

FIRE SAFETY TIPS FOR SENIORS

The Seaside Fire Department sponsors a SMOKE DETECTOR INSTALLATION PROGRAM for senior and low-income homeowners living in the City of Seaside. Those who own their home and are either a senior citizen, living on a low income, or disabled are eligible. As part of the program, fire department staff will install the detector for all participants. Please call the Seaside Fire Department at 899-6790 for more information about our fire alarm program.

As our age increases, so does the likelihood of home accidents caused by fire. The Seaside Fire Department is concerned for the health and welfare of all citizens, and especially that of our senior citizens. Whether you live independently or in a care facility, there are easy steps you can take to remain safe from fire...

BE KITCHEN WISE!

Don't leave the kitchen while you are cooking. If you have to leave the kitchen to answer the doorbell or talk on the phone, set a timer or take a spoon to remind yourself that you are cooking.

SMOKE DETECTORS

Approximately 75% of the 1,300 senior citizens who die nation-wide in fires each year do not have working smoke alarms in their homes. Smoke alarms are designed to wake you up if a fire starts in your home at night. It is a dangerous risk to assume the smell of the smoke or the heat of the fire will wake you up. Just a few breaths of the smoke will endanger your life and by the time the heat wakes you up, your means of escape may be gone.

AVOID SMOKING INDOORS...

If you must smoke indoors, use large, deep ashtrays. Never smoke while drowsy or in bed. It is very dangerous to fall asleep with a lit cigarette, cigar or pipe in your hands or mouth.

BE CAREFUL WITH CANDLES!

Always place candles in non-tip candle holders before you light them. Keep them out of reach of children. Extinguish candles before you leave a room or go to bed. Unattended candles start many fires each year.

GIVE SPACE HEATERS SPACE.

Keep at least three feet between portable heaters and anything that can burn, including furniture, papers, blankets, pets, and you!

ELEVATORS...

Elevators should never be used in a fire emergency. Everyone must use the stairwells to leave the building. If you are unable to use stairs, you should stay in an area of refuge. An apartment is a good example of an area of refuge. It has a door to keep the smoke out, a phone from which to call 911 for help, and windows to signal from.

PLAN YOUR ESCAPE ROUTE!

It is a good idea to keep a pair of slippers, eyeglasses and a flashlight by your bed at night. If you hear your smoke alarm at night you will be prepared to get out of your home quickly. Once you hear the sound of your smoke alarm, every second counts for your escape. Make a plan that includes two safe ways out of every room to help you get out and away from the fire. Remember, a fire grows very quickly. There is no time to gather belongings, and pets are usually able to get out on their own.