

10 Tips for Fire Safety

Here are 10 important tips for fire safety, provided by NFPA, the National Fire Protection Association.

- 1. Stop, Drop and Roll** - If your clothing catches fire, stop wherever you are, drop to the floor or ground, and roll over and over to smother the flames. Cover your face with your hands to protect your face.
 - 2. Install and Maintain Smoke Detectors** - Install at least one smoke detector on every level of your home. There should be one outside each sleeping area. In apartment buildings, there should be smoke detectors in each apartment. Test smoke detectors once a month according to directions. Replace dead batteries immediately. Clean away any dust or cobwebs from the face of the detector.
 - 3. Practice EDITH - Exit Drills in the Home** - Design an escape plan for your family. Make special provisions for infants, elderly and handicapped persons. Have two ways out of every room in case flames or smoke block one way. Establish a place outside where everyone will gather. Don't go back into a building that is on fire. Practice an escape plan with an Exit Drill in the Home (EDITH). In an apartment building, use only the stairs as a fire exit, never an elevator.
 - 4. Crawl Low in Smoke** - Crawl low in smoke, moving on hands and knees. Cleaner air is nearer the floor.
 - 5. Cool a Burn** - If someone gets burned, put cool water on the burned skin immediately. Seek a doctor's help if a blister forms or if the burn is severe.
 - 6. Smokers Need Watchers** - Make sure smokers extinguish cigarettes in large, deep ashtrays. Empty ashtrays into the toilet. Check under sofa and chair cushions for cigarette butts before going to bed. Never smoke in bed.
 - 7. Space Heaters Need Space** - Keep portable heaters at least 36 inches away from things that burn - papers, bedding, clothing, curtains. Keep small children away from heaters. Turn heaters off when going to bed or when leaving the home.
 - 8. Be Careful When Cooking** - Pay complete attention when cooking at the stove. Keep young children out of the way. Make sure pot handles are turned inward so they can't be accidentally tipped over. If grease catches fire, place the lid over the pan to smother the fire; turn off the burner. Never throw water or anything else onto a grease fire.
 - 9. Practice Safety with Electricity** - If an appliance gives off smoke or a burning odor, unplug it immediately and have it checked for repair. Check cords on appliances; have cords replaced if they are frayed or broken. Do not place extension cords under rugs or in other places where they may be stepped on and broken. If you replace a blown fuse, make sure the new fuse is of the same amperage rating.
 - 10. A Match is a Tool - For Adults** - Matches and lighters are tools for adults. Keep them where children can't reach them. Teach children to give matches and lighters to adults.
- REMEMBER** - If there is a fire, get out immediately and call the fire department from a neighbor's. Ask your fire department for information and help with fire safety in the home.