

## FIRE SAFETY

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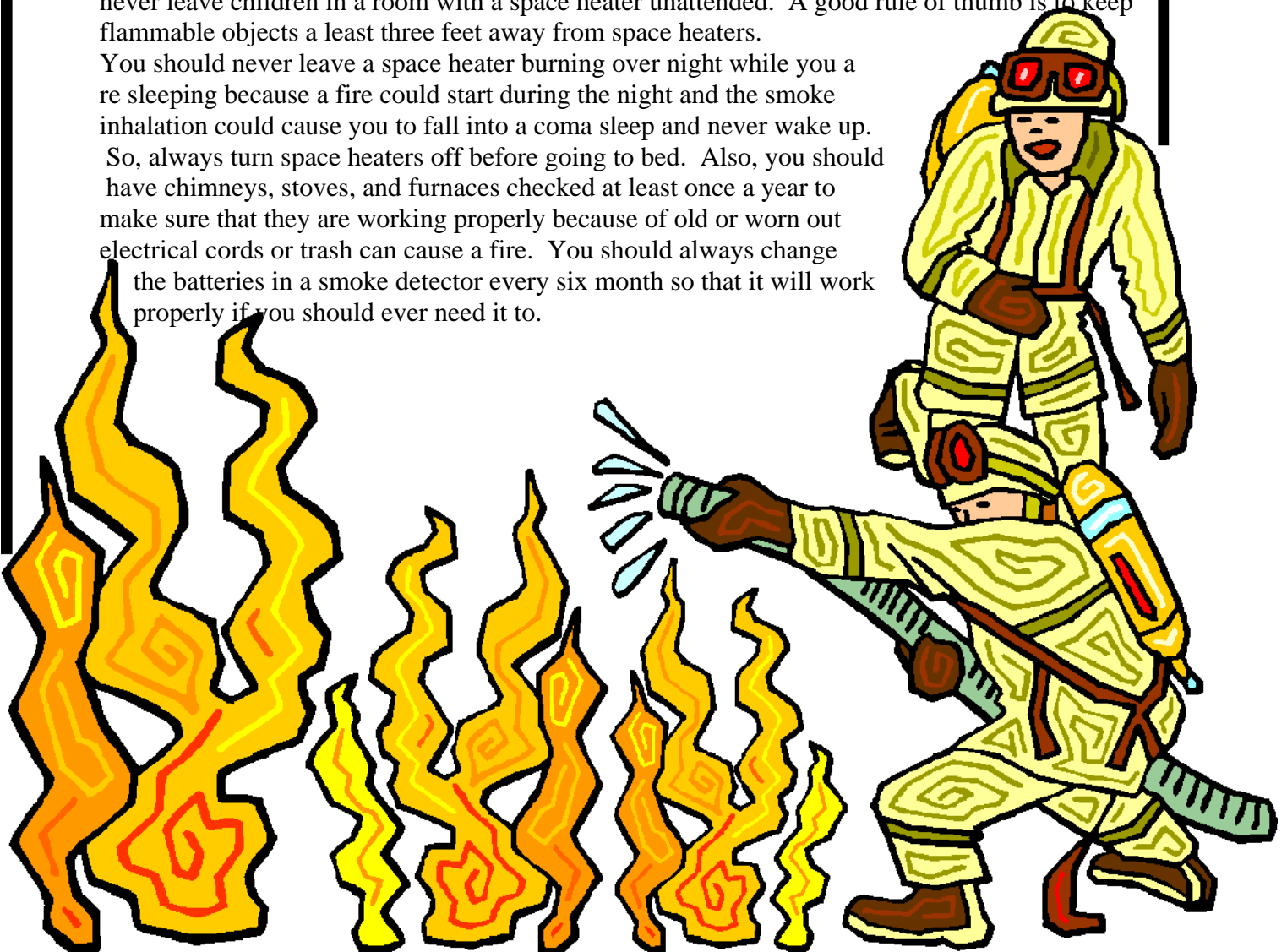
Today I will be sharing some information that will help you to be fire safe in and around your home. According to Home Safety Council of America Report, fires and burns are the fifth leading cause of death in America. So, it is important that we have an understanding of the dos and don'ts about fire safety.

First, always be mindful about the types of things that could start a fire or cause a burn in or around the home like dish towels or pot holders being too close to the burners that could cause a fire or pot handles turned outward that could be bumped accidentally and spill over and cause a severe burn. Never leave food cooking unattended because this can also cause a fire inside if you are cooking on a stove and outside if you are cooking on a grill. Your grill should be kept about ten feet away from other objects while you are grilling. Always wear fitted clothing when cooking because loose fitted clothing could catch on fire while you are cooking.

Secondly, you should never leave matches and lighters lying around if you have young children. Children are drawn to fire because of its florescent colors. Just think about fire when you see it; it may look red, blue and orange all at the same time and young children love bright colors. So, please keep matches and lighters in a locked drawer until you are ready to use them. Also, be very careful with space heaters because they can cause burns and fires if they are not used properly. Never leave a space heater too close to curtains or things made of paper and never leave children in a room with a space heater unattended. A good rule of thumb is to keep flammable objects a least three feet away from space heaters.

You should never leave a space heater burning over night while you are sleeping because a fire could start during the night and the smoke inhalation could cause you to fall into a coma sleep and never wake up.

So, always turn space heaters off before going to bed. Also, you should have chimneys, stoves, and furnaces checked at least once a year to make sure that they are working properly because of old or worn out electrical cords or trash can cause a fire. You should always change the batteries in a smoke detector every six month so that it will work properly if you should ever need it to.



Another good rule of thumb is to remember that if your home is multilevel then there should be a smoke detector on each floor and if you do not have a smoke detector in your home right now would be the best time to have one installed. This could be the most important decision that you ever make for you and your family because this decision could save your family's life. If you or someone in the family is a smoker always smoke outside and always run the butt under running water before throwing it in the trash. This simple action can help to prevent fires from occurring inside the home.

Thirdly, candles should never be left burning unattended because if they are made in flammable container that can easily start a combustion or an explosion which can spread very quickly. Another good rule of thumb is to remember to choose candles that are made in metal or glass containers. Never leave candles burning unattended in rooms where young children play or sleep because remember children are drawn to fire and for this reason they could accidentally get burned or start a fire. Just remember to blow candles out when the adult leaves the room. Also, remember to store flammable liquids with a tight lid outside away from the house in a safe place with a lock. Never use flammable liquids in the house like gasoline because it is very flammable and its intended use is to be used in cars not homes. Also, plug overload can cause an electrical fire if too many cords are plugged into one wall socket. Always unplug appliances when they are not in use.

Lastly, you should have an escape plan for your family to follow in case of a fire and a discussion about a meeting place outside the house. Remember also to tell family member once they have left a house that is on fire to never go back inside for any reason. Also, you should conduct an at home fire drill twice a year because as you may already know practice makes perfect. You should have a family discussion about how to put out small pan fires and you can usually solve the problem by sliding a lid over the flames. Give a family lesson/demonstration about what is meant by "Stop, Drop and Roll" if clothing should catch on fire. To give a quick lesson for those that may not know what "Stop, Drop and Roll" means – to Stop moving, Drop to the floor, and Roll to put the flames out. This small action could save someone's life. Conduct a family visual aid lesson on how and when to use a fire extinguisher because what good is an extinguisher if we don't know the proper way to use it. Also, consider making a worth wild investment in your home by adding a fire sprinkler system because this action could not only save your home, but your life as well.

Remember, the best way to protect your family from the dangers of a fire is to practice these safety tips and to be mindful of your actions when dealing with any element that could cause a fire.

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Home Safety Council (2008, August 8). Home Safety Tips: Home Fire Safety Tips  
Retrieved August 8, 2008, from  
[http://www.homesafetycouncil.org/safety\\_guide/sg\\_fire\\_w001.aspx](http://www.homesafetycouncil.org/safety_guide/sg_fire_w001.aspx)

