

Notes from Nurse Linda – Fire Safety



Is your home safe if there was a fire? Each year there are approximately 375,000 house fires resulting in many deaths and injuries. Even though households have installed smoke alarms, home fires continue to be the third leading cause of home injury-related deaths. A study reported that only 20% of Americans actually test their smoke alarms on a regular basis and 64% of families have never planned or practiced a fire escape plan.

Precautions you can take to keep your family safe:

- Install smoke alarms on every level of your home, including the basement.
- Test smoke alarms each month and replace batteries at least once a year.
- Never disable smoke alarms- you may forget to replace the battery.
- Smoke alarms don't last forever- replace once every ten years or as directed.
- Find two ways out of a room- the door and perhaps a window.
- Make sure windows and doors open easily.
- Practice your plan at least two times a year with your family.
- Have a place to meet in front of your house so every family member is accounted for.
- Get out and stay out, don't return to the house.