

Home Health Care: Fire Safety Checklist:

- Smoking
 - Make sure cigarettes aren't burning when disposed of; use ashtrays
 - Smoke outside instead of in the house
 - DO NOT smoke while using oxygen, it is flammable and helps fire burn
 - Don't smoke in bed, it could catch on fire if you fall asleep
- Heaters
 - Don't place space heaters within 3 ft. of flammable materials
 - Don't drape anything over floor heaters or space heaters
 - Keep the area around water heater clear
- Fireplaces
 - Make sure they have a screen
 - Keep flammable things away from them
 - If using for heat overnight, the above two safety suggestions are a must
- Cooking
 - Keep flammable objects away from hot stovetop
 - Don't leave cooking unattended, keep pot handles turned in
 - Don't store flammable things in the oven such as papers and files
 - Don't wear sleeves that could catch on fire, or at least roll them up
 - Never throw water on a grease fire...use baking soda or flour, or put a lid on it to smother the fire out
- Electrical
 - Don't overload electrical outlets: 1 plug to 1 outlet.
 - Don't run cords under rugs or carpet
 - Replace frayed cords and wires
- Smoke Alarm
 - Have at least one on every floor of your home
 - Test at least once a month
 - Replace batteries at least once a year (when you change your clock back)
- Fire Preparedness
 - Have an escape plan with at least two ways out in the event of a fire, practice getting to a meeting place with the whole family
 - Keep hallways and exits clear so you can get out easily and quickly
 - Once out, DO NOT go back in for any reason, then call 9-1-1
 - Keep matches and lighters out of the reach of children