



BEVERLY HILLS FIRE DEPARTMENT PRESENTS: FIRE SAFETY AND FALL PREVENTION FOR SENIORS



Helpful Fire Safety Tips for Seniors:

- If you smoke, smoke outside. Good prevention practices include soaking the butts, used deep trays, and never smoke lying down or especially in bed.
- Keep space heaters at least 3 feet away from anything that can burn— including you. Do not leave portable heaters on and unintended overnight or when you leave the house temporarily.
- Be kitchen wise. Wear tight-fitting clothing, turn pot handles inward to prevent from knocking over, remove anything that can burn near or around stove, don't cook if you are feeling drowsy from alcohol or medication and never leave cooking unattended.
- Have smoke alarms installed outside of each sleeping area, and each bedroom. Highly recommend to install alarms that are interconnected (when one sounds, they all sound and alert everyone) For the best protection, install both photoelectric and ionization alarms (or combination alarm) Test your smoke detectors monthly and replace batteries yearly. If you can't test or replace batteries, have someone do it for you.
- Plan and practice your escape routes in case of a fire or emergency. Make sure all windows and doors can open easily. Practice twice a year. Plan and escape around YOUR abilities and limitations.
- Know your local emergency number. Keep a phone close by in case of an emergency.
- If your clothes catch fire: Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put the fire out. Get medical help right away.

Did you Know:

The National Fire Protection Association statistics show that people age 65 and older are twice as likely to be involved in a fatal home fire. Approximately 800 senior fire deaths occur yearly and nearly 13,000 senior fall injuries occur in a year.

Helpful Fall Prevention Tips for Seniors:

- Exercise, stretch daily. This strengthens your body core and balance. Which reduces the likelihood of accidental falls. Exercises also help you to get out in case of an emergency such as using the stairs more efficiently, getting out quickly, reacting faster and crawling on the floor just in case you have to stay low to the ground because of smoke.
- Keep shoes available close to your bed (no slip soles) Sandals and slippers are loose and can be a tripping hazard.
- Improve lighting in your house this way things are more clearly visible and not bumped into. At night, install night lights between bedroom and bathroom so walkways are lit better.
- Maintain good housekeeping practices in your home that could be a hazard. Maintain clear pathways to avoid bumping into things and obstructing your exits. Avoid piles that could easily tip over and fall on you. Be careful of tripping such as extension cords or items randomly left on the floor. Throw rugs normally found at doorways, kitchens and bathrooms can be a slip hazard, use rugs with non-skid backing.
- If you have stairs in your residents, it's highly recommended to install rails on both sides of the stairs. (inside and outside)
- Bathroom precautions should be taken as the majority of slip and falls occur in the bathroom. Install rails next to the toilet and shower / tub. Place non-slip floor mats outside the shower and non-slip mats in the tub.

Did you Know:

Recent research has shown that a loud, mix low-pitched sound is more effective for waking people of all ages than the loud-pitched sound of a traditional smoke alarm. As people age, their ability to hear high-pitch sounds decreases.

