

# Is your home fire-safe?



Put a check in front of each statement that is true for your home.

- Smoke alarms are on every level of the home and inside and outside of sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.
- People who smoke only smoke outside and never in bed.
- People who smoke never smoke around medical oxygen.
- There is a fire escape plan that shows 2 ways out of every room.
- The escape plan considers everyone's needs (if one uses a wheelchair, cane, hearing aid, or glasses).
- The escape plan is practiced at least 2 times a year.



## Can everyone hear the alarm?

If not, consider another type of smoke alarm—like one that has a different sound or one that comes with a bed shaker or strobe light.

U.S. Fire Administration



FEMA



Learn more about fire prevention: [www.usfa.fema.gov](http://www.usfa.fema.gov)

# Don't Let Your World Go Up In Smoke.



## Home Fire Safety Tips For Older Adults

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Older adults are more likely to die in home fires. They may move more slowly or have trouble hearing a smoke alarm because of hearing loss.

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## Be a fire-safe smoker.

**Smoking is the number 1 cause of home fire deaths across the country. You can prevent fires caused by cigarettes and other smoking materials.**

**Smoke outside.** Many things in your home can catch on fire if they touch something hot like a cigarette or ashes. It is always safer to smoke outside.

**Never smoke in bed.** Mattresses and bedding can catch on fire easily. Do not smoke in bed because you might fall asleep with a lit cigarette.

**Do not smoke after taking medicine that makes you tired.** You may not be able to prevent or escape from a fire if you are not alert.

**Never smoke around medical oxygen.** Medical oxygen can explode if a flame or spark is near. Even if the oxygen is turned off, it can still catch on fire.

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## Have working smoke alarms.

**Without a smoke alarm, you may not wake up from the smoke, and it can kill you in your sleep. This is why home fires are the most dangerous at night or when people are sleeping.**

**Have working smoke alarms.** You should have a smoke alarm on every level of your home. You should also have a smoke alarm inside bedrooms and outside sleeping areas.

**Test your smoke alarms once a month.** Use the test button to make sure your smoke alarms are working.

**Can you hear your smoke alarm?** The standard smoke alarm sound does not wake some people. If you cannot hear your alarm, you may need an alarm that has a different sound or one that comes with a bed shaker or strobe light.

**Replace smoke alarms after 10 years.** Smoke alarms do not last forever. If your alarms are 10 years old or older, replace them with new alarms.

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## Make an escape plan around your abilities.

**You may have less than 3 minutes to get out of your home if there is a fire. It is important to have an escape plan before a fire occurs, so everyone is prepared and ready to act.**

**Make a fire escape plan.** Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire. Practice your fire escape plan at least 2 times a year.

**Know 2 ways out of every room.** It is important to find 2 ways out of every room in your home in case one exit is blocked or dangerous to use.

**Think about your needs.** If you need to use a wheelchair or a cane, make sure you can get to them easily and get out quickly. If you wear a hearing aid or eyeglasses, put them next to your bed while you are sleeping.

**Have a phone near the bed in case of an emergency.** Know the local emergency number in case of a fire. If you are trapped and cannot get out of your bedroom, you will need to call for help.

# Escape Planning for Older Adults



Your risk of dying in a home fire is greater as you get older. Knowing what to do if there is a fire can make a big difference.

- ✓ Know two ways out of every room. Practice using both ways.
- ✓ Remove any items that may block your way out of the room or your home.
- ✓ Discuss your fire escape plan with family and neighbors. Contact your building manager or fire department to discuss your plan if you need extra help escaping.
- ✓ Keep eyeglasses, keys, hearing aids and a phone within reach next to your bed.
- ✓ Practice your home fire escape drill twice a year.



Adults 65 and over are twice as likely to die in fires

For more information and free resources, visit  
[www.usfa.fema.gov](http://www.usfa.fema.gov).

# Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

Put a check in front of each statement that is true for your home.

## Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.



### Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

## Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

## Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- People only smoke outside and never in bed.
- People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- People never smoke around medical oxygen.

## Heating Safety

- Space heaters are least 3 feet away from anything that can burn.
- People blow out candles before leaving the room.

## Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Exits are always clear and not blocked with furniture or other items.
- Everyone knows where the safe meeting place is outside the home.
- The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- There is a phone near the bed to call a local emergency number in case of a fire.



### Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

## Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

## Electrical and Appliance Safety

- No electrical cords run under rugs.
- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)