
- Have an outside meeting place in front of the house away from the home where everyone should meet.
 - If asked about bedrooms on the second or third level, explain that an escape ladder can be purchased.
- Get out and stay out. Never go back inside.
 - If asked about pets, remind the children that pets will usually escape before people. If not, tell fire fighters the pet may be trapped inside. Fire fighters have special clothes that keep them safe while they search for a trapped pet; children do not have these special clothes.
- Practice the plan with everyone in your home at least twice a year and at least once at night with the lights off.

Assistance to others during escape

- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.

Smoking

- To prevent a deadly cigarette fire, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Smoke outside.
- Use deep, sturdy ashtrays.
- Before you throw out butts and ashes, make sure they are out by dousing in water or sand.
- Never smoke in bed.
- Never smoke where medical oxygen is used.
- Before going to bed, check under furniture cushions and in other places people smoke for cigarette butts that may have fallen out of sight.
- Do not extinguish cigarettes in potted plants or landscaping, which often contain a mixture of peat moss, shredded wood and bark that can easily ignite
 - Discourage children from smoking. However, the reality is that these children may already be smoking. They should know how to prevent smoking fires.

Cooking

Watch what you heat

- To prevent cooking fires, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- When you fry, grill, or broil, stay in the kitchen. Turn off the stove if you leave the kitchen, even for a short time.

- When you simmer, bake, roast or boil, stay in your home. Turn off the stove if you leave your home, even for a short time.
- Check on the cooking regularly; use a timer to help you remember that you're cooking.
- Stay alert when you are cooking. Use the microwave oven or eat cold food if you are not alert.
- Keep things that can catch on fire away from your stovetop.
- Don't store things that can catch on fire in an oven or toaster oven.
- Clean food and grease off burners, stovetop, and oven.
- Loose clothing can easily catch on fire when in contact with burners. When cooking, wear close-fitting clothing with sleeves that are short, close fitting, or tightly rolled up.

Know how to fight the fire

- Keep an oven mitt and lid that fits the pan or cookie sheet nearby when you cook.
- **For a small grease fire in a pan on stove burner:**
 - ♦ Wearing your oven mitt, smother the fire by carefully sliding the lid or cookie sheet over the pan.
 - ♦ Turn off the burner.
 - ♦ Keep the lid on until the pan is completely cool.
- **For oven and microwave oven fires:**
 - ♦ Turn off the oven and keep oven door closed.
 - ♦ Unplug the microwave oven, if you can safely reach the outlet.
 - ♦ Have the equipment checked and serviced before you use it again.
- When in doubt, get out of the home and call the fire department.
 - If the student has any doubt about their ability to fight a fire, teach them to exit the building and call 9-1-1.

Microwave ovens

- Place or install the microwave oven at a safe height within easy reach of all users. If possible, the face of the person using the microwave oven should always be higher than the front of the microwave oven door.
- Always supervise children when they are using the microwave oven.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Open microwaved food slowly, away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.

Separate kids and pets from cooking area

- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

- Never hold a child while cooking, carrying hot foods, or drinking or carrying hot liquids.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.

Prevent scalds and burns

- Place hot objects so they cannot be pulled or knocked over.
- Turn pot handles away from the stove's edge.
- Use the stove's back burners to keep hot things even farther out of the reach of young children.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.
- Use dry oven mitts or potholders. The heat from hot cookware or tableware could turn moisture into a scald burn.

Burns

- Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- If the burn is bigger than the injured person's palm, or if there are questions, get medical help right away.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat thereby increasing skin damage.
- Seek medical attention by calling 9-1-1 or seeing your doctor if the burn is
 - ♦ on the face, hands, feet, major joints or genital area.
 - ♦ white, tight, dry (leathery) or painless.
 - ♦ caused by chemicals or electricity.
 - ♦ not healing in 2 to 3 days, becomes foul smelling, develops thick drainage, redness or swelling around the burn, or causes a fever.

Candles

- Consider using battery-operated flameless candles.
- Keep candles at least 12 inches away from anything that can burn.
- Never use a candle when medical oxygen is being used.
- Use sturdy, safe candleholders.
- Protect candle flames with glass chimneys or containers.
- Avoid using candles in bedrooms and sleeping areas.
- Never leave a burning candle unattended. Extinguish candles when you leave a room.
- Be careful not to splatter wax when extinguishing a candle. Using a candle snuffer is safer than blowing the candle out.
- Always use a flashlight, not a candle, for emergency lighting.

Matches and lighters

- Teach young children to tell a grown-up if they find matches or lighters around the home.
- Lighters that look like toys can confuse children. Do not buy or use them.
 - Beginning July 1, 2010, sale of toy-like lighters is banned in Mississippi.
- Keep matches and lighters up high, out of the reach of children, preferably in a cabinet with a child lock.

Heating

- Have a three-foot “kid-free zone” around open fires and space heaters.
- Keep all things that can burn, such as paper, bedding, or furniture, at least 3 feet away from heating equipment.
- All heaters need space. Keep all things that can burn, such as paper, bedding, or furniture, at least 3 feet away from heating equipment.
- Supervise children when open fires and space heaters are being used and install a non-combustible screen around the appliance to prevent burns which are even more common than fire injuries.
- Cooking appliances should not be used to heat a home.
- For fuel assistance, contact the National Fuel Funds Network at 1-202-824-0660. Contact local officials to find out if local weatherization programs are available in the community.

Portable space heaters

- Turn heaters off when you go to bed or leave the room.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked, frayed, or broken plugs or loose connections. Replace before using.

Fuel burning space heaters

- Always use the proper fuel as specified by the manufacturer.
- When refueling, allow the appliance to cool and refuel outside or in a well-ventilated area.
- When using the heater, open a window to ensure adequate venting.
- If the pilot light of your gas heater goes out, allow 5 minutes or more for the gas to go away before trying again, do not allow gas to accumulate, and light the match before you turn on the gas to the pilot to avoid risk of flashback.
- If you smell gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and window. Call a gas service person.

Wood burning stoves and fireplaces

- Burn only dry, well-seasoned wood.
- Use artificial logs according to manufacturer's recommendations.
- Use only newspaper and kindling wood to start a fire. Never use flammable liquids, such as lighter fluid, kerosene, or gasoline to start a fire.
- Keep the doors of your wood stove closed unless loading or stoking the live fire.
- Have a sturdy screen on a fireplace.
- Allow ashes to cool before disposing.
- Dispose ashes in a metal container and keep the ash container at a safe distance from the home and any other nearby buildings.

Stop, Drop, and Roll

- If your clothes catch fire, stop immediately.
- Drop to the ground.
- Cover face with hands.
- Roll over and over or back and forth to put out the fire.
- If you cannot stop, drop and roll, keep a fire-retardant or natural fiber blanket nearby to help you or others smother flames. Cover the person with a blanket to smother the fire. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first to stay in place before getting on the floor to roll until the flames are out.
- Cool the burn in cool water immediately for three to five minutes.
- Cover with a clean, dry cloth.
- Get medical help right away.

Fire extinguishers

- Portable fire extinguishers have limits. Only use a fire extinguisher if you have been trained to do so. Learn and practice how to use fire extinguishers before a fire occurs.
- Call the fire department if there is a fire. As a general rule, firefighting should be left to the experts.
 - Do not recommend fire extinguisher use unless you are providing training how to properly use an extinguisher.

Electrical

- If you are at all unfamiliar with the operation of your electrical system, hire a qualified electrician.

Inside the home

- Keep lamps, light fixtures, and light bulbs away from anything that can burn, including lamp shades, furniture, bedding, curtains, clothing, and flammable or combustible gases and liquids.
- Use light bulbs that match the recommended wattage on the lamp or fixture.
- Major appliances (refrigerators, stoves, washers, dryers, etc.) should be plugged directly into a wall outlet. Never use an extension cord.
- Window air conditioners should be plugged directly into a wall outlet. Many manufacturers of room air conditioners prohibit the use of extension cords. If manufacturer's instructions allow extension cords, follow the instructions for the proper type.
- If you have young children install tamper-resistant electrical outlets. Where replacement is not possible install new protective outlet covers, which do not allow a child to insert an object into the outlet.
 - Call a licensed electrician if you have
 - ♦ recurring problems with blowing fuses or tripping circuit breakers.
 - ♦ a tingling feeling when you touch an electrical appliance.
 - ♦ discolored or warm wall outlets or switches.
 - ♦ a burning smell or rubbery odor coming from an appliance.
 - ♦ flickering lights.
 - ♦ sparks from an outlet.
 - ♦ cracked or broken outlets.

Outside the home

- Keep ladders away from overhead power lines, the lines into your home.
- Never touch a power line. Assume that all power lines are live. Stay at a safe distance – you could be electrocuted.
- Never touch a person who is in contact with a downed wire.
- Report downed power lines to authorities.
- Some power lines are underground. Call your local authority regarding digging.

Lightning

Indoor safety

- During a lightning storm
 - ♦ Stay off corded phones, computers, and other electronic equipment that put you in direct contact with electricity or plumbing.
 - ♦ Avoid washing your hands, showering, bathing, doing laundry, or washing dishes.
 - ♦ Stay away from windows and doors.

Outdoor safety

- When lightning is present
 - ♦ Seek shelter immediately in a building or a hard-topped vehicle.

- ♦ If you are in or on open water, go to land and seek shelter immediately
- ♦ If you can't get to shelter and you feel your hair stand on end, indicating that lightning is about to strike, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. This is a last resort when a building or hard-topped vehicle is not available.
- If a person is struck by lightning, call 9-1-1 and get medical care immediately. Lightning strike victims carry no electrical charge; attend to them immediately. Administer CPR if needed.

Medical Oxygen

- Oxygen itself does not burn but a fire needs oxygen to start and to keep burning. When more oxygen is in the air, the fire will burn hotter and faster.
- If medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding goes up, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never smoke in a home where medical oxygen is used.
- Post “no smoking” signs in and outside of the home to remind residents and guests not to smoke.
- If medical oxygen or an oxygen tank is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never use a candle, match, lighter, or other open flame; a stove or other device fueled by gas, kerosene, wood, or coal; or a sparking toy when medical oxygen is in use.

Tips to the educator

- **Never force children to do things they are afraid to do.**
 - However, children of this age are more embarrassed to perform tasks in front of their peers. Do not confuse this with fear. Encourage them to perform the tasks, but do not force them.
- **Children of this age feel that they are adults.** Treat them as young adults; however, remember they are not adults and are still unable to react as adults. These students may be largely responsible for the home and younger siblings, at least part of the time. These students may even be parents themselves.
- **Be careful about allowing the children to operate the hose.** Some experts believe that this confuses the children. You have just taught them to get out of a fire, but they now think that they should spray water on fire because you have taught them how to use the hose.
 - These children are more likely to take risks. Be extremely careful about performing or talking about dangerous tasks. They may have never thought to try a risky task, but you have just put the idea in their head. They will likely tell you about a dangerous task they have already performed or seen performed by friends.
- **Use props** such as a black sheet, window, door, and tree to allow the children to practice a fire drill in the classroom and felt “flames” to practice stop, drop, and roll.

College

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the audience knows what the number is.
 - Always say call nine-one-one; never say nine eleven.
 - Use a 9-1-1 simulator or unplugged phone to allow the audience to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.

Information to give the emergency operator

- Stay calm.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
- Tell the 9-1-1 operator your address.
- Tell the 9-1-1 operator the address where the emergency is.
- Tell the 9-1-1 operator what the emergency is.
- Answer any other questions.

Smoke alarms

Installation

- In every sleeping room
- Outside each sleeping area
- On every level of the home
- For the best protection, interconnect all smoke alarms throughout the home; when one sounds, they all sound. Wireless battery-operated interconnected smoke alarms are now available.
- Make sure everyone in your home knows the sound of the smoke alarm and knows how to respond.
- Ionization smoke detection is generally more responsive to flaming fires, and photoelectric smoke detection is generally more responsive to smoldering fires. Both types of technologies have improved home fire safety.
- Choose a smoke alarm that has the label of a recognized testing laboratory.
- Smoke alarms should be installed away from the kitchen to prevent false alarms. Generally, they should not be closer than 10 feet to a cooking appliance.

- A smoke alarm between 10 and 20 feet of a cooking appliance must have a hush feature, which temporarily reduces the sensitivity of the alarm, or be a photoelectric type.
- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound may be helpful in waking children with the use of a familiar voice.

Testing

- Test smoke alarms in accordance with manufacturer's instructions at least once a month using the test button.
- Use care to prevent falls when using step stools and ladders to test a smoke alarm.
 - To avoid climbing, suggest using a broom handle to test the alarm.
- Each time you test your alarm, clean it with a feather duster or vacuum.

Deaf or hard of hearing

- Use smoke alarms made for people who are deaf or hard of hearing. These alarms use strobe (flashing) lights or a vibration device for the bed.

Sleeping with bedroom door open or closed

- Make sure everyone can hear the sound of the smoke alarms and knows what your smoke alarms sound like.
- If you sleep with bedroom doors closed, have interconnected smoke alarms.

Smoke alarm replacement

- Replace all smoke alarms (including hard-wired) when they are 10 years old.

Battery replacement

- Smoke alarms with non-replaceable batteries are designed to remain effective for 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms with any other type of battery, replace batteries at least once a year. If that alarm chirps, replace only the battery.
- Replace all smoke alarms when they are 10 years old or sooner if they do not respond properly when tested.
- For best results, choose a smoke alarm with a long life lithium battery.

Disposal of smoke alarms

- The U.S. Environmental Protection Agency offers information on the safe disposal of smoke alarms at www.epa.gov/radiation/sources/smoke_dispose.htm.

Home fire escape

Plan

- Have a home escape plan. Draw a floor plan of each level of the home. Discuss it with all members of your household.
- Find all doors and windows that lead outside. Make sure they open easily and are not blocked. Windows with security bars, grills, and window guards should have emergency release devices.
- Know at least two ways out of every room, if possible.
- Have a plan for anyone who may need assistance escaping your home.
- Make sure everyone in the home can hear and knows how to respond to the sound of the smoke alarm.
- Have a meeting place (something permanent like a tree, light pole or mailbox) a safe distance in front of the home.
- For homes with a second or third level, consider escape ladders listed by a recognized testing laboratory.
- Make sure everyone in your home knows how to call 9-1-1 or your local emergency number.
- Make sure your house number can be seen from the street.

Practice

- Practice the plan with everyone in your home twice a year, at least once at night with the lights off.
- Push the smoke alarm button to start the drill.
- Get out fast.
- Practice using different ways out including escaping under smoke.
- Practice opening your home escape ladder and dropping it out the window, but not using it.

Making a safe escape

Smoke

- When a smoke alarm sounds, get out and stay out.
- Once the smoke alarm sounds, you may have only seconds or minutes to escape safely.
- If there is smoke blocking your way out, use your second way out.
- Smoke is toxic. If you must escape through smoke, get low and go under the smoke to your way out.
- If you can't get out, close the door to keep smoke out, call for help, and signal for help at the window.
- Close doors behind you as you leave.
- Go to your outside meeting place.

- Never go back inside. Get out and stay out.

Feel the door procedure

- Before opening a door, feel the door and doorknob.
- If it is hot, use your second way out.
- If it is cool, open the door slightly.
- If you see smoke or fire, close the door and use your second way out.
- If there is no smoke or fire, continue to your way out.

Use of escape ladders

- Consider getting escape ladders listed by a recognized testing laboratory for sleeping areas on the second and third floors.
- Practice opening the ladder and dropping it out the window, but not using it.
- Make sure the escape ladder fits the window.
- Use only if all other exits are blocked.

Assistance to others during escape

- Teach your children how to escape on their own in case you cannot provide assistance. Children under the age of 10 will need assistance escaping.
- Have a plan for anyone in your home who has a disability.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.
- Some children and adults may not awaken to the sound of the smoke alarm. They may need help waking up. Have a plan to get them out.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.

Pets

- If pets are trapped inside your home, inform firefighters right away.

If you cannot escape

- If you cannot get out, close the door and seal vents and cracks around doors with towels or tape to keep smoke out.
- Call 9-1-1 or the fire department. Tell them where you are.
- Signal for help at the window with a light-colored cloth or a flashlight.

Hotel/Motel

- Choose a hotel that's protected by both smoke alarms and fire sprinklers.

- When you check in, ask the desk clerk what the fire alarm sounds like.
- Read the escape plan posted in your room.
- Count the number of doors between your room and the nearest two fire exits. Open the exit doors to be sure they're unlocked.
- Keep your room key by your bed and take it with you if there's a fire. If you cannot escape, you may have to return to your room.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Use the stairs – never use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.
- If all escape routes are blocked, return to your room. Shut off fans and air conditioners. Stuff wet towels or bedding in the crack around the doors and vents. Call the fire department to let them know your location. Wait at a window and signal for help with a flashlight or light-colored cloth.
- Bring a flashlight; keep it near your bed.

Smoking

- To prevent a deadly cigarette fire, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Smoke outside.
- Use deep, sturdy ashtrays.
- Before you throw out butts and ashes, make sure they are out by dousing in water or sand.
- Never smoke in bed.
- Never smoke where medical oxygen is used.
- Before going to bed, check under furniture cushions and in other places people smoke for cigarette butts that may have fallen out of sight.
- 6 Do not extinguish cigarettes in potted plants or landscaping, which often contain a mixture of peat moss, shredded wood and bark that can easily ignite.

Cooking

Choose safe cooking equipment.

- Always use cooking equipment that has the label of a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug microwave ovens or other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance as it can overload the circuit and cause a fire.
- Check electrical cords for cracks, breaks, damage, or overheating. Repair or replace the appliance.

Watch what you heat

- To prevent cooking fires, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- When you fry, grill, or broil, stay in the kitchen. Turn off the stove if you leave the kitchen, even for a short time.
- When you simmer, bake, roast, or boil, stay in your home. Turn off the stove if you leave your home, even for a short time.
- Check on the cooking regularly; use a timer to help you remember that you're cooking.
- Stay alert when you are cooking. Use the microwave oven or eat cold food if you are not alert.
- Keep things that can catch on fire away from your stovetop.
- Don't store things that can catch on fire in an oven or toaster oven.
- Clean food and grease off burners, stovetop, and oven.
- Loose clothing can easily catch on fire when in contact with burners. When cooking, wear close-fitting clothing with sleeves that are short, close fitting, or tightly rolled up.

Know how to fight the fire

- **For a small grease fire in a pan on stove burner:**
 - ♦ Keep a lid that fits the pan or cookie sheet and an oven mitt nearby when you cook.
 - ♦ Wearing your oven mitt, smother the fire by carefully sliding the lid or cookie sheet over the pan.
 - ♦ Turn off the burner.
 - ♦ Keep the lid on until the pan is completely cool.
- **For oven and microwave oven fires:**
 - ♦ Turn off the oven or microwave oven and keep door closed.
 - ♦ Unplug an electric oven or microwave oven, if you can safely reach the outlet.
 - ♦ Have the equipment checked and serviced before you use it again.
- When in doubt, get out of the home and call 9-1-1 or the local emergency number.

Microwave ovens

- Place or install the microwave oven at a safe height within easy reach of all users. If possible, the face of the person using the microwave oven should always be higher than the front of the microwave oven door.
- Always supervise children when they are using the microwave oven.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Open microwaved food slowly, away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.

- Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.

Barbecue grills

- Propane and charcoal BBQ grills must only be used outdoors. Indoor use can kill occupants by either causing a fire or CO poisoning.
- Place the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: have a three-foot “kid-free zone” around the grill.
- Use long-handled grilling tools to give the chef plenty of clearance from heat and flames.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

Charcoal grills

- Use one of the following methods to start charcoal for cooking.
- If you use a “charcoal chimney” to start charcoal for cooking, use a long match to avoid burning your fingers when lighting the paper.
- If you use an electrical charcoal starter be sure that you use a grounded extension cord.
- If you choose to use lighter fluid, use only fluid intended for charcoal grills.
- Never add charcoal starter fluid when coals or kindling have already been ignited.
- Never use gasoline or any other flammable liquid to get the fire going.
- Store the charcoal starter fluid out of reach of children and away from heat sources.

Propane grills

- Check the gas tank hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame do the following:
 - ♦ Turn off the gas tank and grill.
 - ♦ If the leak stops, get the grill serviced by a professional before using it again.
 - ♦ If the leak does not stop, call the fire department.
- Use only equipment with the label of a recognized testing laboratory. Follow the manufacturer’s instructions on how to set up the grill and maintain it.
- Never store propane gas tanks in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.

Turkey Fryers

Use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil is discouraged. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns or other injuries and the destruction of property.

Separate kids and pets from cooking area

- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while cooking, carrying hot foods, or drinking or carrying hot liquids.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.

Prevent scalds and burns

- Place hot objects so they cannot be pulled or knocked over.
- Turn pot handles away from the stove’s edge.
- Use the stove’s back burners to keep hot things even farther out of the reach of young children.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.
- Use dry oven mitts or potholders. The heat from hot cookware or tableware could turn moisture into a scald burn.
- Consider installing “anti-scald” devices on tub faucets and shower heads to prevent scalds. The temperature should not exceed 100 degrees Fahrenheit.
- 8.2.2 If you do not install “anti-scald” devices on tub faucets and shower heads, consider adjusting the thermostat setting on your water heater to no higher than 120 degrees Fahrenheit. The lower temperature lowers the risk of scalds and burns, but it also increases the risk of Legionnaire’s disease.
- 8.2.3 If you wish to lower the temperature setting on your water heater, you will need to test the temperature at the faucet. Allow water to run 3 to 5 minutes. Test the water with a meat, candy, or cooking thermometer. If the water is hotter than 120 degrees Fahrenheit, adjust the temperature of the water heater and wait a full day to allow the temperature in the tank to adjust. Retest and adjust as needed.
- 8.2.4 Before placing a child in the bath or getting into the tub yourself, test the water.
- 8.2.5 Do not leave the bathroom unattended while the tub is filling.
- 8.2.6 Fill the tub or sink, running cool water first and then add hot water. Turn hot water off first. Mix the water thoroughly and check the temperature by moving your hand, wrist, and forearm through the water. The water should feel warm to the touch.
- 8.2.7 When bathing a young child, seat the child facing away from the faucets so the child cannot reach the faucet. Turn the faucet to the “COLD” position.

Teach children that hot things burn.

- Teach children that hot things burn.
- When children are old enough, teach them to cook safely.

Install and use cooking appliances safely

- Always use cooking equipment tested and approved by a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug cooking equipment directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Burns

- Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- If the burn is bigger than the injured person's palm, or if there are questions, get medical help right away.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat thereby increasing skin damage.
- Seek medical attention by calling 9-1-1 or seeing your doctor if the burn is
 - ♦ on the face, hands, feet, major joints or genital area.
 - ♦ white, tight, dry (leathery) or painless.
 - ♦ caused by chemicals or electricity.
 - ♦ not healing in 2 to 3 days, becomes foul smelling, develops thick drainage, redness or swelling around the burn, or causes a fever.

Candles

- Consider using battery-operated flameless candles.
- Keep candles at least 12 inches away from anything that can burn.
- Never use a candle when medical oxygen is being used.
- Use sturdy, safe candleholders.
- Protect candle flames with glass chimneys or containers.
- Avoid using candles in bedrooms and sleeping areas.
- Never leave a burning candle unattended. Extinguish candles when you leave a room.
- Be careful not to splatter wax when extinguishing a candle. Using a candle snuffer is safer than blowing the candle out.
- Always use a flashlight, not a candle, for emergency lighting.

Matches and lighters

- Teach young children to tell a grown-up if they find matches or lighters around the home.
- Lighters that look like toys can confuse children. Do not buy or use them.
 - Beginning July 1, 2010, sale of toy-like lighters is banned in Mississippi.
- Keep matches and lighters up high, out of the reach of children, preferably in a cabinet with a child lock.

Heating

- Have a three-foot “kid-free zone” around open fires and space heaters.
- Make sure your choice of heating equipment is permitted by law in your community. For example, kerosene heaters, chimeneas, and fire pits are not allowed in all communities.
- Make sure your heating equipment has the label showing that it is listed by a recognized testing laboratory.
- Install stationary space heating equipment, water heaters, or central heating equipment according to the local codes and manufacturer’s instructions.
- If possible, have a qualified professional install the equipment.
- Make sure all fuel-burning equipment is vented to the outside. Make sure the venting for exhaust is kept clear and unobstructed.
- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- All heaters need space. Keep all things that can burn, such as paper, bedding, or furniture, at least 3 feet away from heating equipment.
- Supervise children when a fireplace, fire pit, or other space heater is being used. Use a sturdy, metal screen to prevent contact burns, which are even more common than flame burns.
- Cooking appliances should not be used to heat a home.
- For fuel assistance, contact the National Fuel Funds Network at 1-202-824-0660. Contact local officials to find out if local weatherization programs are available in the community.

Portable space heaters

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they’re tipped over they will shut off.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked, frayed, or broken plugs or loose connections. Replace before using.

Open air burning

- Call the local fire department or municipality before outdoor or open air burning. This includes campfires, brush fires, fire pits, chimeneas, and outdoor fireplaces. You may not be permitted to do outdoor burning in some municipalities and during some seasons of the year.
- Closely attend all outdoor fires.
- Use chimeneas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from the home or anything that can burn.
- Avoid burning on windy, dry days. When conditions are windy or dry, it is too easy for open burning to spread out of control.
- Where outdoor burning is allowed, never use gasoline or other flammable or combustible liquids
- Have a hose, bucket of water, or shovel and dirt and sand nearby when burning to extinguish the fire.

Fuel burning space heaters

- Always use the proper fuel as specified by the manufacturer.
- When refueling, allow the appliance to cool and refuel outside or in a well-ventilated area.
- When using the heater, open a window to ensure adequate venting.
- All new unvented gas-fired space heaters have an oxygen depletion sensor that detects a reduced level of oxygen in the area where the heater is operating and shuts off the heater before a hazardous level of carbon monoxide accumulates. If you have an older heater without this feature, replace it.
- 11.3.6 If the pilot light of your gas heater goes out, allow 5 minutes or more for the gas to go away before trying again, do not allow gas to accumulate, and light the match before you turn on the gas to the pilot to avoid risk of flashback.
- 11.3.7 If you smell gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and window. Call a gas service person.

Wood burning stoves and fireplaces

- Install the stove, chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- Wood stoves should bear the label of a recognized testing laboratory.
- Burn only dry, well-seasoned wood.
- Use artificial logs according to manufacturer's recommendations.
- Use only newspaper and kindling wood to start a fire. Never use flammable liquids, such as lighter fluid, kerosene, or gasoline to start a fire.
- Keep the doors of your wood stove closed unless loading or stoking the live fire.
- Have a sturdy screen on a fireplace.
- Allow ashes to cool before disposing.
- Dispose ashes in a metal container and keep the ash container at a safe distance from the home and any other nearby buildings.

- Chimneys and vents need to be cleaned and inspected at least once a year.

Central heating

- Furnaces need to be cleaned and inspected at least once a year by a qualified professional.
- Do not store things that can burn near the furnace and keep the furnace area clean and uncluttered.

Stop, Drop, and Roll

- If your clothes catch fire, stop immediately.
- Drop to the ground.
- Cover face with hands.
- Roll over and over or back and forth to put out the fire.
- If you cannot stop, drop and roll, keep a fire-retardant or natural fiber blanket nearby to help you or others smother flames. Cover the person with a blanket to smother the fire. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first to stay in place before getting on the floor to roll until the flames are out.
- Cool the burn in cool water immediately for three to five minutes.
- Cover with a clean, dry cloth.
- Get medical help right away.

Fire extinguishers

- Portable fire extinguishers have limits. Only use a fire extinguisher if you have been trained to do so. Learn and practice how to use fire extinguishers before a fire occurs.
- Call the fire department if there is a fire. As a general rule, firefighting should be left to the experts.
 - Do not recommend fire extinguisher use unless you provide training how to properly use an extinguisher.

Electrical

- If you are at all unfamiliar with the operation of your electrical system, hire a qualified electrician.

Inside the home

- Have your home electrical system inspected when buying, selling, or renovating a home.

- Keep lamps, light fixtures, and light bulbs away from anything that can burn, including lamp shades, furniture, bedding, curtains, clothing, and flammable or combustible gases and liquids.
- Use light bulbs that match the recommended wattage on the lamp or fixture.
- If a fuse blows or a circuit breaker trips often, find out why and correct the problem. Have a licensed electrician inspect and correct it.
- Replace blown fuses with the correct amp rating. Never replace a fuse with a higher rated fuse. If the problem continues, call an electrician.
- Major appliances (refrigerators, stoves, washers, dryers, etc.) should be plugged directly into a wall outlet. Never use an extension cord.
- Window air conditioners should be plugged directly into a wall outlet. Many manufacturers of room air conditioners prohibit the use of extension cords. If manufacturer's instructions allow extension cords, follow the instructions for the proper type.
- Buy only appliances that have the label of a recognized testing laboratory.
- Replace cracked, damaged and loose electrical cords.
- Avoid putting cords against walls or furniture or running them under carpets or across doorways.
- Extension cords are for temporary use only. Have a licensed electrician determine if additional circuits or outlets are needed.
- Replace outlets if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Cover outlets and switches with wall plates to prevent shocks.
- If you have young children install tamper-resistant electrical outlets. Where replacement is not possible install new protective outlet covers, which do not allow a child to insert an object into the outlet.
- Call a licensed electrician if you have
 - ♦ recurring problems with blowing fuses or tripping circuit breakers.
 - ♦ a tingling feeling when you touch an electrical appliance.
 - ♦ discolored or warm wall outlets or switches.
 - ♦ a burning smell or rubbery odor coming from an appliance.
 - ♦ flickering lights.
 - ♦ sparks from an outlet.
 - ♦ cracked or broken outlets.
- Arc fault circuit interrupters (AFCIs) are a type of circuit breaker that shuts off electricity when a dangerous condition occurs. Have a qualified electrician install them in your home.
- Ground fault circuit interrupters (GFCIs) reduce the risk of shock. GFCIs shut off electricity when it becomes a shock hazard. Make sure GFCI's are installed in bathrooms, basements, garages, outdoors, at kitchen counters and other locations in the home where there are sinks or basins.
- Test AFCIs and GFCIs once a month by pushing the test button to make sure they are working properly.

Outside the home

- Keep ladders away from overhead power lines, the lines into your home.
- Never touch a power line. Assume that all power lines are live. Stay at a safe distance – you could be electrocuted.
- Never touch a person who is in contact with a downed wire.
- Report downed power lines to authorities.
- Some power lines are underground. Call your local authority regarding digging.

Lightning

Indoor safety

- During a lightning storm
 - ♦ Stay off corded phones, computers, and other electronic equipment that put you in direct contact with electricity or plumbing.
 - ♦ Avoid washing your hands, showering, bathing, doing laundry, or washing dishes.
 - ♦ Stay away from windows and doors.

Outdoor safety

- When lightning is present
 - ♦ Seek shelter immediately in a building or a hard-topped vehicle.
 - ♦ If you are in or on open water, go to land and seek shelter immediately
 - ♦ If you can't get to shelter and you feel your hair stand on end, indicating that lightning is about to strike, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. This is a last resort when a building or hard-topped vehicle is not available.
- If a person is struck by lightning, call 9-1-1 and get medical care immediately. Lightning strike victims carry no electrical charge; attend to them immediately. Administer CPR if needed.

Medical Oxygen

- Oxygen itself does not burn but a fire needs oxygen to start and to keep burning. When more oxygen is in the air, the fire will burn hotter and faster.
- If medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding goes up, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never smoke in a home where medical oxygen is used.
- Post “no smoking” signs in and outside of the home to remind residents and guests not to smoke.

- If medical oxygen or an oxygen tank is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never use a candle, match, lighter, or other open flame; a stove or other device fueled by gas, kerosene, wood, or coal; or a sparking toy when medical oxygen is in use.

Home fire sprinklers

- Eight out of ten fire deaths in the U.S. occur in the home. If you have a fire in the home, the risk of dying is cut by about 80 percent with automatic fire sprinklers.
- A sprinkler will control or put out a fire with a tiny fraction of the water that would be used by fire department hoses.
- Sprinklers keep fires small. Because the sprinkler system reacts so quickly, it can dramatically reduce the heat, flames, and smoke produced in a fire, allowing people the time to escape safely.
- Sprinklers activate independently. Only the sprinkler closest to the fire will activate, spraying water directly on the fire, not the rest of the house.
- Accidental sprinkler discharges are extremely rare.
- If you are building or remodeling your home, install a home fire sprinkler system.

Installation

- Have a qualified contractor install your home fire sprinkler system according to NFPA codes and standards and local fire safety regulations.
- Home fire sprinklers round out the work of smoke alarms. Sprinklers and smoke alarms together cut the risk of dying in a home fire 82 percent compared to having nothing.

Maintenance

- A simple visual inspection should be done routinely to ensure the water valve on the sprinkler is open.
- Inspect the pipes and sprinklers occasionally to make sure nothing is blocking them.
- Do a water flow test on the sprinkler system about once a year or have a fire sprinkler contractor do the test.
- Keep sprinklers clear and free of objects that can interfere with their proper use.

Tips to the educator

- **Remember these are young adults.** They will have the same messages as adults; however, they have only been living on their own for a short time. They also are more likely to engage in more risky behavior than adults with their own home and a family.
- **Stress the importance of smoking safety and the added risk of alcohol use.**

Adults

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the audience knows what the number is.
 - Always say call nine-one-one; never say nine eleven.
 - Use a 9-1-1 simulator or unplugged phone to allow the audience to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.

Information to give the emergency operator

- Stay calm.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
- Tell the 9-1-1 operator your address.
- Tell the 9-1-1 operator the address where the emergency is.
- Tell the 9-1-1 operator what the emergency is.
- Answer any other questions.

Smoke alarms

Installation

- In every sleeping room
- Outside each sleeping area
- On every level of the home
- For the best protection, interconnect all smoke alarms throughout the home; when one sounds, they all sound. Wireless battery-operated interconnected smoke alarms are now available.
- Make sure everyone in your home knows the sound of the smoke alarm and knows how to respond. Ionization smoke detection is generally more responsive to flaming fires, and photoelectric smoke detection is generally more responsive to smoldering fires. Both types of technologies have improved home fire safety.
- Choose a smoke alarm that has the label of a recognized testing laboratory.
- Smoke alarms should be installed away from the kitchen to prevent false alarms. Generally, they should not be closer than 10 feet to a cooking appliance.

- A smoke alarm between 10 and 20 feet of a cooking appliance must have a hush feature, which temporarily reduces the sensitivity of the alarm, or be a photoelectric type.
- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound may be helpful in waking children with the use of a familiar voice.

Testing

- Test smoke alarms in accordance with manufacturer's instructions at least once a month using the test button.
- Use care to prevent falls when using step stools and ladders to test a smoke alarm.
 - To avoid climbing, suggest using a broom handle to test the alarm.
- Each time you test your alarm, clean it with a feather duster or vacuum.

Deaf or hard of hearing

- Use smoke alarms made for people who are deaf or hard of hearing. These alarms use strobe (flashing) lights or a vibration device for the bed. Vibration equipment - pillow or bed shakers- is now required. This equipment is available and is activated by the sound of the smoke alarm.
- Recent research has shown that as people age, their ability to hear high-pitched sounds decreases. A smoke alarm accessory that has a low pitched sound is more effective for all age groups. This equipment is now required and is activated by the sound of the smoke alarm.

Sleeping with bedroom door open or closed

- Make sure everyone can hear the sound of the smoke alarms and knows what your smoke alarms sound like.
- If you sleep with bedroom doors closed, have interconnected smoke alarms.

Smoke alarm replacement

- Replace all smoke alarms (including hard-wired) when they are 10 years old.

Battery replacement

- Smoke alarms with non-replaceable batteries are designed to remain effective for 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms with any other type of battery, replace batteries at least once a year. If that alarm chirps, replace only the battery.
- Replace all smoke alarms when they are 10 years old or sooner if they do not respond properly when tested.

- For best results, choose a smoke alarm with a long life lithium battery.

Disposal of smoke alarms

- The U.S. Environmental Protection Agency offers information on the safe disposal of smoke alarms at www.epa.gov/radiation/sources/smoke_dispose.htm.

Carbon Monoxide

Dangers of Carbon Monoxide

- Carbon monoxide (CO), often called the silent killer, is an invisible, odorless, colorless gas created when fuels (such as kerosene, gasoline, wood, coal, natural gas, propane, oil, and methane, etc) burn incompletely.
- Carbon monoxide can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.
- Common symptoms of carbon monoxide poisoning may include headache, nausea, and drowsiness.
- Extremely high levels of poisoning can be fatal, causing death within minutes.

Installation

- Install CO alarms inside your home to provide early warning of carbon monoxide.
- CO alarms should be installed in a central location outside each separate sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Combination smoke and CO alarms must be installed in accordance with requirements for smoke alarms.
- Choose a CO alarm that has the label of a recognized testing laboratory.
- When installing your CO alarm, call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds. Post that number by your telephone(s). Make sure everyone in the household knows the difference between the fire emergency and CO emergency numbers, if there is a difference.
- CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and CO alarms.

Testing and Replacement

- Test CO alarms at least once a month and replace CO alarms according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.

Carbon Monoxide Precautions

Inside the home

- Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional every year.
- When using a fireplace, open the damper for proper ventilation.
- Never use your oven or stovetop to heat your home.
- When purchasing new heating and cooking equipment, select products tested and labeled by a recognized testing laboratory.

Outside the home

- If you need to warm a vehicle, remove it from the garage immediately after starting it. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked with snow, ice, or other materials.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- Only use barbecue grills – which can produce CO – outside. Never use them in the home, garage or near building openings.
- Remember to use battery-powered lights in tents, trailers and motor homes and motor boats.

Portable Generators

- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents and other building openings to prevent exhaust fumes from entering the home.
- When using portable generators, install battery-operated CO alarms or plug-in CO alarms with a battery backup in the home according to the manufacturer's installation instructions.

If your CO alarm sounds

- Immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for.
- Call for help from a fresh air location. Remain at a fresh air location until emergency personnel arrives to assist you.

Home fire escape

Plan

- Have a home escape plan. Draw a floor plan of each level of the home. Discuss it with all members of your household.

- Find all doors and windows that lead outside. Make sure they open easily and are not blocked. Windows with security bars, grills, and window guards should have emergency release devices.
- Know at least two ways out of every room, if possible.
- Have a plan for anyone who may need assistance escaping your home.
- Make sure everyone in the home can hear and knows how to respond to the sound of the smoke alarm.
- Have a meeting place (something permanent like a tree, light pole or mailbox) a safe distance in front of the home.
- For homes with a second or third level, consider escape ladders listed by a recognized testing laboratory.
- Make sure everyone in your home knows how to call 9-1-1 or your local emergency number.
- Make sure your house number can be seen from the street.

Practice

- Practice the plan with everyone in your home twice a year, at least once at night with the lights off.
- Push the smoke alarm button to start the drill.
- Get out fast.
- Practice using different ways out including escaping under smoke.
- Practice opening your home escape ladder and dropping it out the window, but not using it.

Making a safe escape

Smoke

- When a smoke alarm sounds, get out and stay out.
- Once the smoke alarm sounds, you may have only seconds or minutes to escape safely.
- If there is smoke blocking your way out, use your second way out.
- Smoke is toxic. If you must escape through smoke, get low and go under the smoke to your way out.
- If you can't get out, close the door to keep smoke out, call for help, and signal for help at the window.
- Close doors behind you as you leave.
- Go to your outside meeting place.
- Never go back inside. Get out and stay out.

Feel the door procedure

- Before opening a door, feel the door and doorknob.
- If it is hot, use your second way out.

- If it is cool, open the door slightly.
- If you see smoke or fire, close the door and use your second way out.
- If there is no smoke or fire, continue to your way out.

Use of escape ladders

- Consider getting escape ladders listed by a recognized testing laboratory for sleeping areas on the second and third floors.
- Practice opening the ladder and dropping it out the window, but not using it.
- Make sure the escape ladder fits the window.
- Use only if all other exits are blocked.

Assistance to others during escape

- Teach your children how to escape on their own in case you cannot provide assistance. Children under the age of 10 will need assistance escaping.
- Have a plan for anyone in your home who has a disability.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.
- Some children and adults may not awaken to the sound of the smoke alarm. They may need help waking up. Have a plan to get them out.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.

Pets

- If pets are trapped inside your home, inform firefighters right away.

If you cannot escape

- If you cannot get out, close the door and seal vents and cracks around doors with towels or tape to keep smoke out.
- Call 9-1-1 or the fire department. Tell them where you are.
- Signal for help at the window with a light-colored cloth or a flashlight.

Hotel/Motel

- Choose a hotel that's protected by both smoke alarms and fire sprinklers.
- When you check in, ask the desk clerk what the fire alarm sounds like.
- Read the escape plan posted in your room.
- Count the number of doors between your room and the nearest two fire exits. Open the exit doors to be sure they're unlocked.
- Keep your room key by your bed and take it with you if there's a fire. If you cannot escape, you may have to return to your room.
- If you hear an alarm, leave immediately, closing all doors behind you.

- Use the stairs – never use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.
- If all escape routes are blocked, return to your room. Shut off fans and air conditioners. Stuff wet towels or bedding in the crack around the doors and vents. Call the fire department to let them know your location. Wait at a window and signal for help with a flashlight or light-colored cloth.
- Bring a flashlight; keep it near your bed.

Smoking

- To prevent a deadly cigarette fire, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Smoke outside.
- Use deep, sturdy ashtrays.
- Before you throw out butts and ashes, make sure they are out by dousing in water or sand.
- Never smoke in bed.
- Never smoke where medical oxygen is used.
- Before going to bed, check under furniture cushions and in other places people smoke for cigarette butts that may have fallen out of sight.
- 6 Do not extinguish cigarettes in potted plants or landscaping, which often contain a mixture of peat moss, shredded wood and bark that can easily ignite.

Cooking

Choose safe cooking equipment.

- Always use cooking equipment that has the label of a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug microwave ovens or other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance as it can overload the circuit and cause a fire.
- Check electrical cords for cracks, breaks, damage, or overheating. Repair or replace the appliance.

Watch what you heat

- To prevent cooking fires, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- When you fry, grill, or broil, stay in the kitchen. Turn off the stove if you leave the kitchen, even for a short time.

- When you simmer, bake, roast, or boil, stay in your home. Turn off the stove if you leave your home, even for a short time.
- Check on the cooking regularly; use a timer to help you remember that you're cooking.
- Stay alert when you are cooking. Use the microwave oven or eat cold food if you are not alert.
- Keep things that can catch on fire away from your stovetop.
- Don't store things that can catch on fire in an oven or toaster oven.
- Clean food and grease off burners, stovetop, and oven.
- Loose clothing can easily catch on fire when in contact with burners. When cooking, wear close-fitting clothing with sleeves that are short, close fitting, or tightly rolled up.

Know how to fight the fire

- **For a small grease fire in a pan on stove burner:**
 - ♦ Keep a lid that fits the pan or cookie sheet and an oven mitt nearby when you cook.
 - ♦ Wearing your oven mitt, smother the fire by carefully sliding the lid or cookie sheet over the pan.
 - ♦ Turn off the burner.
 - ♦ Keep the lid on until the pan is completely cool.
- **For oven and microwave oven fires:**
 - ♦ Turn off the oven or microwave oven and keep door closed.
 - ♦ Unplug an electric oven or microwave oven, if you can safely reach the outlet.
 - ♦ Have the equipment checked and serviced before you use it again.
- When in doubt, get out of the home and call 9-1-1 or the local emergency number.

Microwave ovens

- Place or install the microwave oven at a safe height within easy reach of all users. If possible, the face of the person using the microwave oven should always be higher than the front of the microwave oven door.
- Always supervise children when they are using the microwave oven.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Open microwaved food slowly, away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.

Barbecue grills

- Propane and charcoal BBQ grills must only be used outdoors. Indoor use can kill occupants by either causing a fire or CO poisoning.
- Place the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: have a three-foot “kid-free zone” around the grill.
- Use long-handled grilling tools to give the chef plenty of clearance from heat and flames.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

Charcoal grills

- Use one of the following methods to start charcoal for cooking.
- If you use a “charcoal chimney” to start charcoal for cooking, use a long match to avoid burning your fingers when lighting the paper.
- If you use an electrical charcoal starter be sure that you use a grounded extension cord.
- If you choose to use lighter fluid, use only fluid intended for charcoal grills.
- Never add charcoal starter fluid when coals or kindling have already been ignited.
- Never use gasoline or any other flammable liquid to get the fire going.
- Store the charcoal starter fluid out of reach of children and away from heat sources.

Propane grills

- Check the gas tank hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame do the following:
 - ♦ Turn off the gas tank and grill.
 - ♦ If the leak stops, get the grill serviced by a professional before using it again.
 - ♦ If the leak does not stop, call the fire department.
- Use only equipment with the label of a recognized testing laboratory. Follow the manufacturer’s instructions on how to set up the grill and maintain it.
- Never store propane gas tanks in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.

Turkey Fryers

Use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil is discouraged. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of

turkey fryers by consumers can lead to devastating burns or other injuries and the destruction of property.

Separate kids and pets from cooking area

- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while cooking, carrying hot foods, or drinking or carrying hot liquids.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.

Prevent scalds and burns

- Place hot objects so they cannot be pulled or knocked over.
- Turn pot handles away from the stove’s edge.
- Use the stove’s back burners to keep hot things even farther out of the reach of young children.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.
- Use dry oven mitts or potholders. The heat from hot cookware or tableware could turn moisture into a scald burn.
- Consider installing “anti-scald” devices on tub faucets and shower heads to prevent scalds. The temperature should not exceed 100 degrees Fahrenheit.
- 8.2.2 If you do not install “anti-scald” devices on tub faucets and shower heads, consider adjusting the thermostat setting on your water heater to no higher than 120 degrees Fahrenheit. The lower temperature lowers the risk of scalds and burns, but it also increases the risk of Legionnaire’s disease.
- 8.2.3 If you wish to lower the temperature setting on your water heater, you will need to test the temperature at the faucet. Allow water to run 3 to 5 minutes. Test the water with a meat, candy, or cooking thermometer. If the water is hotter than 120 degrees Fahrenheit, adjust the temperature of the water heater and wait a full day to allow the temperature in the tank to adjust. Retest and adjust as needed.
- 8.2.4 Before placing a child in the bath or getting into the tub yourself, test the water.
- 8.2.5 Do not leave the bathroom unattended while the tub is filling.
- 8.2.6 Fill the tub or sink, running cool water first and then add hot water. Turn hot water off first. Mix the water thoroughly and check the temperature by moving your hand, wrist, and forearm through the water. The water should feel warm to the touch.
- 8.2.7 When bathing a young child, seat the child facing away from the faucets so the child cannot reach the faucet. Turn the faucet to the “COLD” position.

Teach children that hot things burn.

- Teach children that hot things burn.

- When children are old enough, teach them to cook safely.

Install and use cooking appliances safely

- Always use cooking equipment tested and approved by a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug cooking equipment directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Burns

- Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- If the burn is bigger than the injured person's palm, or if there are questions, get medical help right away.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat thereby increasing skin damage.
- Seek medical attention by calling 9-1-1 or seeing your doctor if the burn is
 - ♦ on the face, hands, feet, major joints or genital area.
 - ♦ white, tight, dry (leathery) or painless.
 - ♦ caused by chemicals or electricity.
 - ♦ not healing in 2 to 3 days, becomes foul smelling, develops thick drainage, redness or swelling around the burn, or causes a fever.

Candles

- Consider using battery-operated flameless candles.
- Keep candles at least 12 inches away from anything that can burn.
- Never use a candle when medical oxygen is being used.
- Use sturdy, safe candleholders.
- Protect candle flames with glass chimneys or containers.
- Avoid using candles in bedrooms and sleeping areas.
- Never leave a burning candle unattended. Extinguish candles when you leave a room.
- Be careful not to splatter wax when extinguishing a candle. Using a candle snuffer is safer than blowing the candle out.
- Always use a flashlight, not a candle, for emergency lighting.

Matches and lighters

- Teach young children to tell a grown-up if they find matches or lighters around the home.

- Lighters that look like toys can confuse children. Do not buy or use them.
 - Beginning July 1, 2010, sale of toy-like lighters is banned in Mississippi.
- Keep matches and lighters up high, out of the reach of children, preferably in a cabinet with a child lock.

Heating

- Have a three-foot “kid-free zone” around open fires and space heaters.
- Make sure your choice of heating equipment is permitted by law in your community. For example, kerosene heaters, chimeneas, and fire pits are not allowed in all communities.
- Make sure your heating equipment has the label showing that it is listed by a recognized testing laboratory.
- Install stationary space heating equipment, water heaters, or central heating equipment according to the local codes and manufacturer’s instructions.
- If possible, have a qualified professional install the equipment.
- Make sure all fuel-burning equipment is vented to the outside. Make sure the venting for exhaust is kept clear and unobstructed.
- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- All heaters need space. Keep all things that can burn, such as paper, bedding, or furniture, at least 3 feet away from heating equipment.
- Supervise children when a fireplace, fire pit, or other space heater is being used. Use a sturdy, metal screen to prevent contact burns, which are even more common than flame burns.
- Cooking appliances should not be used to heat a home.
- For fuel assistance, contact the National Fuel Funds Network at 1-202-824-0660. Contact local officials to find out if local weatherization programs are available in the community.

Portable space heaters

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they’re tipped over they will shut off.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked, frayed, or broken plugs or loose connections. Replace before using.

Open air burning

- Call the local fire department or municipality before outdoor or open air burning. This includes campfires, brush fires, fire pits, chimeneas, and outdoor fireplaces.

You may not be permitted to do outdoor burning in some municipalities and during some seasons of the year.

- Closely attend all outdoor fires.
- Use chimeneas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from the home or anything that can burn.
- Avoid burning on windy, dry days. When conditions are windy or dry, it is too easy for open burning to spread out of control.
- Where outdoor burning is allowed, never use gasoline or other flammable or combustible liquids
- Have a hose, bucket of water, or shovel and dirt and sand nearby when burning to extinguish the fire.

Fuel burning space heaters

- Always use the proper fuel as specified by the manufacturer.
- When refueling, allow the appliance to cool and refuel outside or in a well-ventilated area.
- When using the heater, open a window to ensure adequate venting.
- All new unvented gas-fired space heaters have an oxygen depletion sensor that detects a reduced level of oxygen in the area where the heater is operating and shuts off the heater before a hazardous level of carbon monoxide accumulates. If you have an older heater without this feature, replace it.
- 11.3.6 If the pilot light of your gas heater goes out, allow 5 minutes or more for the gas to go away before trying again, do not allow gas to accumulate, and light the match before you turn on the gas to the pilot to avoid risk of flashback.
- 11.3.7 If you smell gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and window. Call a gas service person.

Wood burning stoves and fireplaces

- Install the stove, chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- Wood stoves should bear the label of a recognized testing laboratory.
- Burn only dry, well-seasoned wood.
- Use artificial logs according to manufacturer's recommendations.
- Use only newspaper and kindling wood to start a fire. Never use flammable liquids, such as lighter fluid, kerosene, or gasoline to start a fire.
- Keep the doors of your wood stove closed unless loading or stoking the live fire.
- Have a sturdy screen on a fireplace.
- Allow ashes to cool before disposing.
- Dispose ashes in a metal container and keep the ash container at a safe distance from the home and any other nearby buildings.
- Chimneys and vents need to be cleaned and inspected at least once a year.

Central heating

- Furnaces need to be cleaned and inspected at least once a year by a qualified professional.
- Do not store things that can burn near the furnace and keep the furnace area clean and uncluttered.

Stop, Drop, and Roll

- If your clothes catch fire, stop immediately.
- Drop to the ground.
- Cover face with hands.
- Roll over and over or back and forth to put out the fire.
- If you cannot stop, drop and roll, keep a fire-retardant or natural fiber blanket nearby to help you or others smother flames. Cover the person with a blanket to smother the fire. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first to stay in place before getting on the floor to roll until the flames are out.
- Cool the burn in cool water immediately for three to five minutes.
- Cover with a clean, dry cloth.
- Get medical help right away.

Fire extinguishers

- Portable fire extinguishers have limits. Only use a fire extinguisher if you have been trained to do so. Learn and practice how to use fire extinguishers before a fire occurs.
- Call the fire department if there is a fire. As a general rule, firefighting should be left to the experts.
 - Do not recommend fire extinguisher use unless you provide training how to properly use an extinguisher.

Electrical

- If you are at all unfamiliar with the operation of your electrical system, hire a qualified electrician.

Inside the home

- Have your home electrical system inspected when buying, selling, or renovating a home.
- Keep lamps, light fixtures, and light bulbs away from anything that can burn, including lamp shades, furniture, bedding, curtains, clothing, and flammable or combustible gases and liquids.
- Use light bulbs that match the recommended wattage on the lamp or fixture.

- If a fuse blows or a circuit breaker trips often, find out why and correct the problem. Have a licensed electrician inspect and correct it.
- Replace blown fuses with the correct amp rating. Never replace a fuse with a higher rated fuse. If the problem continues, call an electrician.
- Major appliances (refrigerators, stoves, washers, dryers, etc.) should be plugged directly into a wall outlet. Never use an extension cord.
- Window air conditioners should be plugged directly into a wall outlet. Many manufacturers of room air conditioners prohibit the use of extension cords. If manufacturer's instructions allow extension cords, follow the instructions for the proper type.
- Buy only appliances that have the label of a recognized testing laboratory.
- Replace cracked, damaged and loose electrical cords.
- Avoid putting cords against walls or furniture or running them under carpets or across doorways.
- Extension cords are for temporary use only. Have a licensed electrician determine if additional circuits or outlets are needed.
- Replace outlets if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Cover outlets and switches with wall plates to prevent shocks.
- If you have young children install tamper-resistant electrical outlets. Where replacement is not possible install new protective outlet covers, which do not allow a child to insert an object into the outlet.
- Call a licensed electrician if you have
 - ♦ recurring problems with blowing fuses or tripping circuit breakers.
 - ♦ a tingling feeling when you touch an electrical appliance.
 - ♦ discolored or warm wall outlets or switches.
 - ♦ a burning smell or rubbery odor coming from an appliance.
 - ♦ flickering lights.
 - ♦ sparks from an outlet.
 - ♦ cracked or broken outlets.
- Arc fault circuit interrupters (AFCIs) are a type of circuit breaker that shuts off electricity when a dangerous condition occurs. Have a qualified electrician install them in your home.
- Ground fault circuit interrupters (GFCIs) reduce the risk of shock. GFCIs shut off electricity when it becomes a shock hazard. Make sure GFCI's are installed in bathrooms, basements, garages, outdoors, at kitchen counters and other locations in the home where there are sinks or basins.
- Test AFCIs and GFCIs once a month by pushing the test button to make sure they are working properly.

Outside the home

- Keep ladders away from overhead power lines, the lines into your home.
- Never touch a power line. Assume that all power lines are live. Stay at a safe distance – you could be electrocuted.
- Never touch a person who is in contact with a downed wire.

- Report downed power lines to authorities.
- Some power lines are underground. Call your local authority regarding digging.

Lightning

Indoor safety

- During a lightning storm
 - ♦ Stay off corded phones, computers, and other electronic equipment that put you in direct contact with electricity or plumbing.
 - ♦ Avoid washing your hands, showering, bathing, doing laundry, or washing dishes.
 - ♦ Stay away from windows and doors.

Outdoor safety

- When lightning is present
 - ♦ Seek shelter immediately in a building or a hard-topped vehicle.
 - ♦ If you are in or on open water, go to land and seek shelter immediately
 - ♦ If you can't get to shelter and you feel your hair stand on end, indicating that lightning is about to strike, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. This is a last resort when a building or hard-topped vehicle is not available.
- If a person is struck by lightning, call 9-1-1 and get medical care immediately. Lightning strike victims carry no electrical charge; attend to them immediately. Administer CPR if needed.

Medical Oxygen

- Oxygen itself does not burn but a fire needs oxygen to start and to keep burning. When more oxygen is in the air, the fire will burn hotter and faster.
- If medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding goes up, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never smoke in a home where medical oxygen is used.
- Post “no smoking” signs in and outside of the home to remind residents and guests not to smoke.
- If medical oxygen or an oxygen tank is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never use a candle, match, lighter, or other open flame; a stove or other device fueled by gas, kerosene, wood, or coal; or a sparking toy when medical oxygen is in use.

Home fire sprinklers

- Eight out of ten fire deaths in the U.S. occur in the home. If you have a fire in the home, the risk of dying is cut by about 80 percent with automatic fire sprinklers.
- A sprinkler will control or put out a fire with a tiny fraction of the water that would be used by fire department hoses.
- Sprinklers keep fires small. Because the sprinkler system reacts so quickly, it can dramatically reduce the heat, flames, and smoke produced in a fire, allowing people the time to escape safely.
- Sprinklers activate independently. Only the sprinkler closest to the fire will activate, spraying water directly on the fire, not the rest of the house.
- Accidental sprinkler discharges are extremely rare.
- If you are building or remodeling your home, install a home fire sprinkler system.

Installation

- Have a qualified contractor install your home fire sprinkler system according to NFPA codes and standards and local fire safety regulations.
- Home fire sprinklers round out the work of smoke alarms. Sprinklers and smoke alarms together cut the risk of dying in a home fire 82 percent compared to having nothing.

Maintenance

- A simple visual inspection should be done routinely to ensure the water valve on the sprinkler is open.
- Inspect the pipes and sprinklers occasionally to make sure nothing is blocking them.
- Do a water flow test on the sprinkler system about once a year or have a fire sprinkler contractor do the test.
- Keep sprinklers clear and free of objects that can interfere with their proper use.

Senior Adults

Know your emergency number

9-1-1

- 9-1-1 is only for fire, police, and ambulance emergencies.
 - If 9-1-1 is not the emergency number in your area, make sure the audience knows what the number is.
 - Always say call nine-one-one; never say nine eleven.
 - Use a 9-1-1 simulator or unplugged phone to allow the audience to practice calling. 9-1-1 simulators are available for loan to members of the Mississippi Association of Public Fire Safety Educators. To join, see the application at the beginning of this book.
- In a fire emergency, always call 9-1-1 **after** you escape a burning building.

Information to give the emergency operator

- Stay calm.
- Stay on the phone until the 9-1-1 operator tells you to hang up.
- Tell the 9-1-1 operator your address.
- Tell the 9-1-1 operator the address where the emergency is.
- Tell the 9-1-1 operator what the emergency is.
- Answer any other questions.

Smoke alarms

Installation

- In every sleeping room
- Outside each sleeping area
- On every level of the home
- For the best protection, interconnect all smoke alarms throughout the home; when one sounds, they all sound. Wireless battery-operated interconnected smoke alarms are now available.
- Make sure everyone in your home knows the sound of the smoke alarm and knows how to respond. Ionization smoke detection is generally more responsive to flaming fires, and photoelectric smoke detection is generally more responsive to smoldering fires. Both types of technologies have improved home fire safety.
- Choose a smoke alarm that has the label of a recognized testing laboratory.
- Smoke alarms should be installed away from the kitchen to prevent false alarms. Generally, they should not be closer than 10 feet to a cooking appliance.

- A smoke alarm between 10 and 20 feet of a cooking appliance must have a hush feature, which temporarily reduces the sensitivity of the alarm, or be a photoelectric type.
- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound may be helpful in waking children with the use of a familiar voice.

Testing

- Test smoke alarms in accordance with manufacturer's instructions at least once a month using the test button.
- Use care to prevent falls when using step stools and ladders to test a smoke alarm.
 - To avoid climbing, suggest using a broom handle to test the alarm.
- Each time you test your alarm, clean it with a feather duster or vacuum.

Deaf or hard of hearing

- Use smoke alarms made for people who are deaf or hard of hearing. These alarms use strobe (flashing) lights or a vibration device for the bed. Vibration equipment - pillow or bed shakers- is now required. This equipment is available and is activated by the sound of the smoke alarm.
- Recent research has shown that as people age, their ability to hear high-pitched sounds decreases. A smoke alarm accessory that has a low pitched sound is more effective for all age groups. This equipment is now required and is activated by the sound of the smoke alarm.

Sleeping with bedroom door open or closed

- Make sure everyone can hear the sound of the smoke alarms and knows what your smoke alarms sound like.
- If you sleep with bedroom doors closed, have interconnected smoke alarms.

Smoke alarm replacement

- Replace all smoke alarms (including hard-wired) when they are 10 years old.
- Sixty-five percent of home fire deaths result from fires in homes with no working smoke alarms.

Battery replacement

- Smoke alarms with non-replaceable batteries are designed to remain effective for 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms with any other type of battery, replace batteries at least once a year. If that alarm chirps, replace only the battery.

- Replace all smoke alarms when they are 10 years old or sooner if they do not respond properly when tested.
- For best results, choose a smoke alarm with a long life lithium battery.

Disposal of smoke alarms

- The U.S. Environmental Protection Agency offers information on the safe disposal of smoke alarms at www.epa.gov/radiation/sources/smoke_dispose.htm.

Carbon Monoxide

Dangers of Carbon Monoxide

- Carbon monoxide (CO), often called the silent killer, is an invisible, odorless, colorless gas created when fuels (such as kerosene, gasoline, wood, coal, natural gas, propane, oil, and methane, etc) burn incompletely.
- Carbon monoxide can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.
- Common symptoms of carbon monoxide poisoning may include headache, nausea, and drowsiness.
- Extremely high levels of poisoning can be fatal, causing death within minutes.

Installation

- Install CO alarms inside your home to provide early warning of carbon monoxide.
- CO alarms should be installed in a central location outside each separate sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Combination smoke and CO alarms must be installed in accordance with requirements for smoke alarms.
- Choose a CO alarm that has the label of a recognized testing laboratory.
- When installing your CO alarm, call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds. Post that number by your telephone(s). Make sure everyone in the household knows the difference between the fire emergency and CO emergency numbers, if there is a difference.
- CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and CO alarms.

Testing and Replacement

- Test CO alarms at least once a month and replace CO alarms according to the manufacturer's instructions.

- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.

Carbon Monoxide Precautions

Inside the home

- Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional every year.
- When using a fireplace, open the damper for proper ventilation.
- Never use your oven or stovetop to heat your home.
- When purchasing new heating and cooking equipment, select products tested and labeled by a recognized testing laboratory.

Outside the home

- If you need to warm a vehicle, remove it from the garage immediately after starting it. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked with snow, ice, or other materials.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- Only use barbecue grills – which can produce CO – outside. Never use them in the home, garage or near building openings.
- Remember to use battery-powered lights in tents, trailers and motor homes and motor boats.

Portable Generators

- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents and other building openings to prevent exhaust fumes from entering the home.
- When using portable generators, install battery-operated CO alarms or plug-in CO alarms with a battery backup in the home according to the manufacturer's installation instructions.

If your CO alarm sounds

- Immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for.
- Call for help from a fresh air location. Remain at a fresh air location until emergency personnel arrives to assist you.

Home fire escape

Plan

- Have a home escape plan. Draw a floor plan of each level of the home. Discuss it with all members of your household.
- Find all doors and windows that lead outside. Make sure they open easily and are not blocked. Windows with security bars, grills, and window guards should have emergency release devices.
- Know at least two ways out of every room, if possible.
- Have a plan for anyone who may need assistance escaping your home.
- Make sure everyone in the home can hear and knows how to respond to the sound of the smoke alarm.
- Have a meeting place (something permanent like a tree, light pole or mailbox) a safe distance in front of the home.
- For homes with a second or third level, consider escape ladders listed by a recognized testing laboratory.
- Make sure everyone in your home knows how to call 9-1-1 or your local emergency number.
- Make sure your house number can be seen from the street.

Practice

- Practice the plan with everyone in your home twice a year, at least once at night with the lights off.
- Push the smoke alarm button to start the drill.
- Get out fast.
- Practice using different ways out including escaping under smoke.
- Practice opening your home escape ladder and dropping it out the window, but not using it.

Making a safe escape

Smoke

- When a smoke alarm sounds, get out and stay out.
- Once the smoke alarm sounds, you may have only seconds or minutes to escape safely.
- If there is smoke blocking your way out, use your second way out.
- Smoke is toxic. If you must escape through smoke, get low and go under the smoke to your way out.
- If you can't get out, close the door to keep smoke out, call for help, and signal for help at the window.
- Close doors behind you as you leave.
- Go to your outside meeting place.
- Never go back inside. Get out and stay out.

Feel the door procedure

- Before opening a door, feel the door and doorknob.
- If it is hot, use your second way out.
- If it is cool, open the door slightly.
- If you see smoke or fire, close the door and use your second way out.
- If there is no smoke or fire, continue to your way out.

Use of escape ladders

- Consider getting escape ladders listed by a recognized testing laboratory for sleeping areas on the second and third floors.
- Practice opening the ladder and dropping it out the window, but not using it.
- Make sure the escape ladder fits the window.
- Use only if all other exits are blocked.

Assistance to others during escape

- Teach your children how to escape on their own in case you cannot provide assistance. Children under the age of 10 will need assistance escaping.
- Have a plan for anyone in your home who has a disability.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.
- Some children and adults may not awaken to the sound of the smoke alarm. They may need help waking up. Have a plan to get them out.
- If you can't get to someone needing assistance, leave the home and call the fire department. Tell the fire department where the person is located.

Pets

- If pets are trapped inside your home, inform firefighters right away.

If you cannot escape

- If you cannot get out, close the door and seal vents and cracks around doors with towels or tape to keep smoke out.
- Call 9-1-1 or the fire department. Tell them where you are.
- Signal for help at the window with a light-colored cloth or a flashlight.

Hotel/Motel

- Choose a hotel that's protected by both smoke alarms and fire sprinklers.
- When you check in, ask the desk clerk what the fire alarm sounds like.
- Read the escape plan posted in your room.
- Count the number of doors between your room and the nearest two fire exits. Open the exit doors to be sure they're unlocked.

- Keep your room key by your bed and take it with you if there's a fire. If you cannot escape, you may have to return to your room.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Use the stairs – never use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.
- If all escape routes are blocked, return to your room. Shut off fans and air conditioners. Stuff wet towels or bedding in the crack around the doors and vents. Call the fire department to let them know your location. Wait at a window and signal for help with a flashlight or light-colored cloth.
- Bring a flashlight; keep it near your bed.

Smoking

- To prevent a deadly cigarette fire, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Smoke outside.
- Use deep, sturdy ashtrays.
- Before you throw out butts and ashes, make sure they are out by dousing in water or sand.
- Never smoke in bed.
- Never smoke where medical oxygen is used.
- Before going to bed, check under furniture cushions and in other places people smoke for cigarette butts that may have fallen out of sight.
- Do not extinguish cigarettes in potted plants or landscaping, which often contain a mixture of peat moss, shredded wood and bark that can easily ignite.

Cooking

Choose safe cooking equipment.

- Always use cooking equipment that has the label of a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug microwave ovens or other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance as it can overload the circuit and cause a fire.
- Check electrical cords for cracks, breaks, damage, or overheating. Repair or replace the appliance.

Watch what you heat

- To prevent cooking fires, you must be alert. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.

- When you fry, grill, or broil, stay in the kitchen. Turn off the stove if you leave the kitchen, even for a short time.
- When you simmer, bake, roast, or boil, stay in your home. Turn off the stove if you leave your home, even for a short time.
- Check on the cooking regularly; use a timer to help you remember that you're cooking.
- Stay alert when you are cooking. Use the microwave oven or eat cold food if you are not alert.
- Keep things that can catch on fire away from your stovetop.
- Don't store things that can catch on fire in an oven or toaster oven.
- Clean food and grease off burners, stovetop, and oven.
- Loose clothing can easily catch on fire when in contact with burners. When cooking, wear close-fitting clothing with sleeves that are short, close fitting, or tightly rolled up.

Know how to fight the fire

- **For a small grease fire in a pan on stove burner:**
 - ♦ Keep a lid that fits the pan or cookie sheet and an oven mitt nearby when you cook.
 - ♦ Wearing your oven mitt, smother the fire by carefully sliding the lid or cookie sheet over the pan.
 - ♦ Turn off the burner.
 - ♦ Keep the lid on until the pan is completely cool.
- **For oven and microwave oven fires:**
 - ♦ Turn off the oven or microwave oven and keep door closed.
 - ♦ Unplug an electric oven or microwave oven, if you can safely reach the outlet.
 - ♦ Have the equipment checked and serviced before you use it again.
- When in doubt, get out of the home and call 9-1-1 or the local emergency number.

Microwave ovens

- Place or install the microwave oven at a safe height within easy reach of all users. If possible, the face of the person using the microwave oven should always be higher than the front of the microwave oven door.
- Always supervise children when they are using the microwave oven.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Open microwaved food slowly, away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.

Barbecue grills

- Propane and charcoal BBQ grills must only be used outdoors. Indoor use can kill occupants by either causing a fire or CO poisoning.
- Place the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: have a three-foot “kid-free zone” around the grill.
- Use long-handled grilling tools to give the chef plenty of clearance from heat and flames.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

Charcoal grills

- Use one of the following methods to start charcoal for cooking.
- If you use a “charcoal chimney” to start charcoal for cooking, use a long match to avoid burning your fingers when lighting the paper.
- If you use an electrical charcoal starter be sure that you use a grounded extension cord.
- If you choose to use lighter fluid, use only fluid intended for charcoal grills.
- Never add charcoal starter fluid when coals or kindling have already been ignited.
- Never use gasoline or any other flammable liquid to get the fire going.
- Store the charcoal starter fluid out of reach of children and away from heat sources.

Propane grills

- Check the gas tank hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame do the following:
 - ♦ Turn off the gas tank and grill.
 - ♦ If the leak stops, get the grill serviced by a professional before using it again.
 - ♦ If the leak does not stop, call the fire department.
- Use only equipment with the label of a recognized testing laboratory. Follow the manufacturer’s instructions on how to set up the grill and maintain it.
- Never store propane gas tanks in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.

Turkey Fryers

Use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil is discouraged. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of

turkey fryers by consumers can lead to devastating burns or other injuries and the destruction of property.

Separate kids and pets from cooking area

- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while cooking, carrying hot foods, or drinking or carrying hot liquids.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.

Prevent scalds and burns

- Place hot objects so they cannot be pulled or knocked over.
- Turn pot handles away from the stove’s edge.
- Use the stove’s back burners to keep hot things even farther out of the reach of young children.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.
- Use dry oven mitts or potholders. The heat from hot cookware or tableware could turn moisture into a scald burn.
- Consider installing “anti-scald” devices on tub faucets and shower heads to prevent scalds. The temperature should not exceed 100 degrees Fahrenheit.
- If you do not install “anti-scald” devices on tub faucets and shower heads, consider adjusting the thermostat setting on your water heater to no higher than 120 degrees Fahrenheit. The lower temperature lowers the risk of scalds and burns, but it also increases the risk of Legionnaire’s disease.
- If you wish to lower the temperature setting on your water heater, you will need to test the temperature at the faucet. Allow water to run 3 to 5 minutes. Test the water with a meat, candy, or cooking thermometer. If the water is hotter than 120 degrees Fahrenheit, adjust the temperature of the water heater and wait a full day to allow the temperature in the tank to adjust. Retest and adjust as needed.
- Before placing a child in the bath or getting into the tub yourself, test the water.
- Do not leave the bathroom unattended while the tub is filling.
- Fill the tub or sink, running cool water first and then add hot water. Turn hot water off first. Mix the water thoroughly and check the temperature by moving your hand, wrist, and forearm through the water. The water should feel warm to the touch.
- When bathing a young child, seat the child facing away from the faucets so the child cannot reach the faucet. Turn the faucet to the “COLD” position.

Teach children that hot things burn.

- Teach children that hot things burn.
- When children are old enough, teach them to cook safely.

Install and use cooking appliances safely

- Always use cooking equipment tested and approved by a recognized testing laboratory.
- Follow manufacturer's instructions and code requirements when installing, cleaning, and operating cooking equipment.
- Plug cooking equipment directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Burns

- Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- If the burn is bigger than the injured person's palm, or if there are questions, get medical help right away.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat thereby increasing skin damage.
- Seek medical attention by calling 9-1-1 or seeing your doctor if the burn is
 - ♦ on the face, hands, feet, major joints or genital area.
 - ♦ white, tight, dry (leathery) or painless.
 - ♦ caused by chemicals or electricity.
 - ♦ not healing in 2 to 3 days, becomes foul smelling, develops thick drainage, redness or swelling around the burn, or causes a fever.

Candles

- Consider using battery-operated flameless candles.
- Keep candles at least 12 inches away from anything that can burn.
- Never use a candle when medical oxygen is being used.
- Use sturdy, safe candleholders.
- Protect candle flames with glass chimneys or containers.
- Avoid using candles in bedrooms and sleeping areas.
- Never leave a burning candle unattended. Extinguish candles when you leave a room.
- Be careful not to splatter wax when extinguishing a candle. Using a candle snuffer is safer than blowing the candle out.
- Always use a flashlight, not a candle, for emergency lighting.

Matches and lighters

- Teach young children to tell a grown-up if they find matches or lighters around the home.
- Lighters that look like toys can confuse children. Do not buy or use them.

- Beginning July 1, 2010, sale of toy-like lighters is banned in Mississippi.
- Keep matches and lighters up high, out of the reach of children, preferably in a cabinet with a child lock.

Heating

- Have a three-foot “kid-free zone” around open fires and space heaters.
- Make sure your choice of heating equipment is permitted by law in your community. For example, kerosene heaters, chimeneas, and fire pits are not allowed in all communities.
- Make sure your heating equipment has the label showing that it is listed by a recognized testing laboratory.
- Install stationary space heating equipment, water heaters, or central heating equipment according to the local codes and manufacturer’s instructions.
- If possible, have a qualified professional install the equipment.
- Make sure all fuel-burning equipment is vented to the outside. Make sure the venting for exhaust is kept clear and unobstructed.
- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- All heaters need space. Keep all things that can burn, such as paper, bedding, or furniture, at least 3 feet away from heating equipment.
- Supervise children when a fireplace, fire pit, or other space heater is being used. Use a sturdy, metal screen to prevent contact burns, which are even more common than flame burns.
- Cooking appliances should not be used to heat a home.
- For fuel assistance, contact the National Fuel Funds Network at 1-202-824-0660. Contact local officials to find out if local weatherization programs are available in the community.

Portable space heaters

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they’re tipped over they will shut off.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked, frayed, or broken plugs or loose connections. Replace before using.

Open air burning

- Call the local fire department or municipality before outdoor or open air burning. This includes campfires, brush fires, fire pits, chimeneas, and outdoor fireplaces.

You may not be permitted to do outdoor burning in some municipalities and during some seasons of the year.

- Closely attend all outdoor fires.
- Use chimeneas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from the home or anything that can burn.
- Avoid burning on windy, dry days. When conditions are windy or dry, it is too easy for open burning to spread out of control.
- Where outdoor burning is allowed, never use gasoline or other flammable or combustible liquids
- Have a hose, bucket of water, or shovel and dirt and sand nearby when burning to extinguish the fire.

Fuel burning space heaters

- Always use the proper fuel as specified by the manufacturer.
- When refueling, allow the appliance to cool and refuel outside or in a well-ventilated area.
- When using the heater, open a window to ensure adequate venting.
- All new unvented gas-fired space heaters have an oxygen depletion sensor that detects a reduced level of oxygen in the area where the heater is operating and shuts off the heater before a hazardous level of carbon monoxide accumulates. If you have an older heater without this feature, replace it.
- If the pilot light of your gas heater goes out, allow 5 minutes or more for the gas to go away before trying again, do not allow gas to accumulate, and light the match before you turn on the gas to the pilot to avoid risk of flashback.
- If you smell gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and window. Call a gas service person.

Wood burning stoves and fireplaces

- Install the stove, chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- Wood stoves should bear the label of a recognized testing laboratory.
- Burn only dry, well-seasoned wood.
- Use artificial logs according to manufacturer's recommendations.
- Use only newspaper and kindling wood to start a fire. Never use flammable liquids, such as lighter fluid, kerosene, or gasoline to start a fire.
- Keep the doors of your wood stove closed unless loading or stoking the live fire.
- Have a sturdy screen on a fireplace.
- Allow ashes to cool before disposing.
- Dispose ashes in a metal container and keep the ash container at a safe distance from the home and any other nearby buildings.
- Chimneys and vents need to be cleaned and inspected at least once a year.

Central heating

- Furnaces need to be cleaned and inspected at least once a year by a qualified professional.
- Do not store things that can burn near the furnace and keep the furnace area clean and uncluttered.

Stop, Drop, and Roll

- If your clothes catch fire, stop immediately.
- Drop to the ground.
- Cover face with hands.
- Roll over and over or back and forth to put out the fire.
- If you cannot stop, drop and roll, keep a fire-retardant or natural fiber blanket nearby to help you or others smother flames. Cover the person with a blanket to smother the fire. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first to stay in place before getting on the floor to roll until the flames are out.
- Cool the burn in cool water immediately for three to five minutes.
- Cover with a clean, dry cloth.
- Get medical help right away.

Fire extinguishers

- Portable fire extinguishers have limits. Only use a fire extinguisher if you have been trained to do so. Learn and practice how to use fire extinguishers before a fire occurs.
- Call the fire department if there is a fire. As a general rule, firefighting should be left to the experts.
 - Do not recommend fire extinguisher use unless you provide training how to properly use an extinguisher.

Electrical

- If you are at all unfamiliar with the operation of your electrical system, hire a qualified electrician.

Inside the home

- Have your home electrical system inspected when buying, selling, or renovating a home.
- Keep lamps, light fixtures, and light bulbs away from anything that can burn, including lamp shades, furniture, bedding, curtains, clothing, and flammable or combustible gases and liquids.
- Use light bulbs that match the recommended wattage on the lamp or fixture.

- If a fuse blows or a circuit breaker trips often, find out why and correct the problem. Have a licensed electrician inspect and correct it.
- Replace blown fuses with the correct amp rating. Never replace a fuse with a higher rated fuse. If the problem continues, call an electrician.
- Major appliances (refrigerators, stoves, washers, dryers, etc.) should be plugged directly into a wall outlet. Never use an extension cord.
- Window air conditioners should be plugged directly into a wall outlet. Many manufacturers of room air conditioners prohibit the use of extension cords. If manufacturer's instructions allow extension cords, follow the instructions for the proper type.
- Buy only appliances that have the label of a recognized testing laboratory.
- Replace cracked, damaged and loose electrical cords.
- Avoid putting cords against walls or furniture or running them under carpets or across doorways.
- Extension cords are for temporary use only. Have a licensed electrician determine if additional circuits or outlets are needed.
- Replace outlets if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Cover outlets and switches with wall plates to prevent shocks.
- If you have young children install tamper-resistant electrical outlets. Where replacement is not possible install new protective outlet covers, which do not allow a child to insert an object into the outlet.
- Call a licensed electrician if you have
 - ♦ recurring problems with blowing fuses or tripping circuit breakers.
 - ♦ a tingling feeling when you touch an electrical appliance.
 - ♦ discolored or warm wall outlets or switches.
 - ♦ a burning smell or rubbery odor coming from an appliance.
 - ♦ flickering lights.
 - ♦ sparks from an outlet.
 - ♦ cracked or broken outlets.
- Arc fault circuit interrupters (AFCIs) are a type of circuit breaker that shuts off electricity when a dangerous condition occurs. Have a qualified electrician install them in your home.
- Ground fault circuit interrupters (GFCIs) reduce the risk of shock. GFCIs shut off electricity when it becomes a shock hazard. Make sure GFCI's are installed in bathrooms, basements, garages, outdoors, at kitchen counters and other locations in the home where there are sinks or basins.
- Test AFCIs and GFCIs once a month by pushing the test button to make sure they are working properly.

Outside the home

- Keep ladders away from overhead power lines, the lines into your home.
- Never touch a power line. Assume that all power lines are live. Stay at a safe distance – you could be electrocuted.
- Never touch a person who is in contact with a downed wire.

- Report downed power lines to authorities.
- Some power lines are underground. Call your local authority regarding digging.

Lightning

Indoor safety

- During a lightning storm
 - ♦ Stay off corded phones, computers, and other electronic equipment that put you in direct contact with electricity or plumbing.
 - ♦ Avoid washing your hands, showering, bathing, doing laundry, or washing dishes.
 - ♦ Stay away from windows and doors.

Outdoor safety

- When lightning is present
 - ♦ Seek shelter immediately in a building or a hard-topped vehicle.
 - ♦ If you are in or on open water, go to land and seek shelter immediately
 - ♦ If you can't get to shelter and you feel your hair stand on end, indicating that lightning is about to strike, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. This is a last resort when a building or hard-topped vehicle is not available.
- If a person is struck by lightning, call 9-1-1 and get medical care immediately. Lightning strike victims carry no electrical charge; attend to them immediately. Administer CPR if needed.

Medical Oxygen

- Oxygen itself does not burn but a fire needs oxygen to start and to keep burning. When more oxygen is in the air, the fire will burn hotter and faster.
- If medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding goes up, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never smoke in a home where medical oxygen is used.
- Post “no smoking” signs in and outside of the home to remind residents and guests not to smoke.
- If medical oxygen or an oxygen tank is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it easier for a fire to start and spread. This means that there is a higher risk of both fires and burns.
- Never use a candle, match, lighter, or other open flame; a stove or other device fueled by gas, kerosene, wood, or coal; or a sparking toy when medical oxygen is in use.

Home fire sprinklers

- Eight out of ten fire deaths in the U.S. occur in the home. If you have a fire in the home, the risk of dying is cut by about 80 percent with automatic fire sprinklers.
- A sprinkler will control or put out a fire with a tiny fraction of the water that would be used by fire department hoses.
- Sprinklers keep fires small. Because the sprinkler system reacts so quickly, it can dramatically reduce the heat, flames, and smoke produced in a fire, allowing people the time to escape safely.
- Sprinklers activate independently. Only the sprinkler closest to the fire will activate, spraying water directly on the fire, not the rest of the house.
- Accidental sprinkler discharges are extremely rare.
- If you are building or remodeling your home, install a home fire sprinkler system.

Installation

- Have a qualified contractor install your home fire sprinkler system according to NFPA codes and standards and local fire safety regulations.
- Home fire sprinklers round out the work of smoke alarms. Sprinklers and smoke alarms together cut the risk of dying in a home fire 82 percent compared to having nothing.

Maintenance

- A simple visual inspection should be done routinely to ensure the water valve on the sprinkler is open.
- Inspect the pipes and sprinklers occasionally to make sure nothing is blocking them.
- Do a water flow test on the sprinkler system about once a year or have a fire sprinkler contractor do the test.
- Keep sprinklers clear and free of objects that can interfere with their proper use.

Tips to the educator

- **Remember these adults sometimes may be hard of hearing.** Use a loud clear voice, but avoid yelling.
- **Senior adults have a shorter attention span.** Consult the leader of the group for suggested presentation length.
- **Pay attention to your audience.** If you notice your audience nodding off, you may need to cut your presentation short. You can usually schedule a return visit to cover additional information.