



Fire Safety for Senior Citizens

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Notes
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The fire death rate for citizens over 65 is nearly twice the national average. For those over 75, that rate triples. All totaled the population of older adults in the United States accounts for 32% of all fire fatalities.	
<ul style="list-style-type: none">• The focus of this lesson is to stress upon our citizens in their golden years to take special precautions when dealing with fire safety issues.• Paying special attention to just a few small areas in the home (including cooking, heating, smoking and having a properly operating smoke detector) can have a positive impact on reducing the occurrence of events that lead to tragic fire deaths.	
Objective 1.	Instructor will review with participants the safety steps to take in the kitchen to prevent the number one cause of fires in the home.
Objective 2.	The instructor will explain proper steps to take to ensure that house numbers are properly displayed and visible to emergency workers, as well as the steps to take when reporting an emergency to the 9-1-1 operator.
Objective 3.	The participant will understand the steps to take to ensure fires do not occur in the bedroom and the steps to take to be prepared to exit the home in the middle of the night.
Objective 4.	The participants will understand the proper use and placement of portable heating devices, including electrical, L.P. Gas and kerosene heaters.
Objective 5.	The participant will understand the steps required to complete a Home Fire Safety Inspection.
<ul style="list-style-type: none">• Handouts for all participants• Properly operating battery-powered and hard-wired smoke detectors• Home Fire Safety Inspection Checklist	



Fire Safety for Senior Citizens

Community Fire Safety Operational Guide

Instructor Guideline

Instructional Points

Provide all participants with a Home Fire Safety Inspection Checklist and review the steps to complete the inspection.

Participant Review

1. What two items should you always have next to the stove when cooking?
Pan top, glass of water, cookie sheet, large towel
2. You should always call 9-1-1 with your home phone?
True or false
3. Always empty your ash tray in the garbage can before going to bed. *True or false*
4. You can smoke in bed, as long as the smoke detector has been tested in the prior month? *True or false*
5. You should keep all combustibles at least _____ inches away from heating appliances.
12 inches, 36 inches or 48 inches

Explain to participants the steps to safe cooking in the home.

- Always stay in the kitchen while cooking, especially when cooking with grease or oil. If you do have to leave the kitchen, carry a stirring spoon or pot holder as a reminder to return to the kitchen.
- Always wear short sleeves or tight fitting clothing that will not be able to drape over stove burners. Do not store spices or food items in the cabinets above the stove.
- Always keep the pot top or a cookie sheet close by when cooking. Either of these items can be placed on a burning pan to extinguish a small fire.
- Proper housekeeping can reduce many fires in the kitchen. Ensure excess grease and food scraps are not under burner covers or in the bottom of the stove.
- Always cook on the rear burners first to avoid handles hanging over the front of the stove. If you do cook on front burners, turn the handles to the rear of the stove.
- Never substitute dish towels for pot holders. Keep all combustibles such as paper towels, dish towels and pot holders away from the stove top.

Describe to participants the steps to properly display their house number and the steps to take when calling 9-1-1.

- Ensure your house number is displayed on your home and/or your mailbox.
- If you have to call 9-1-1, tell the dispatcher your address, the type of emergency, your name and your phone number.
- In the event of a fire, exit the home first and then call 9-1-1 from outside or from a neighbor's home.

The participants should understand the proper steps to take before going to bed.

- Ensure your home has smoke detectors on all levels and you have a home escape plan and meeting place. Always turn off all space heaters at bedtime.
- NEVER smoke in bed. If you do smoke in the home, do not empty ash trays before going to bed.
- Always keep your glasses, keys, hearing aid and slippers or shoes close to the bed and always in the same place.
- Keep exit corridors and stairways clear of clutter and tripping hazards.

Review with participants the steps to take when utilizing portable heating units.

- Keep all space heaters at least 36 inches away from any combustibles, such as chairs, sofas, curtains and bed linens.
- Never leave your home or go to bed when a heater is burning or turned on.
- Keep heaters away from exit ways. Never utilize as a dryer.