



CONTRA COSTA COUNTY FIRE PROTECTION DISTRICT
FIRE • RESCUE • EMS

HOME FIRE SAFETY FOR OLDER ADULTS



Service • Leadership • Teamwork • Safety and Preparedness • Professionalism • Integrity

HOME FIRE SAFETY TOPICS

- Don't Leave Cooking Unattended
- Have Working Smoke Alarms
- Don't Overload Electrical Outlets
- Participate in Fall Prevention Classes
- Have Two Ways Out
- Have a Fire Evacuation Plan

HOW FAST DOES A FIRE SPREAD?



RECIPE FOR COOKING SAFETY

Clean cooking equipment after each use. Crumbs in a toaster or grease on the stove can catch on fire.



If you have a fire in your oven, turn it off. Let the contents cool before cleaning.



If you have a fire in your oven and the flames escape it, leave your home and call 911.



KITCHEN COOKING SAFETY - GREASE FIRE



HEAR THE BEEP WHERE YOU SLEEP



Test alarms at least once a month by pushing the test button.



Replace all smoke alarms when they are 10 years old or if they do not sound when tested.



When the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Some people, especially children and older adults, may need help to wake up. Make sure someone will wake them if the smoke alarm sounds.

Every Bedroom Needs a Working Smoke Alarm!

Half of home fire deaths happen between 11 p.m. and 7 a.m., when most people are asleep.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms.

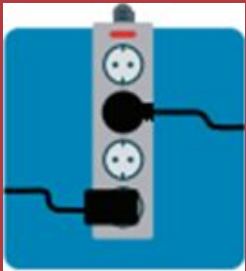
For the best protection, install interconnected smoke alarms in your home. When one sounds, they all sound.



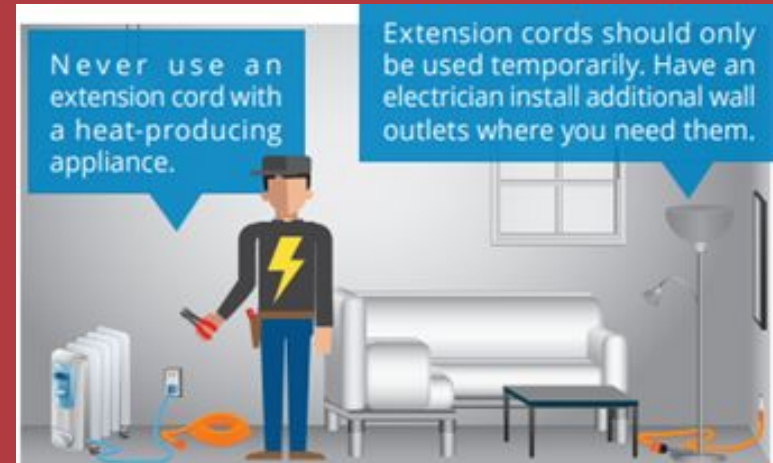
PREVENTING ELECTRICAL FIRES



- Do not overload outlets.
- Insert plugs fully into sockets.



- Do not overload power strips
- Replace worn, old or damaged extension cords right away
- Avoid putting cords where they can be damaged or pinched, like under a carpet or rug



- Always plug major appliances directly into a wall outlet.
- Never use an extension cord with a major appliance
- If the appliance has a cracked, damaged or loose cord, replace the appliance
- Clean lint filters every time you use your dryer
- Clean your dryer vent ductwork once per year



PREVENTING ELECTRICAL FIRES



Never use extension cords

FEMA

CLOSE BEFORE YOU DOZE

It's Time To Add "Close Your Door" To Your Fire Safety Checklist!

The door is one of the best fire fighting equipment components, it can:

- Reduce fire growth and spread
- Limit damage to your home/building
- Save lives

Remember:

- Close the bedroom door when you are sleeping
- Close doors behind when you are escaping a building when it is on fire
- Keep fire doors closed, never wedge, disable or prop open fire doors

CLOSE BEFORE YOU DOZE



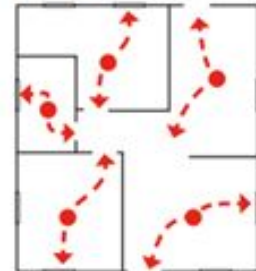
FIRE ESCAPE PLAN SHEET

Our Home Fire Escape Plan



Fire department number:

Example



Outside
meeting
place



How to make a home fire escape plan:

- ➊ Draw a map or floor plan of your home. Show all windows and doors.
- ➋ Mark two ways out of each room.
- ➌ Choose a meeting place outside in front of your home. Draw a picture of your outside meeting place on your escape plan.
- ➍ Write the emergency telephone number for the fire department on your escape plan.
- ➎ Practice your plan at least two times a year.

HAVE TWO WAYS OUT

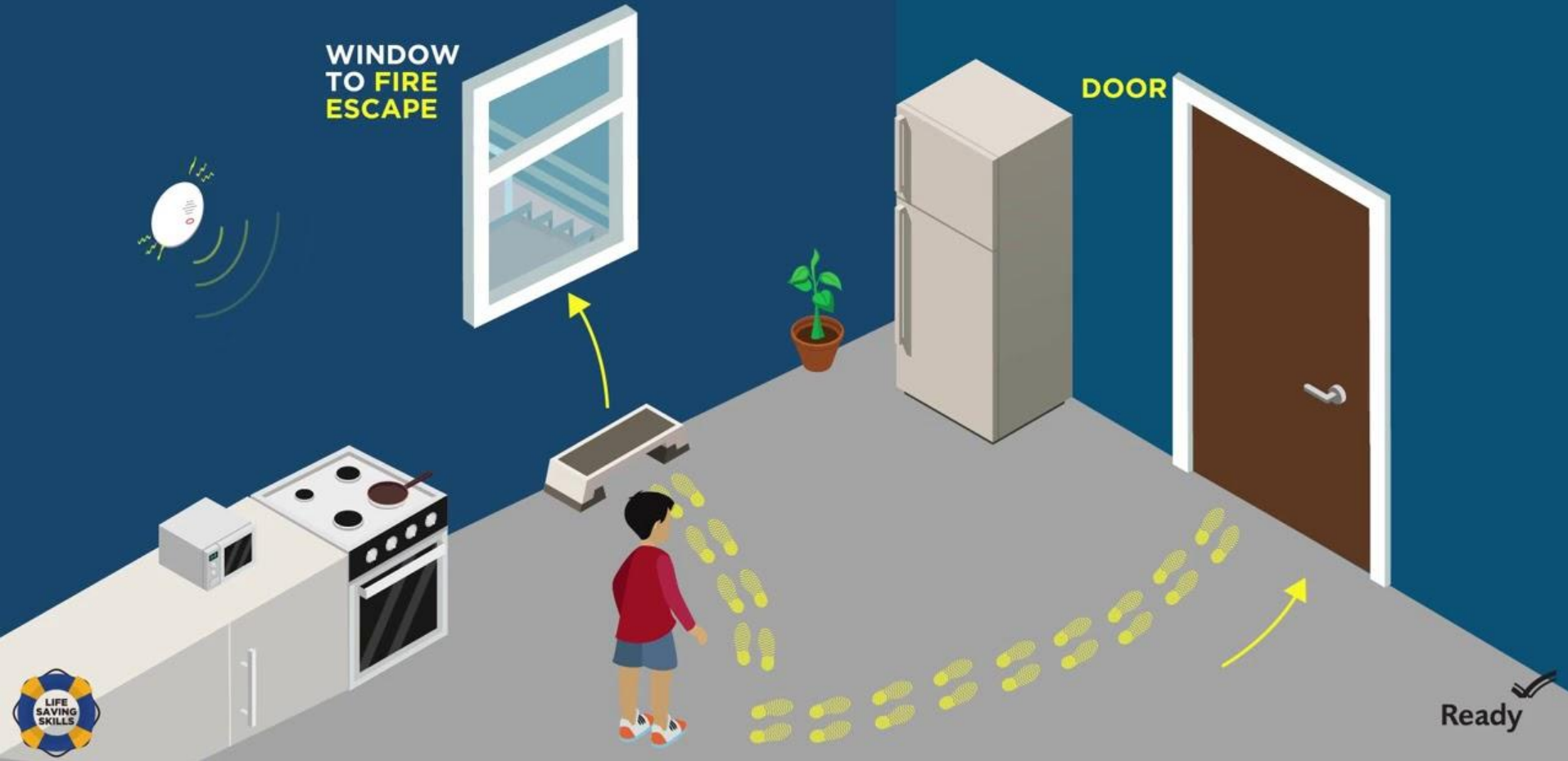
DO YOU KNOW
TWO WAYS OUT?

WINDOW
TO FIRE
ESCAPE

BE READY FOR
AN **EMERGENCY.**

DOOR

Ready ✓



EVERY SECOND COUNTS: PLAN 2 WAYS OUT!

7 Steps to Practicing Your Fire Escape Plan!

1



Draw a map of your home. Include all doors and windows.

2



Find two ways out of every room.

3



Make sure doors and windows are not blocked.

4



Choose an outside meeting place in front of your home.

5



Push the test button to sound the smoke alarm.

6



Practice your drill with everyone in the home.

7



Get outside to your meeting place.

FIRE ESCAPE PLAN VIDEO



OTHER ITEMS TO CONSIDER



Make sure your street number is clearly visible from the road for first responders



If there are young children, or household members with mobility limitations, and pets make sure that someone is assigned to assist them in your home fire drills and in the event of an emergency



If windows or doors in your home have security bars, make sure that the bars have emergency release devices inside so that they can be opened immediately in an emergency

IF YOU WAKE UP TO A FIRE IN YOUR HOME

- Always use the back of your hand to feel the door before you exit
- If the door is warm use your Second way out
- If door is cool, open door a crack to check if there is smoke, if it's safe, continue outside to your meeting place.
- Stay low and Go! Smoke will rise and the best air is low to the ground
- Close doors behind you as you Go!



OTHER ITEMS TO CONSIDER

What to do if your CLOTHING catches on fire!



DO NOT RUN or try to put the fire out with your hands!

RECAP - KNOW WHAT TO DO

If there is a fire in your home:

- DO NOT try to fight the fire yourself. Call 911
- DO NOT stop to gather personal belongings
- GET OUT by using your escape plan you practiced
- STAY LOW & GO if smoke is present, stay as low as possible to the floor and cover your mouth.
- Close the door on your way out
- If you are trapped, close all the doors between you and the fire and call 911. Tell the dispatcher where you are located in the home or building