

# *Falls & Fire Prevention Safety*

## **How to Prevent Falls**

The Centers for Disease Control and Prevention statistics show that falls are the leading cause of death from unintentional injury in the home. But you don't have to be a victim. The following eight *Remembering When* tips can help keep you safely on your feet.

### **Exercise Regularly**

- Exercise regularly to build strength and improve your balance and coordination.
- Ask your doctor or health care provider about the best physical exercise for you.

### **Take Your Time**

- Being rushed or distracted increases your chance of falling.
- Get out of chairs slowly.
- Sit a moment before you get out of bed.
- Stand and get your balance before you walk.

### **Clear the Way**

- Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.

### **Look out for Yourself**

- See an eye specialist once a year. Poor vision can increase your chance of falling.
- Improve the lighting in your home.
- Use night lights to light the path between your bedroom and bathroom.
- Turn on the lights before using stairs.

### **Slippery When Wet**

- Use non-slip mats in the bathtub and on shower floors.
- Install grab bars on the wall next to the bathtub, shower, and toilet.
- Wipe up spilled liquids immediately.

### **Throw Rugs Can Throw You**

- Use only throw rugs with rubber, non-skid backing.
- Always smooth out wrinkles and folds in carpeting.

### **Tread Carefully**

- Stairways should be well lighted from both top and bottom.
- Have easy-to-grip handrails installed along the full length of both sides of the stairs.

### **Best Foot Forward**

- Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

## **How to Prevent Fires**

People age 65 and older are twice as likely to die in a home fire as the population at large. But this high risk can be greatly reduced by following simple fire prevention rules. The following eight *Remembering When* tips can help protect you and your loved ones.

### **Provide Smokers with Large, Deep Ashtrays**

- Wet cigarette butts and ashes before emptying ashtrays into a wastebasket.
- Never smoke when you are lying down, drowsy, or in bed.

### **Give Space Heaters Space**

- Keep them at least three feet away from anything that can burn, including you.
- Unplug heaters when you shut them off, leave home, or go to bed.

### **Be Kitchen Wise**

- Wear tight-fitting or rolled-up sleeves when cooking.
- Use oven mitts to handle hot pans.
- Never leave cooking unattended.
- If a pan of food catches fire, slide a lid over it and turn off the burner.
- Don't cook if you are drowsy from alcohol or medication.

### **Stop, Drop, and Roll**

- If your clothing catches on fire: Stop (don't run), drop gently to the ground, cover your face with your hands and roll over and over to smother the flames.
- If you cannot do that, smother the flames with a towel or blanket.
- Immerse burns in cool water for 10 to 15 minutes.
- If burns are severe, get medical help immediately.

### **Smoke Alarms Save Lives**

- Have smoke alarms installed outside all sleeping areas and on every level of your home.
- Test your smoke alarms once a month by pushing the test button.
- Replace the smoke alarm battery twice a year. When you change the clock, change the smoke alarm battery.
- Make sure everyone in your home can hear your smoke alarms.

### **Plan and Practice Your Escape from Fire**

- Know two ways out of every room in your home.
- Make sure windows and doors open easily.
- In a fire, get out and stay out.

### **Know Your Local Emergency Number**

- Remember the number for emergencies is 9-1-1.
- Once you've escaped a fire, call the fire department from a cell phone or neighbor's phone.

### **Plan Your Escape Around Your Abilities**

- Have a telephone in your bedroom to call 9-1-1 in case you are trapped by fire.

**Please contact the City of Casper Fire-EMS CRR Division at 307-235-8222 if you have any questions.**