

FIRE AND FALL PREVENTION

COOKING is the leading cause of fire related *injuries*.

The leading cause of fire-related *death* is smoking.

- The number one cause of kitchen fires is cooking left unattended. NEVER leave stovetop cooking unattended.
 - Wear tight, short, or rolled up sleeves, never loose or dangling.
 - Use oven mitts or potholders; never use a dishtowel as a potholder.
 - If a pan catches fire, slide a lid over it and turn off the burner.
 - In case of an oven or microwave fire, turn off the oven. Do not open the oven door. Call 9-1-1.
 - Don't cook if you are drowsy from medication. Plan meals around your medication.
 - Keep clutter and combustibles away from stove.
 - If your clothes catch on fire, STOP, DROP, and ROLL, or smother the flames with a towel or blanket.
 - Test smoke alarms monthly; replace batteries at least once a year; replace smoke alarms every 10 years.
 - Have an escape plan. Know 2 ways out of every room.
 - Never smoke when lying down, drowsy, or in bed. Use large, deep ashtrays. Never leave cigarettes unattended.
 - Keep 3 feet clearance around space heaters. Unplug when leaving home or going to bed.

PEOPLE 65 AND OLDER ARE 2.5 TIMES MORE LIKELY TO DIE IN FIRES. AS WE AGE, OUR FIRE RISK INCREASES.

FALLS ARE THE NUMBER 1 CAUSE OF FRACTURES, LOSS OF INDEPENDENCE AND INJURY-RELATED DEATH

Contributing factors include medication, hearing/vision loss, loss of strength, balance and mobility.

It is possible to reduce the risk by changing or modifying behavior, habits, and environment.

KEY FALL PREVENTION MESSAGES:

- Clear the way. Keep stairs and walking areas free of electrical and phone cords, shoes, clothing, books, magazines, and clutter.
- Improve the lighting in your home. Use night-lights to light the path between bedroom and bathroom. Turn on the lights before using the stairs.
 - Use non-slip mats in the bathtub and shower. Install grab bars on the wall next to the bathtub, shower, and toilet.
 - Stand and get your balance before you walk.
 - Exercise to build strength and improve your balance.

