

National Child Safety Council

**senior safe<sup>®</sup>**

# Household Safety

- Fire Safety
- Electricity
- Smoking



Presented by

**National Child  
Safety Council**

and your local

**Law Enforcement  
Department**



# Household Safety



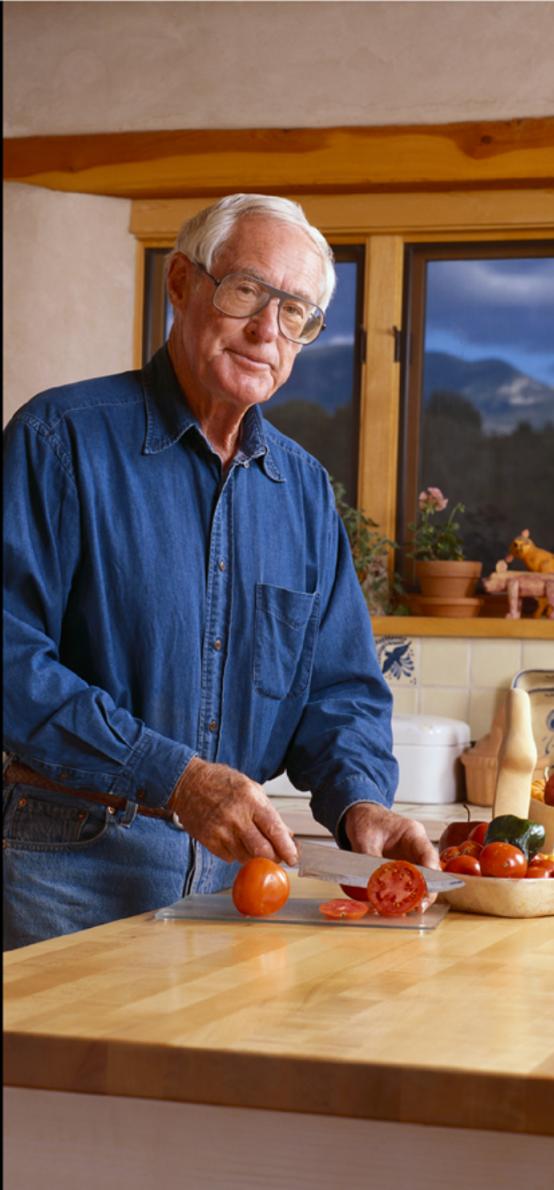
## *Prevent Injuries*

**Accidental injuries and burns are leading causes of deaths for senior adults. There are numerous steps that can be taken to prevent such tragedies.**

**Inspect your home to be sure every precaution has been taken to prevent fires, burns, and falls.**

**People over 65 have a fire death rate twice the national average.**

# Household Safety



## *Put Safety First*

### **In the Kitchen**

- **Never leave cooking unattended. If you are called away, turn off all burners until you return.**
- **Use a timer as a reminder to turn off burners and the oven.**
- **Keep stove surfaces free of clutter and built-up grease.**
- **Never cook if you have been drinking or taking a medication that makes you drowsy.**

# Household Safety



## *Put Safety First*

### **In the Kitchen**

- **Use oven mitts. Keep pot handles turned inward on the stove to prevent scalds.**
- **Relocate towels and pot holders normally hanging on oven handles and near stoves.**
- **Avoid wearing long-sleeved clothing while cooking. Secure them or wear short sleeves.**

**Electricity can kill in 1 second.**

# Household Safety



## *Put Safety First*

### **In the Bathroom**

**Falls, scalds, shocks, and poisonings are among the most common bathroom accidents.**

**Drowning is the 5th leading cause of unintentional death among senior citizens.**

**Bathroom injuries account for approximately 25% of all household accidents.**

# Household Safety



## *Put Safety First*

### **In the Bathroom**

- **Make sure the light switch is near the door and away from water sources.**
- **Have non-skid rubber mats or decals in showers and tubs.**
- **Only use slip-resistant rugs and runners.**

# Household Safety



## *Put Safety First*

### **In the Bathroom**

- **Never use electrical appliances while you are wet or near water. Unplug and store all appliances when not in use.**
- **Electrical heaters and extension cords should never be used in the bathroom.**
- **Lower the thermostat on your water heater so that tap water is no higher than 120° F.**

# Household Safety



## *Fire Safety Tips*

**The most important thing a person can do to ensure a home is safe from fires is to install smoke alarms.**

**They are inexpensive and easy to install.**

**Never borrow the battery to use elsewhere.**

**No smoke alarm will work if the batteries are dead or missing.**

# Household Safety



## *Fire Safety Tips*

- **Have a working smoke alarm on every level of your home and near sleeping areas.**
- **Smoke alarms for the hearing impaired or visually impaired are available.**
- **Test your smoke alarms once a month.**

# Household Safety



## *Fire Safety Tips*

- **Replace the batteries in your smoke alarms twice a year, when you reset the clocks for Daylight Savings Time or on a special holiday or birthday.**
- **Know 2 ways out of every room in your home and make sure they're accessible.**
- **Always keep eyeglasses, a working flashlight, and emergency keys beside your bed.**

# Household Safety



## Fire Safety Tips

- Install a carbon monoxide (CO) detector. (*Make sure family members can distinguish between the sound of the smoke alarm and CO detector.*)

**Note:** A carbon monoxide detector does not replace a smoke alarm.

**32% of all deaths caused by residential electrical systems are as a result of faulty cords and plugs.**

# Household Safety



## Fire Extinguishers

Have at least 1 charged and fully operational fire extinguisher in an accessible place.

### Only fight a fire:

- if everyone is out.
- if the fire is contained in a small area.
- if it isn't smoky.
- if behind you is a safe escape route.
- if you know how to use an extinguisher.

**If the fire does not go out within seconds, get out immediately.**

# Household Safety



## *Around the House*

- **Have a fully stocked first aid kit.**
- **Check electrical cords frequently for frayed wires and loose plugs. Never overload outlets.**
- **Make sure electrical appliances are easy to reach. Follow all manufacturer's instructions.**
- **Have your heating system checked annually by a qualified professional.**



## *Around the House*

- If you use a space heater, keep it vented, away from walkways, and at least 3 feet away from anything that can burn including curtains, rugs, and furniture.
- Loose, flowing garments like nightgowns and robes are often highly flammable; be especially careful when wearing them.
- Make sure rooms are well-lighted. Use the recommended size of light bulbs in fixtures.

# Household Safety



## *Around the House*

- **Only use GFCI (*Ground Fault Circuit Interrupter*) outlets in the bathroom.**
- **Store aerosols in a cool place.**
- **Keep important papers and valuables in a bank safe deposit box. (*Many fire victims were overcome while searching for items to rescue.*)**
- **If you suspect a gas leak, call your gas supplier immediately.**
- **Never use charcoal briquets for heating or cooking indoors.**



## *Around the House*

### **Smoking**

- **Smoking is the #1 cause of home fires.**
- **More than 2,000 people each year die from fires started by smokers.**
- **A lit cigarette that falls onto a bed or sofa can smolder for hours.**



## *Around the House*

### **Smoking**

- **Never smoke in bed, or when you are drowsy from medication.**
- **Provide smokers with large, deep, non-tip ashtrays.**
- **Empty ashtrays often, wetting the contents before dumping them into wastebaskets. Empty wastebaskets often.**

# Household Safety



## *In Case of Fire*

- 1. Leave. Never call 9-1-1 from a burning building.**
- 2. Dial your local fire department no matter how small the fire. Post emergency numbers by the phone.**
- 3. Stoop or crawl low to avoid breathing smoke.**
- 4. Don't panic and try not to rush. You could fall.**

**Burns are a leading cause of accidental death among seniors.**

# Household Safety



## *In Case of Fire*

### **Apartment Buildings or Care Facilities**

**All licensed care facilities have sprinkler systems that greatly reduce the incidence of fire, but residents should know the emergency plan for all rooms and participate in fire drills.**

# Household Safety



## *In Case of Fire*

### **Apartment Buildings or Care Facilities**

- 1. Memorize the location of fire exits and the number of doors from yours to a fire exit in case of dense smoke or darkness.**
- 2. DO NOT use elevators. Take the stairs.**



## *In Case of Fire*

### **Apartment Buildings or Care Facilities**

- 3. If trapped, close all doors between you and the fire to slow the spread of fire. Open a window and signal for help.**
- 4. Use the back of your hand to test each door for heat before opening it. If it's hot, try another way out.**



## *In Case of Fire*

### **If Your Clothing Catches on Fire**

- **Stop, drop, cover your face and roll over and over to put out the flames.**
- **Never run. It will only make the fire spread.**
- **If someone else is on fire, wrap a coat or blanket around them and push them to the ground to help them stop, drop, and roll and smother the flames.**

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**National Child Safety Council has developed senior safe<sup>®</sup> materials geared specifically to the needs of today's active Senior.**

**The senior safe<sup>®</sup> materials make it easy for law enforcement departments or other community groups to present vital information for daily living and safeguarding lives to a group of Seniors in any setting.**

**For a complete list of NCSC senior safe<sup>®</sup> materials and other programs, visit [www.nationalchildsafetycouncil.org](http://www.nationalchildsafetycouncil.org) or call 1-800-327-5107.**



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