



Remembering When:

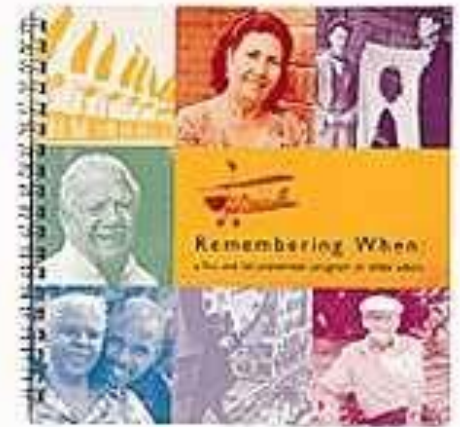
a fire and fall prevention program *for* older adults



Remembering When:™

a fire and fall prevention program *for* older adults

A comprehensive program developed by the National Fire Protection Association (NFPA), and the Centers for Disease Control and Prevention (CDC)



How can you help ensure your clients' safety?



Live your best!





**SAFETY
FIRST**

**WATCH
YOUR STEP**



“Falls are the leading cause of death from unintentional injury in the home.”

U.S. Centers for Disease Control and Prevention (CDC)



“There are almost **180,000 injurious falls annually in the Canadian population age 65 and over.”**

“40%** of nursing home admissions are the result of falls.”**

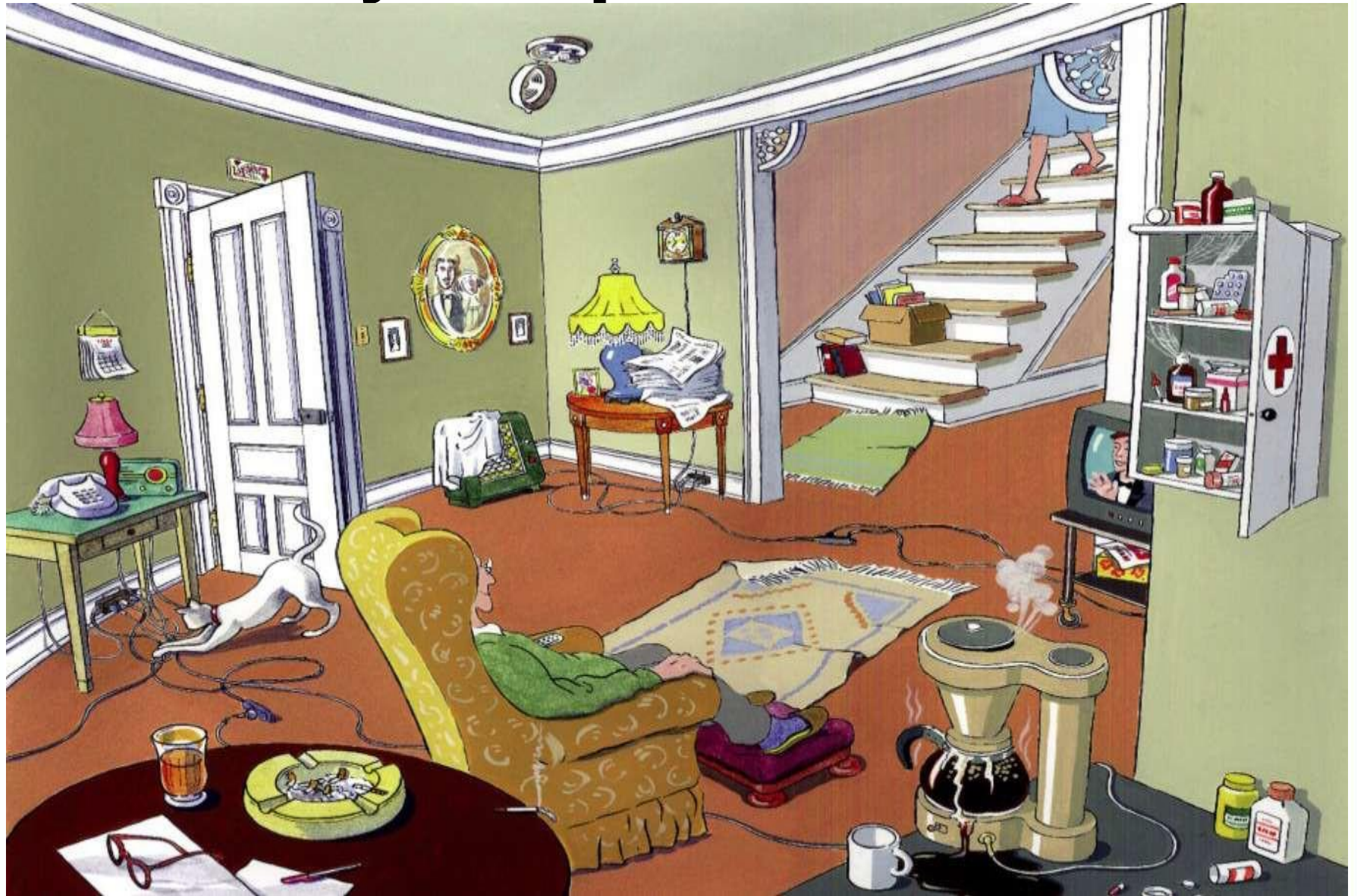
*Report on Seniors' falls in Canada 2005–
Public Health Agency of Canada*



- 44%** - slip, trip, stumble on any surface
- 26%** - going up or down stairs
- 20%** - slip, trip, stumble on ice / snow, skating, skiing, snowboarding
- 10%** - other

*Report on Seniors' falls in Canada 2005—
Public Health Agency of Canada*

Can you spot 14 hazards?



Stay Safe!

1. Stairs without handrails
2. Disabled smoke alarm
3. Cloth on space heater
4. Overloaded outlets
5. Extension cords in traffic areas; under rugs
6. Smoking
7. No automatic shut-off on coffee maker – spill
8. Open bottles of medication
9. Outdated medication in cabinet
10. Loose rugs
11. Flip-flop slippers
12. Clutter on staircase
13. Newspapers too close to lamp
14. No handle – no deadbolt on door



Fall Message Card #1

Exercise regularly

To build strength and
improve your balance
and coordination.

Ask your doctor about
the best physical
exercise for you.



Fall Message Card #2

Take your time.

Get out of chairs slowly.

Sit a moment before you get out of your bed.

Stand and get your balance before you walk.

Be aware of your surroundings.



Fall Message Card #3

Clear the way.

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



Fall Message Card #4

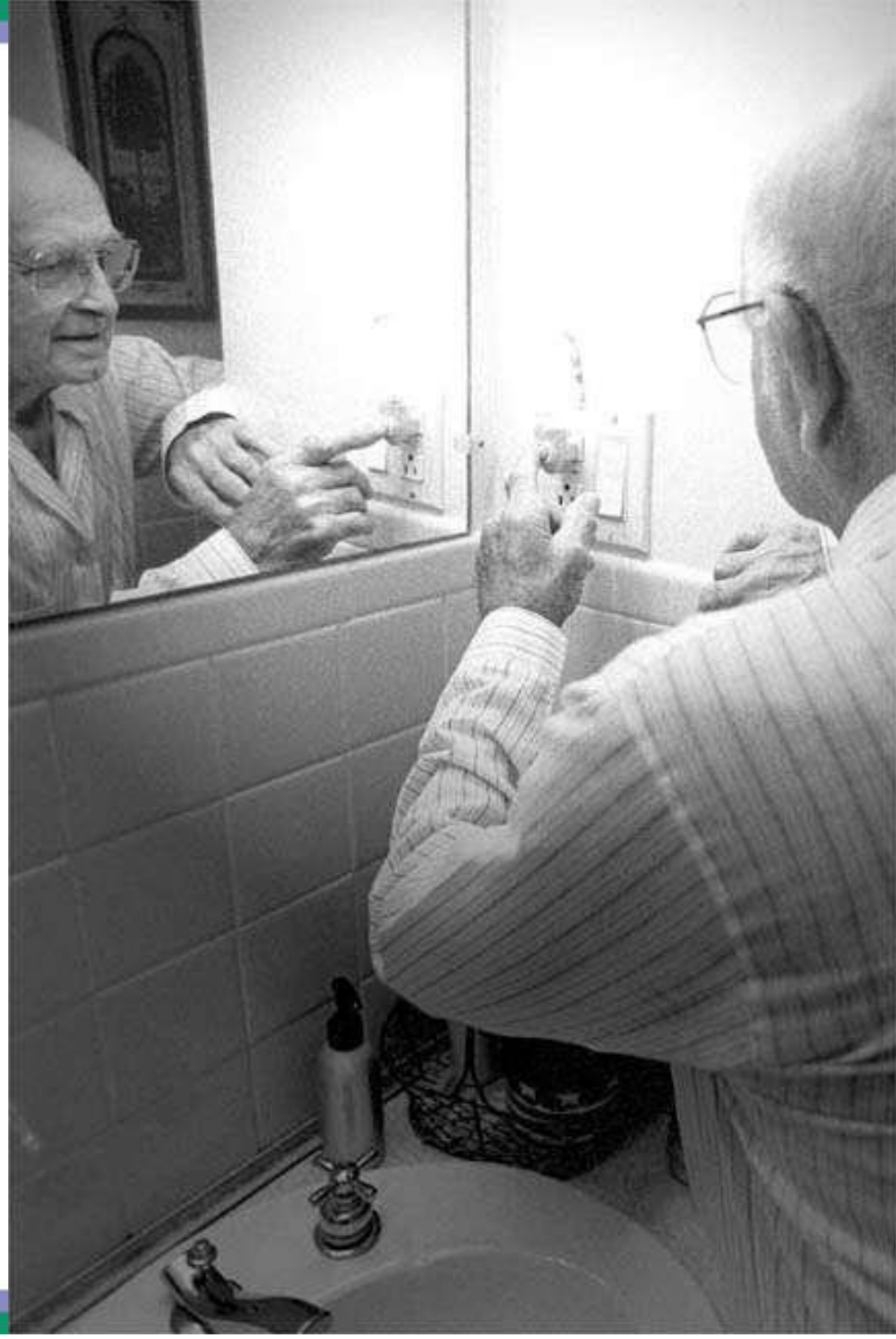
Look out for yourself.

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 the stairs.

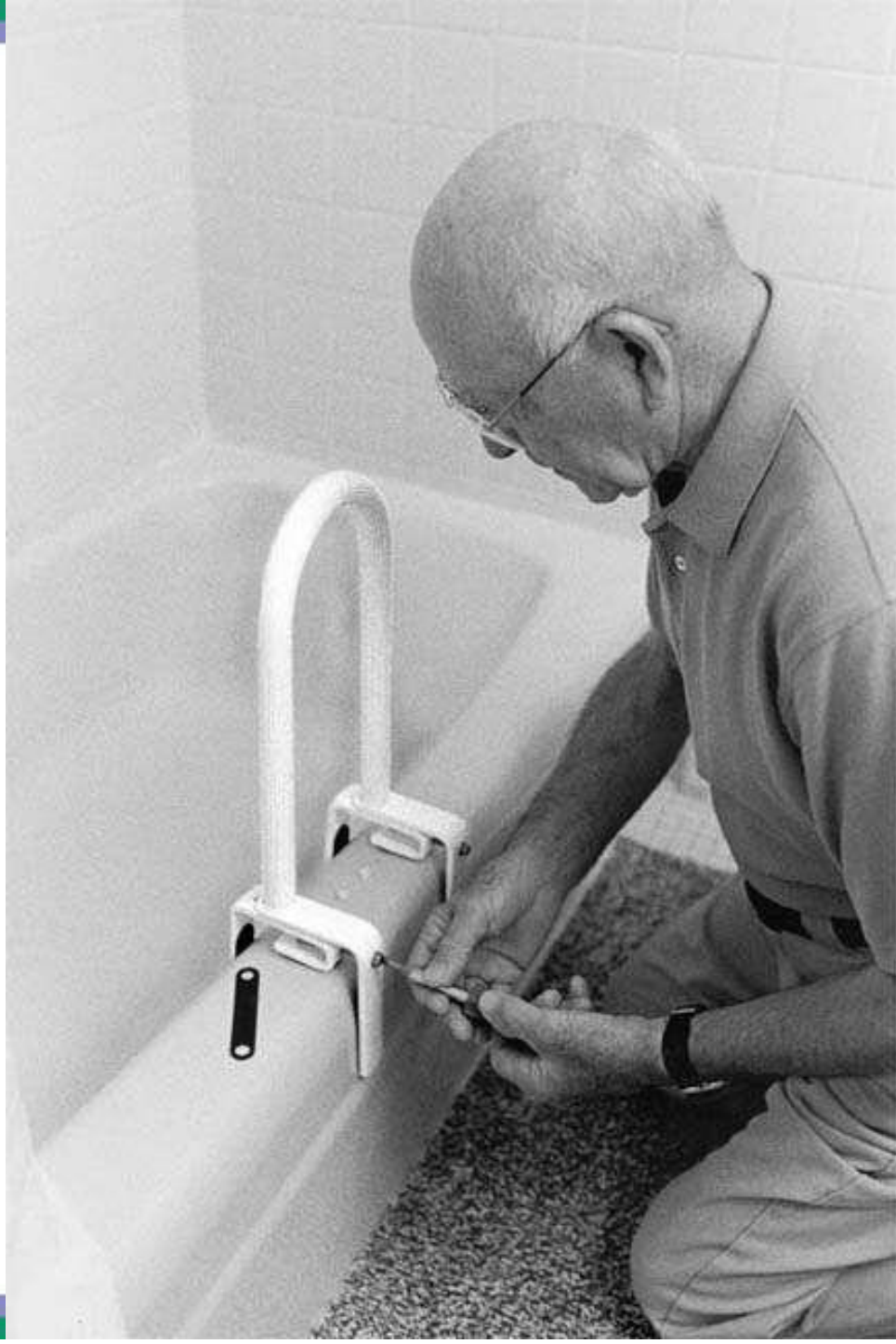


Fall Message Card #5

Wipe up spilled liquids immediately.

Use non-slip mats in the bathtub and on shower floors.

Have grab bars installed on the wall next to the bathtub, shower, and toilet.



Fall Message Card #6

**Be aware of
uneven surfaces.**

**Use only throw rugs
with rubber, non-skid
backing.**

**Always smooth out
wrinkles and folds in
carpeting.**



Fall Message Card #7

Tread carefully.

Stairways should be well lit from both top and bottom.

Have easy-to-grip handrails installed along the full length of both sides of the stairs.



Fall Message Card #8

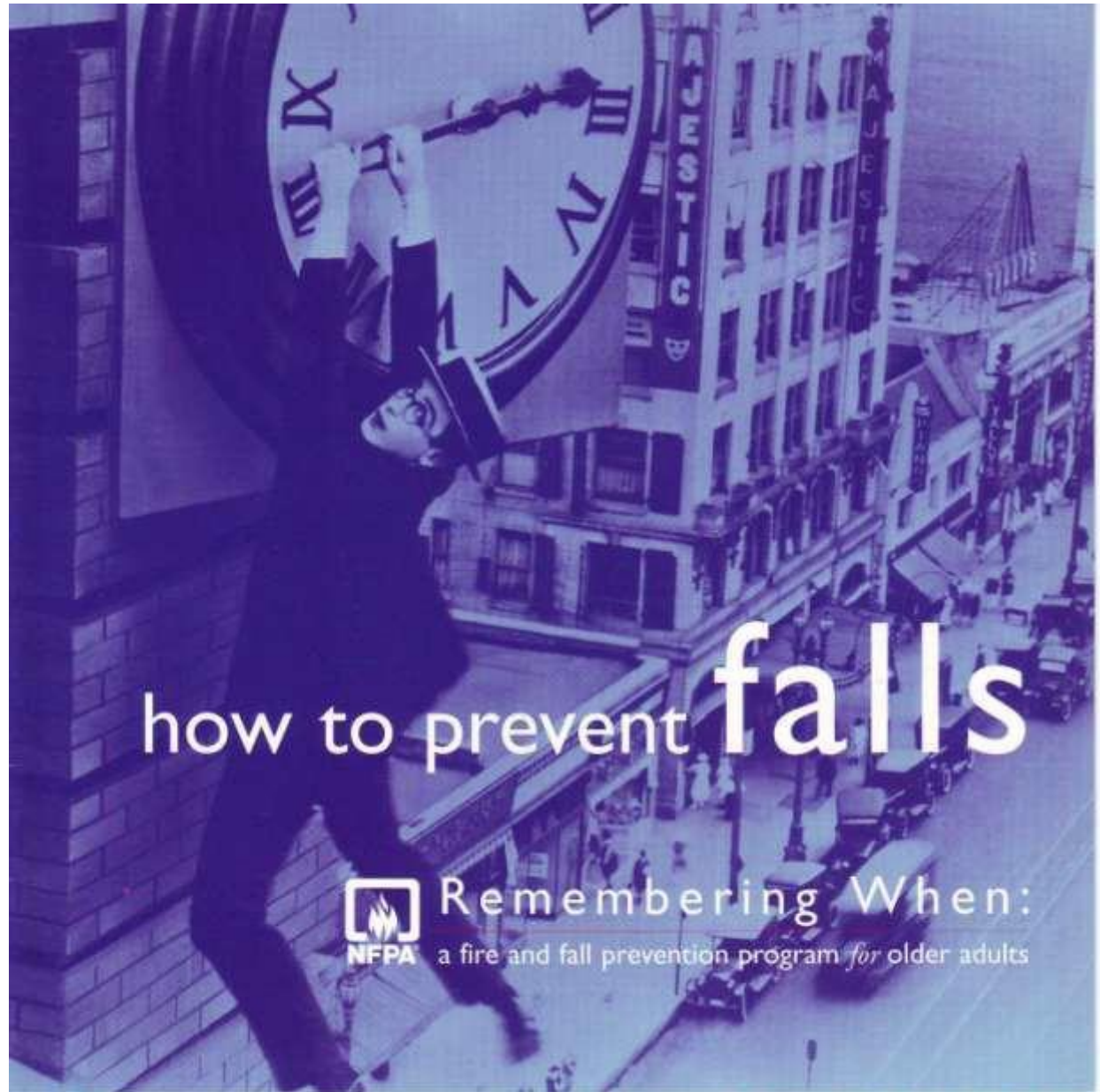
Best foot forward.

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.



Brochure



Fire Prevention



24% of Ontario's residential fire *injuries* were to older adults –
aged 50+ years

*Office of the Ontario Fire Marshal – Ontario
Residential Fire Injuries Statistics 2002-2006*



46% of Ontario's residential fire *fatalities* were to older adults –
aged 50+ years

*Office of the Ontario Fire Marshal – Ontario
Residential Fatal Fires Statistics – 10 years:
1997-2006*



Senior Dies in Fire

Safety Advocates Say Didn't Have to Happen

CityNews.ca Staff

Monday January 29, 2007

She lived alone in a home in the Main and Danforth area. And on Monday morning, she tragically died that way.

Fire officials are still investigating what caused a major inferno at a house on Barrington Ave. just before dawn that wound up claiming the life of 75-year-old Maria Rogivska.

The victim was likely still sleeping when the flames began consuming her residence just after 5:30am.



Fire Safety Quiz



No Time To Spare



(PHOTO CREDIT: Scott Stilborn)



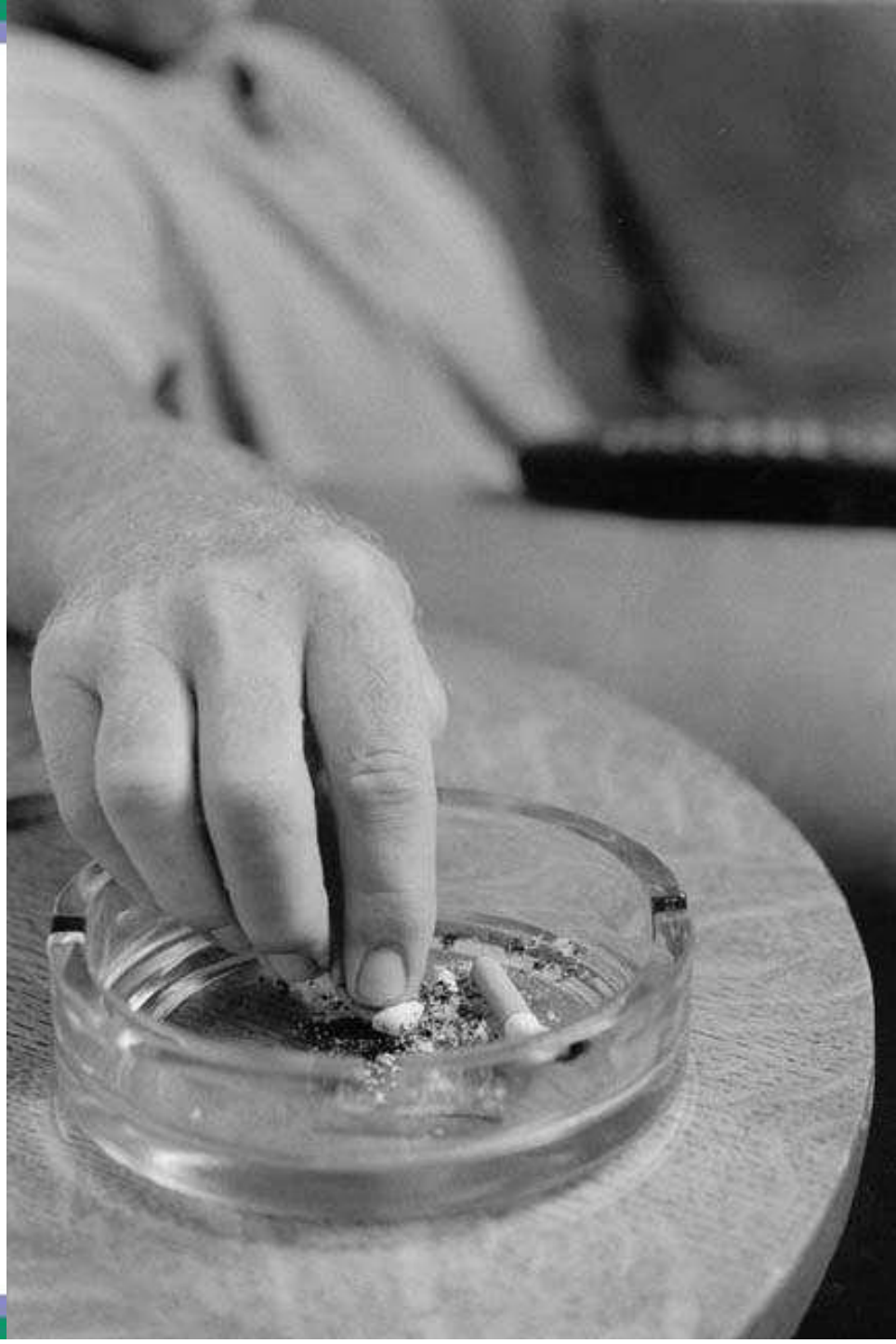
Fire Message Card #1

**If you smoke,
smoke outside.**

**Provide smokers with
large, deep ashtrays.**

**Wet cigarette butts and
ashes before throwing
them out or bury them
in sand.**

Never smoke in bed.



Portable Oxygen



Fire Message Card #2

Give space heaters space.

Keep them at least three feet (one meter) away from anything that can burn – including you.

Shut off and unplug heaters when you leave your home, or go to bed.



Fire Message Card #3

Be kitchen wise.

Wear tight-fitting or short 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.



Watch What You Heat!

Never put water on a grease fire



Fire Message Card #4

Stop. drop, and roll.

If your clothes catch on fire: **stop** (don't run), **drop** *gently* to the ground, cover your face with your hands. **Roll** over and over or back and forth to put out the fire.

If you cannot do that, smother the flames with a towel or blanket.

Use cool water for 3 to 5 minutes to cool the burn. Get medical help right away.



stop



drop



and roll



over & over

Fire Message Card #5

Smoke alarms save lives.

Have smoke alarms installed outside each sleeping area and on every level of your home.

Have someone test your smoke alarms once a month by pushing the test button.

Make sure everyone in your home can hear your smoke alarms.



Fire Message Card #6

Plan and practice your escape from fire and smoke.

If possible 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.

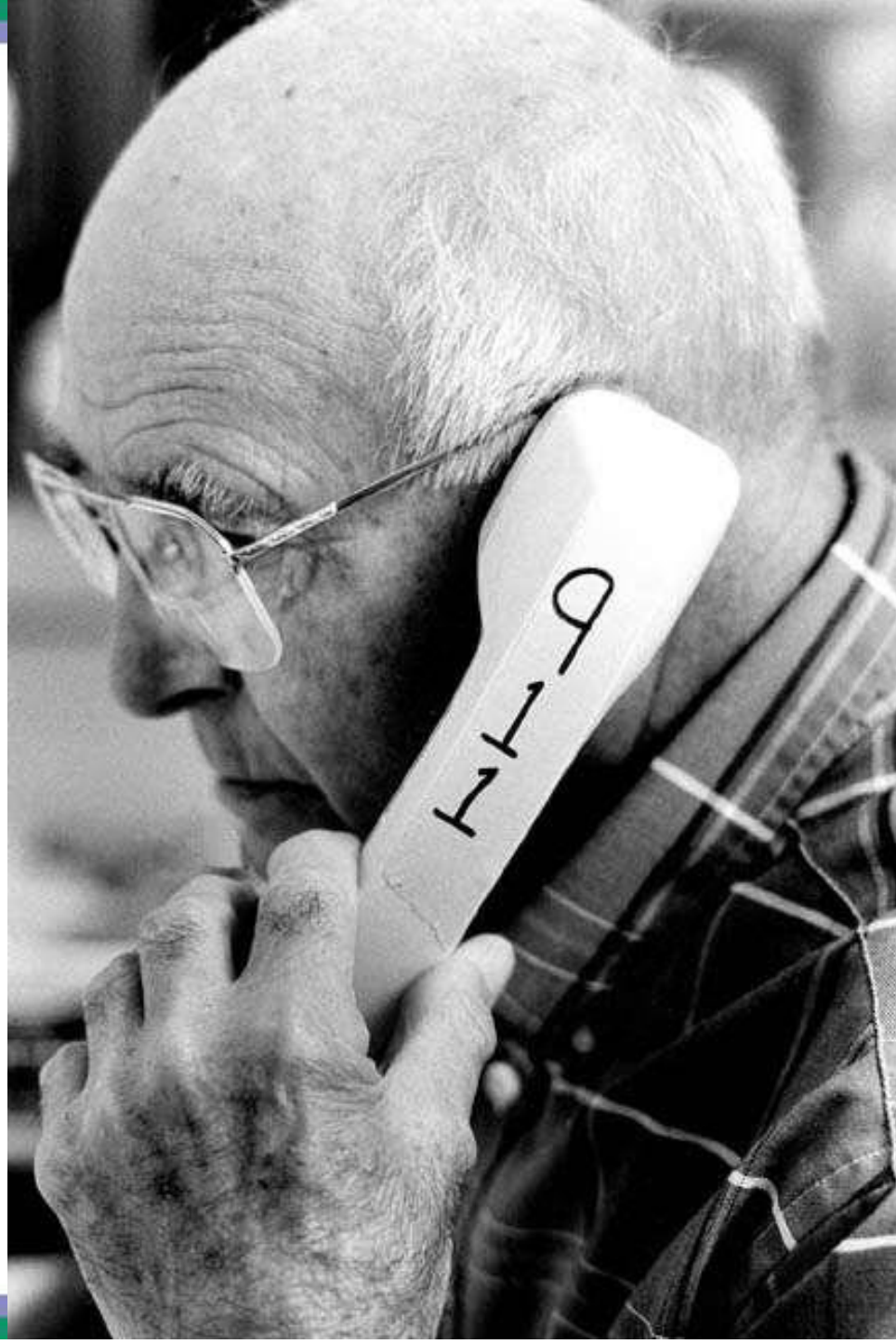


Fire Message Card #7

Know your local emergency number.

It may be 9-1-1 or the fire department's phone number.

Once you've escaped a fire, call the fire department from a neighbour's phone or a cellular phone.



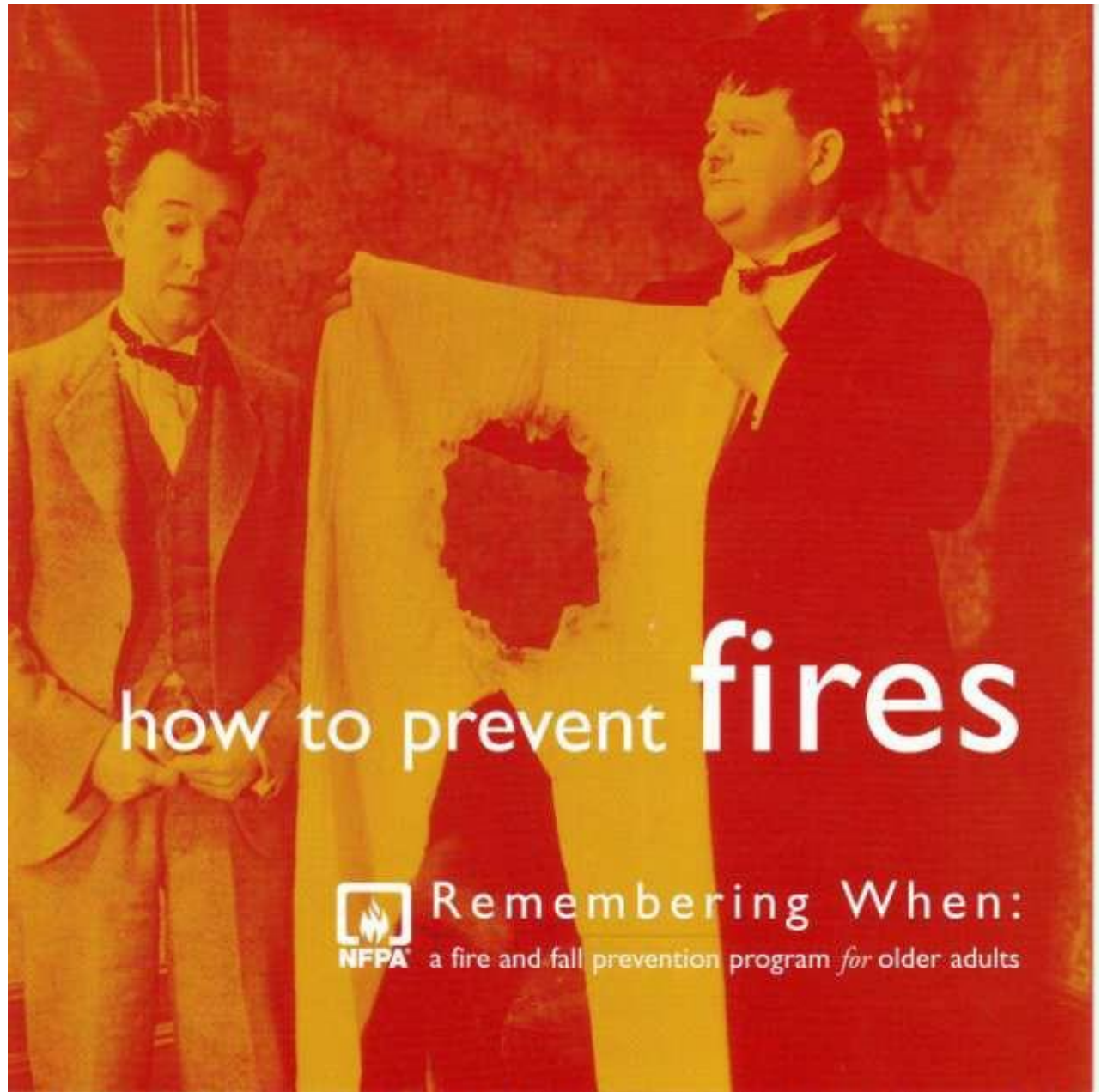
Fire Message Card #8

**Plan your escape
around your
abilities.**

**Have a telephone in
your bedroom and post
the local emergency
number nearby in case
you are trapped by
smoke or fire.**



Brochure



how to prevent fires



NFPA

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Residential Smoke Alarms



FACT: Smoke alarm operation 1997 to 2006



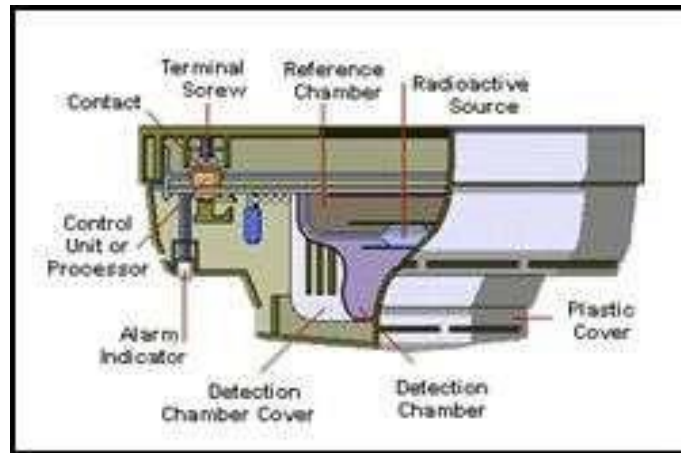
48%

of deadly home
fires in Ontario –
*no smoke alarm
warned the
family!*

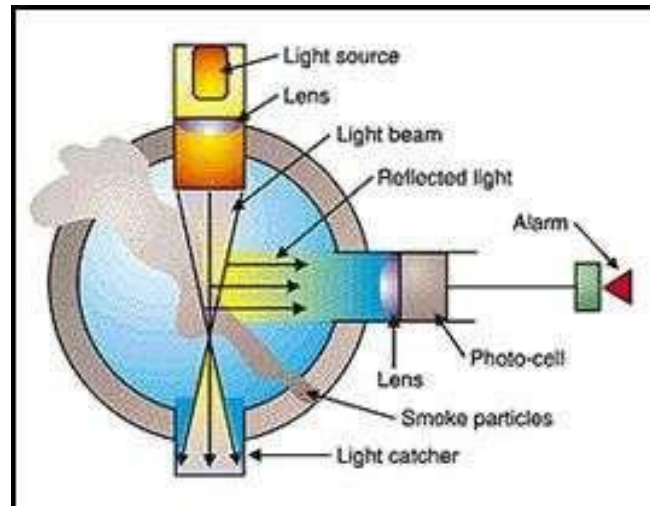


Smoke Alarm Sensing Technologies

- Ionization



- Photoelectric



Benefits – Ionization

1. Less expensive



2. Alerts sooner to fast, flaming fires



Disadvantages – Ionization

1. Nuisance Alarms



2. Slower to alert to smouldering fires



Benefits – Photoelectric

1. Less prone to nuisance alarms



2. Alerts sooner to slow, smouldering fires



Disadvantages – Photoelectric

1. Higher Cost



2. Awareness



“Hush / Silence” Mode

1. Temporarily silences nuisance alarms



2. Eliminates disabling smoke alarms



“Hush” Mode

Duration:

7 – 9 minutes



Failsafe Override:

sufficient
products of
combustion





IAFC Position

April 9, 2008

Dual sensor smoke alarms with Hush feature

“Fire safety experts recommend that a home have a combination of both ionization and photoelectric smoke alarms or dual sensor smoke alarms”

I.A.F.C.



Smoke Alarm Options

SAMPLES



- ✓ Ionization / Photoelectric
- ✓ Dual Sensor
- ✓ Battery
- ✓ Hard wired – Battery Backup
- ✓ Front Loading
- ✓ Hush / Silence
- ✓ Interconnected
- ✓ 10 Year Sealed Unit
- ✓ Strobe / Pillow Shaker



Interconnected Smoke Alarm

- Interconnected allows highest degree of occupant safety
- Improved warning when bedroom doors closed
- Battery-operated wireless interconnected eliminates wiring costs for older homes



Working Smoke Alarms Save Lives

QUIZ



It's The Law!

- ✓ On every storey of your home (including the basement) and outside all sleeping areas (15' – 5 metres) – inside bedrooms for optimal safety
- ✓ Test smoke alarms monthly
- ✓ Clean them twice a year
- ✓ Replace batteries at least once a year
- ✓ Replace smoke alarms when they are 10 years old – includes hard-wired
- ✓ Install smoke alarms with a **HUSH/SILENCE** feature



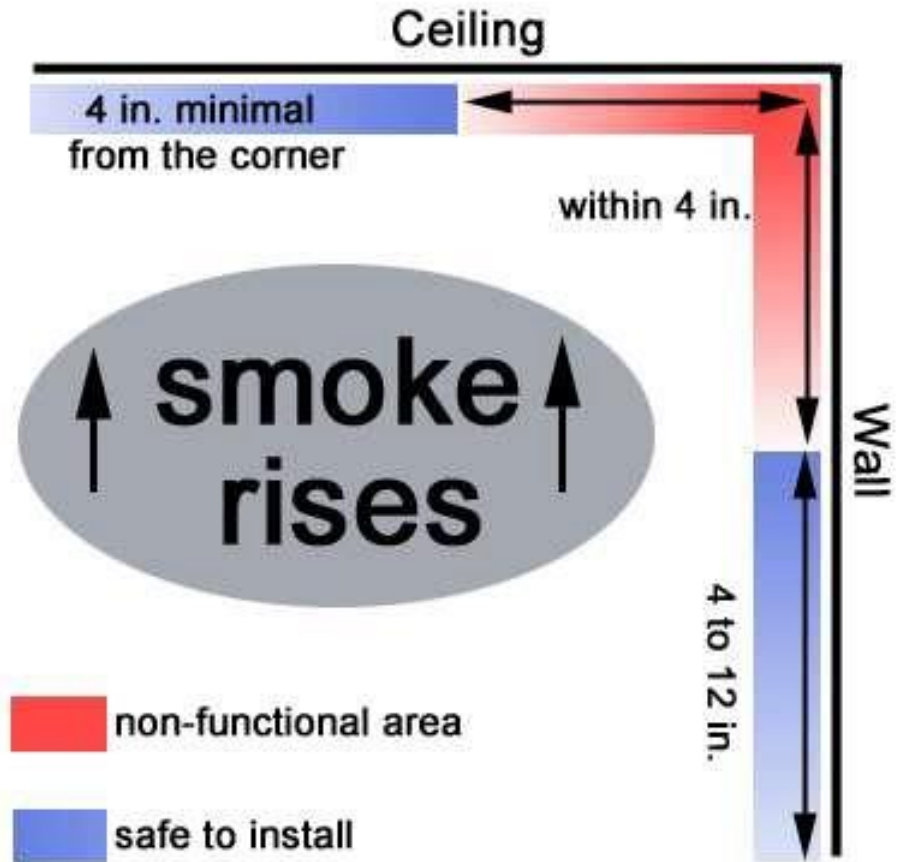
Smoke Alarm Placement



- ✓ Ceiling optimal
- ✓ Wall – 4 & 12 rule
- ✓ Beach ball rule
- ✓ Unheated walls or ceiling – interior walls
- ✓ Within 15' (5 metres) of any bedroom
- ✓ Inside bedrooms optimal protection
- ✓ Bottom of closed stairways
- ✓ 3' (1 metre) from kitchen, bath, forced air ducts, ceiling fans, a/c units
- ✓ 1' (30 cm) away from fluorescent lighting

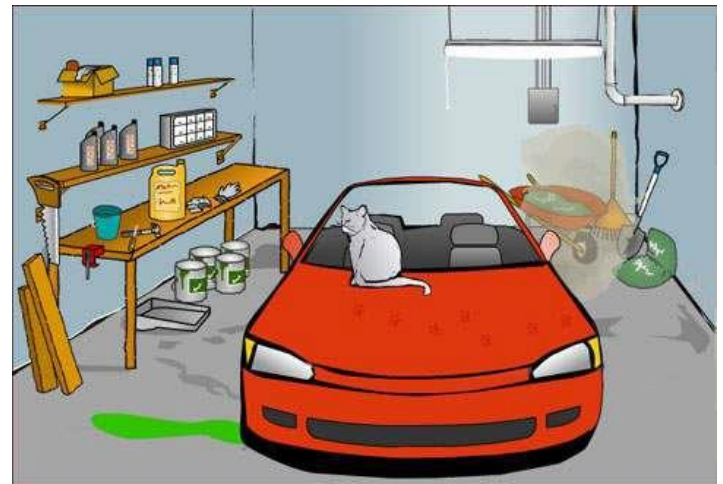


Installation



Smoke Alarm Installation

Not recommended to be installed in kitchens, attics or garages



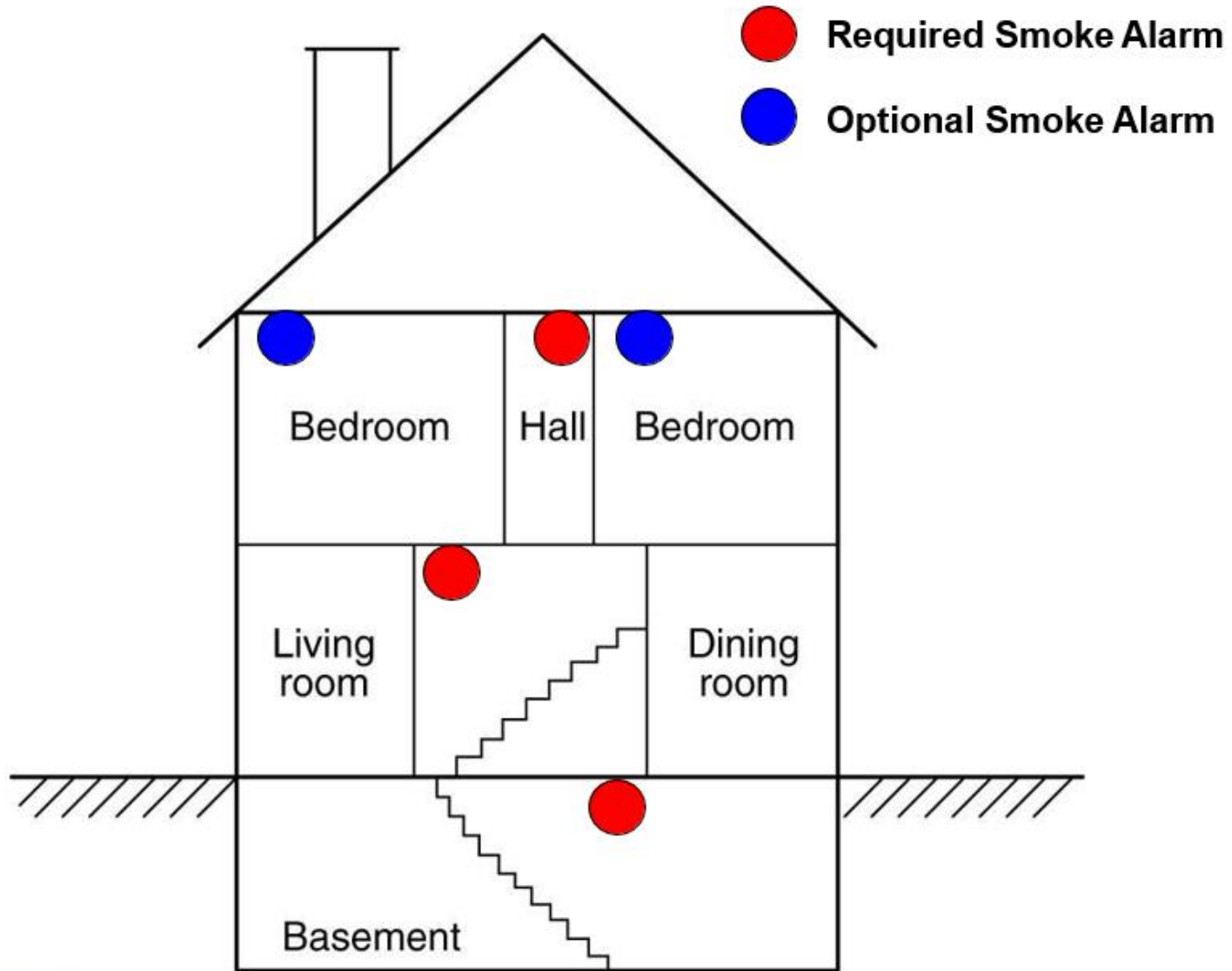
AMHERSTBURG FIRE DEPARTMENT - SMOKE ALARM INSTALLATION GUIDELINES

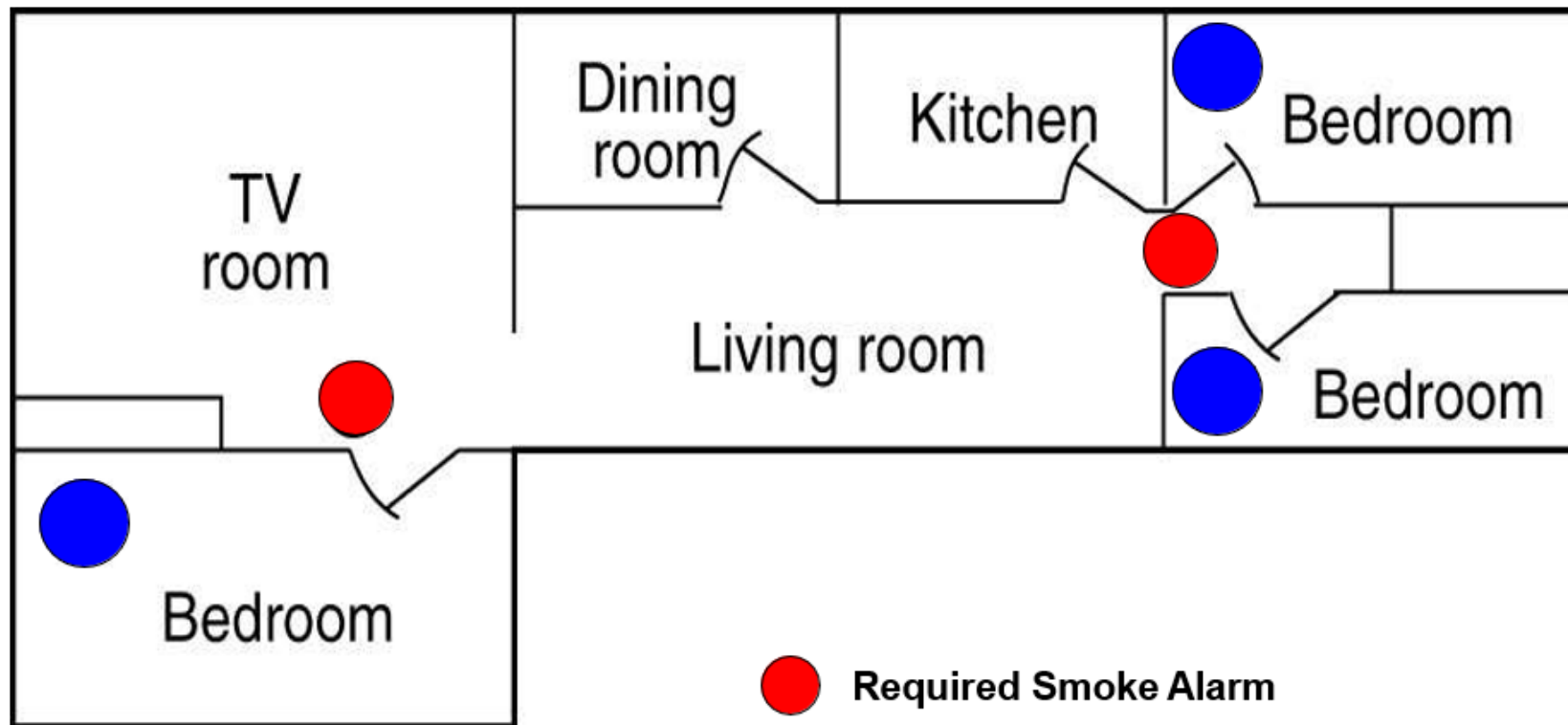
- Read and familiarize yourself with the manufacturer's instruction manual. Always follow the manufacturer's instructions for installing, testing, and maintaining smoke alarms.
- Smoke, heat and combustion products rise to the ceiling and spread horizontally. In order for the smoke alarm to properly sense the presence of smoke, the ideal location is on the ceiling in the centre of the room. Ceiling mounting is preferred in ordinary residential construction.
- When installing the smoke alarm on the ceiling, ensure it is a minimum of 10cm (4 inches) from any wall.
- If wall mounting is necessary, use an inside wall, ensuring it is a minimum of 10cm (4 inches) below the ceiling, but no lower than 30.5cm (12 inches) below the ceiling.
- If the hallway serving the bedrooms is more than 9 metres (30 feet) long, install smoke alarms within 5 metres (15 feet) of any bedroom.
- Install smoke alarms at both ends of a room if it is more than 9 metres (30 feet) long.
- In stairways with no doors at the top or bottom, install smoke alarms anywhere in the path of smoke moving up the stairs. **However, always install smoke alarms at the bottom of closed stairways**, such as those leading to the basement. Dead air trapped near the closed door at the top of the stairway could prevent smoke from reaching the smoke alarm if installed at the top of the stairway.



Locations To Avoid:

- Do not install smoke alarms in "dead air pockets", for example within 10cm (100mm - 4 inches) of where a ceiling meets a wall or a corner of a room.
- Do not install a smoke alarm within 1 metre (3 feet) of a doorway to a kitchen or bathroom, forced air ducts used for heating or cooling, ceiling or ventilation fans, air conditioner units or other high airflow areas.
- Avoid installing smoke alarms in or near kitchens and bathrooms where steam or cooking are present.
- Do not install the smoke alarm where drapes or other objects may block the sensor.
- Do not install in the peaks of vaulted ceilings, "A" frame ceilings or gabled roofs. For "A" frame type ceilings, install the smoke alarm 10cm (4 inches) below the peak.
- When installing a smoke alarm in a room with a sloped ceiling, position it 90cm (36 inches) horizontally from the highest point since dead air at the peak may prevent smoke from reaching the unit.
- Electronic "noise" may cause nuisance alarms. Install smoke alarms at least 30 cm (12 inches) away from fluorescent lighting.
- Avoid excessively dusty, dirty, greasy or insect-infested areas. Dust particles and insects may cause nuisance alarms or failure to alarm.
- Do not install in areas where the temperature is colder than 4.4°C (40°F) or hotter than 37.8°C (100°F). Extreme temperatures may adversely affect the sensitivity of the alarm, as well as diminish the lifespan of the battery, if so equipped.
- Do not install in areas where the relative humidity is greater than 85% or within 3 metres (10 feet) of showers, saunas, dishwashers or any other steam-producing appliance. Very humid areas along with steam can cause unwanted nuisance alarms and adversely affect the battery, if so equipped.
- Do not install smoke alarms in your garage. Combustion particles produced when you start your automobile will cause unwanted nuisance alarms.
- **NEVER DISABLE A SMOKE ALARM BY REMOVING THE BATTERY OR SHUTTING OFF THE ELECTRICAL SUPPLY!** Install smoke alarms with a "HUSH" feature or use a towel or newspaper to dissipate the smoke or steam.

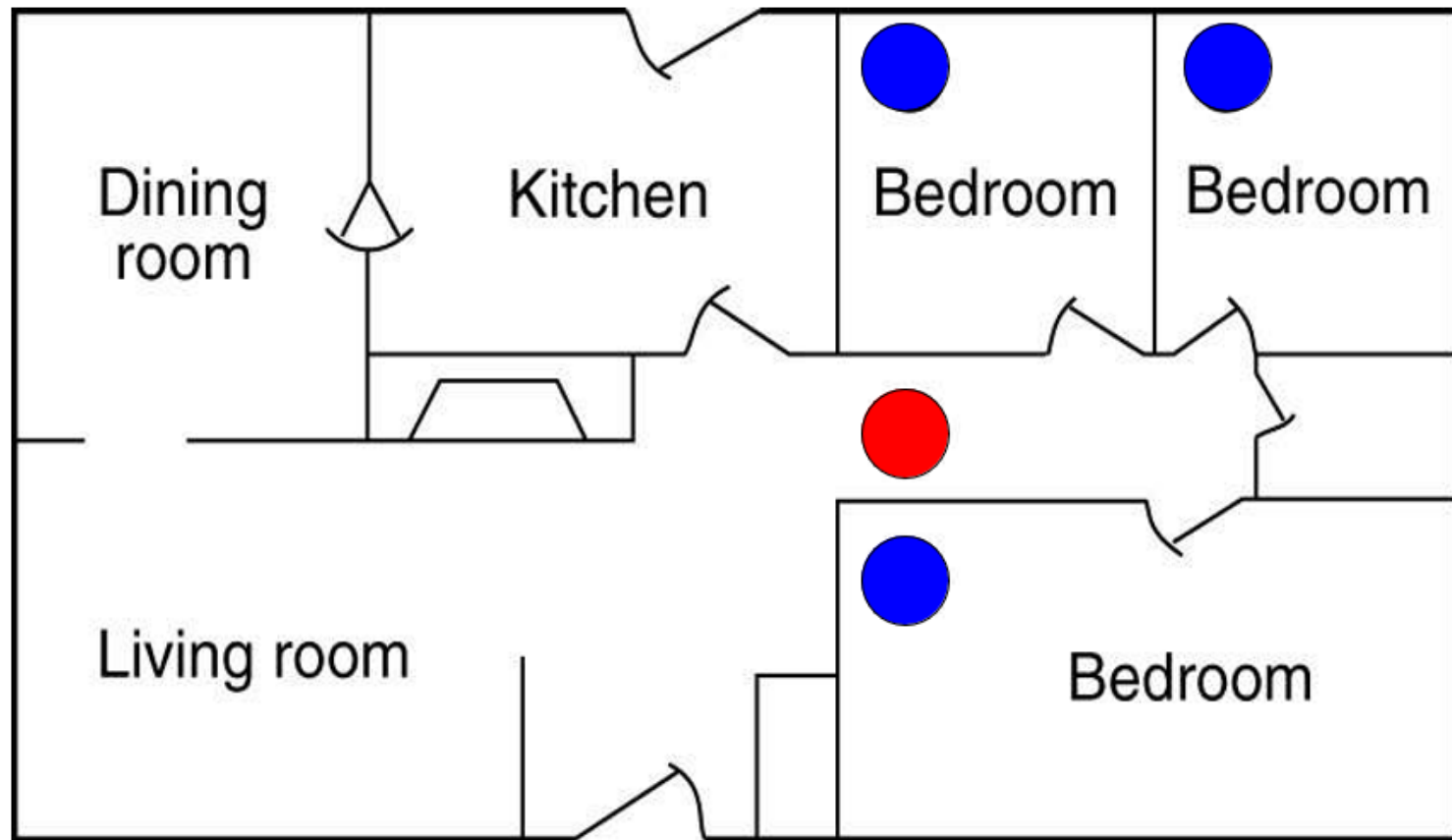








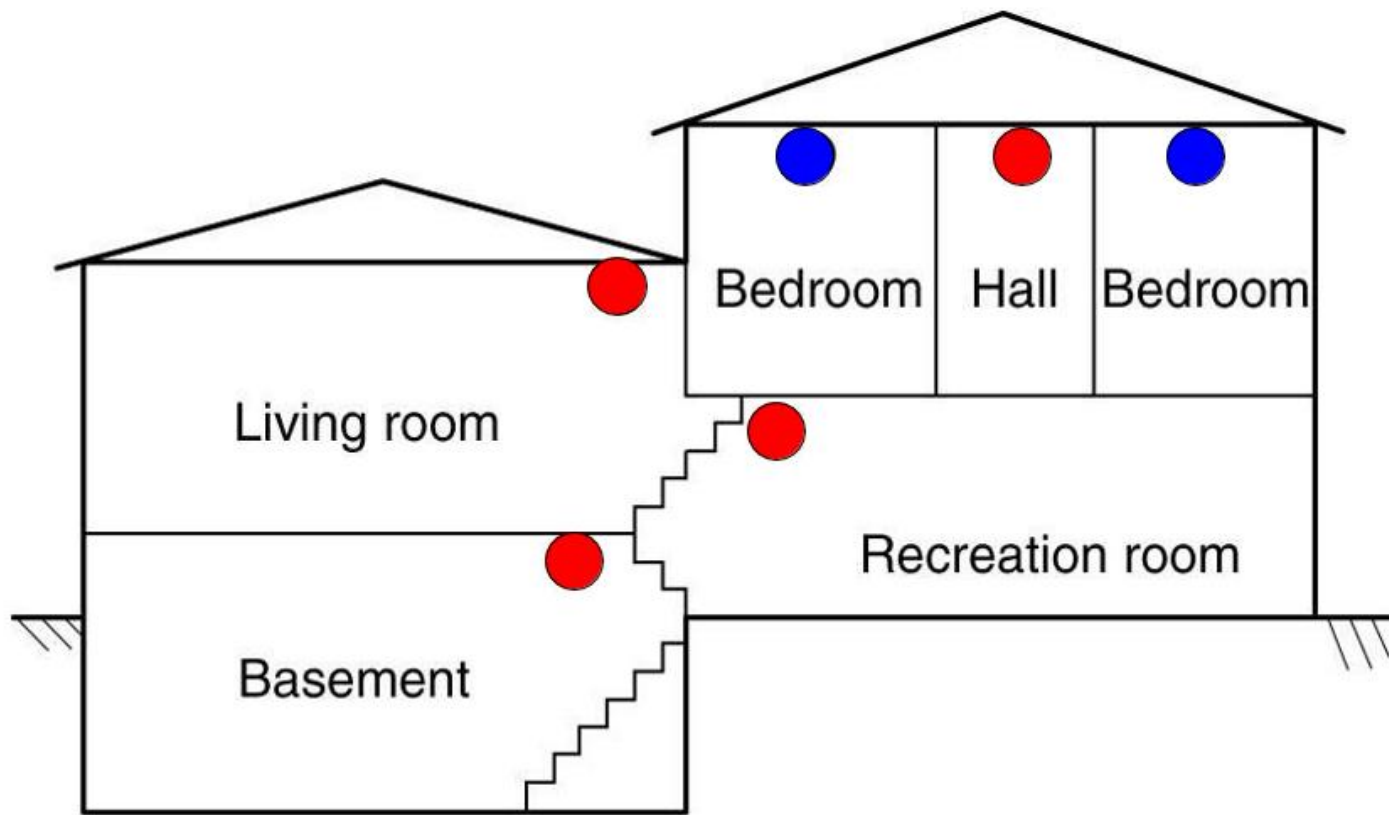
-  **Required Smoke Alarm**
-  **Optional Smoke Alarm**







-  **Required Smoke Alarm**
-  **Optional Smoke Alarm**

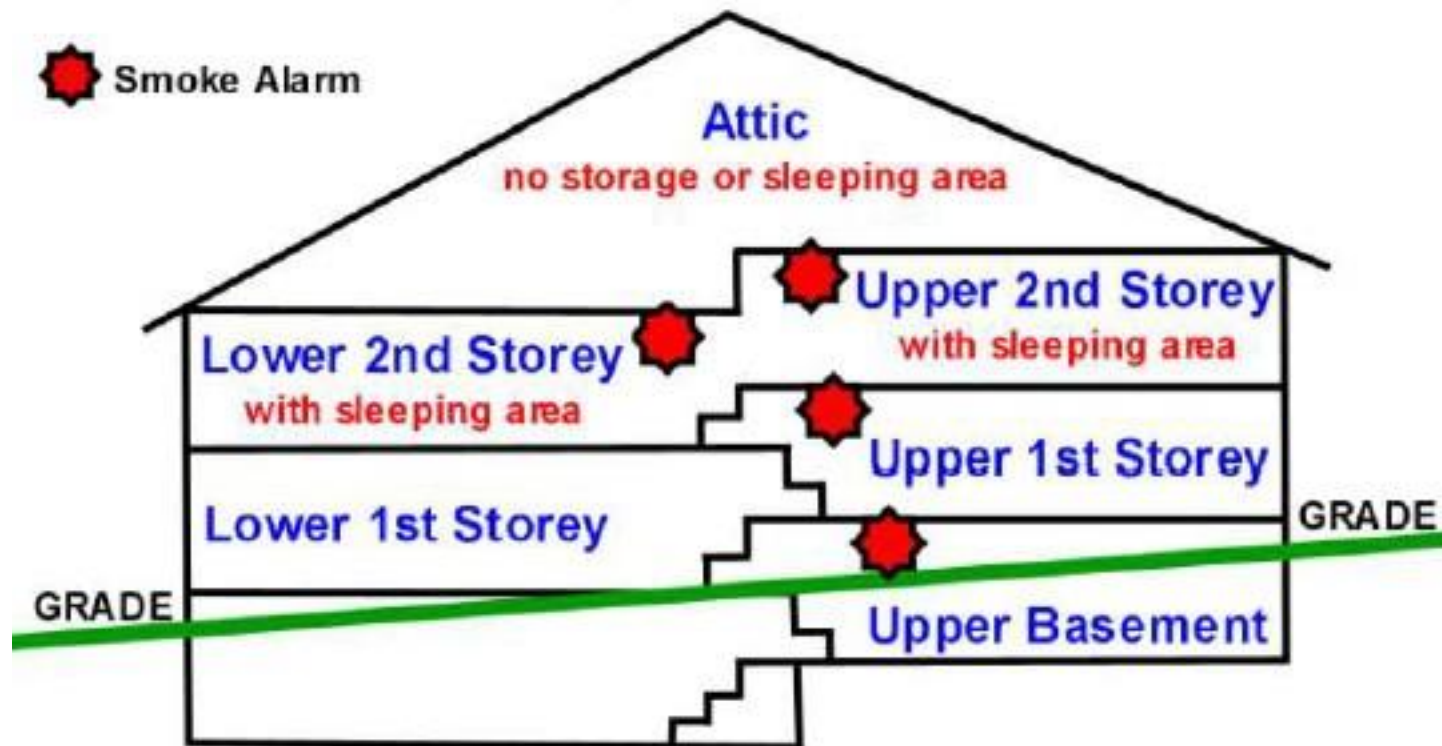




-  Required Smoke Alarm
-  Optional Smoke Alarm



Two-storey Split-level Home



Ontario Fire Code Smoke Alarm Requirements

NOTE: Both the upper and lower levels of the 2nd storey require smoke alarm installation due to separate sleeping areas contained on both levels. However, only one smoke alarm is required to service both the upper and lower levels of the 1st storey since neither level contains a sleeping area. Also note that since smoke rises, the smoke alarm serving the 1st storey is installed in the upper level of the 1st storey.



Group Exercise

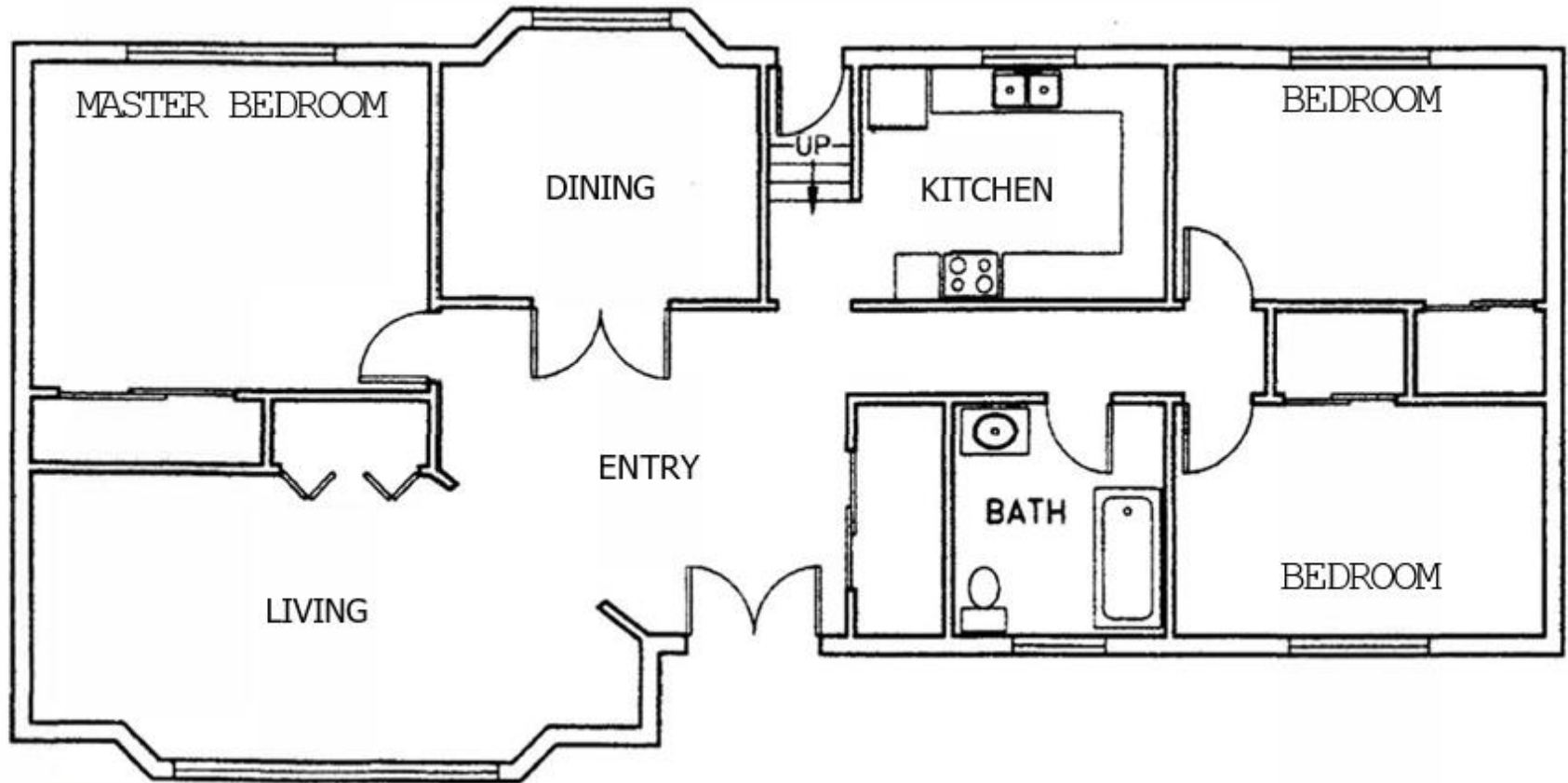


Smoke Alarm Placement



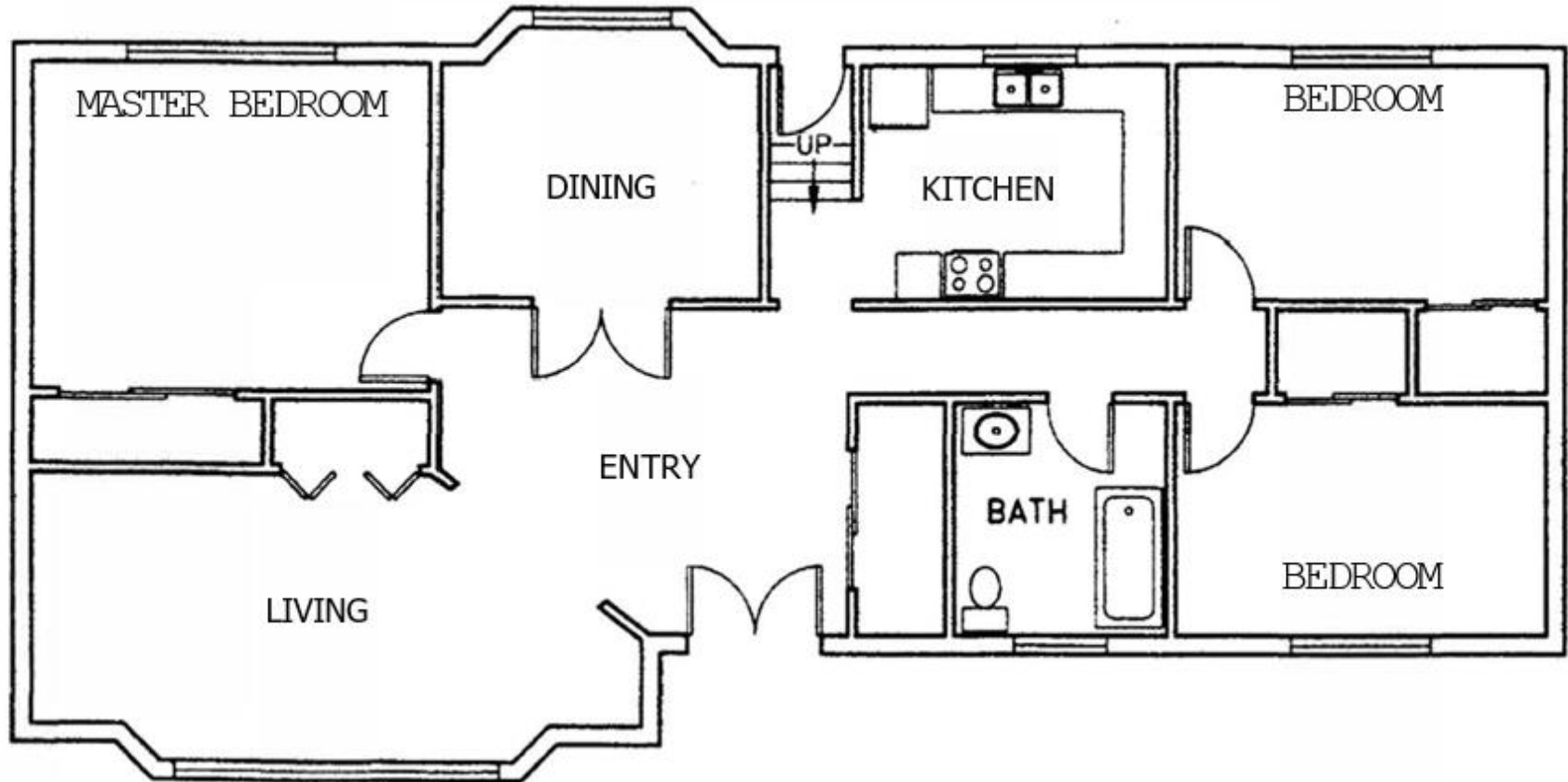
RECOMMENDED SMOKE-ALARM INSTALLATION FOR SEPARATED SLEEPING AREAS

(Reference: Clauses A1.6.1, A1.8.1, A1.11.1)



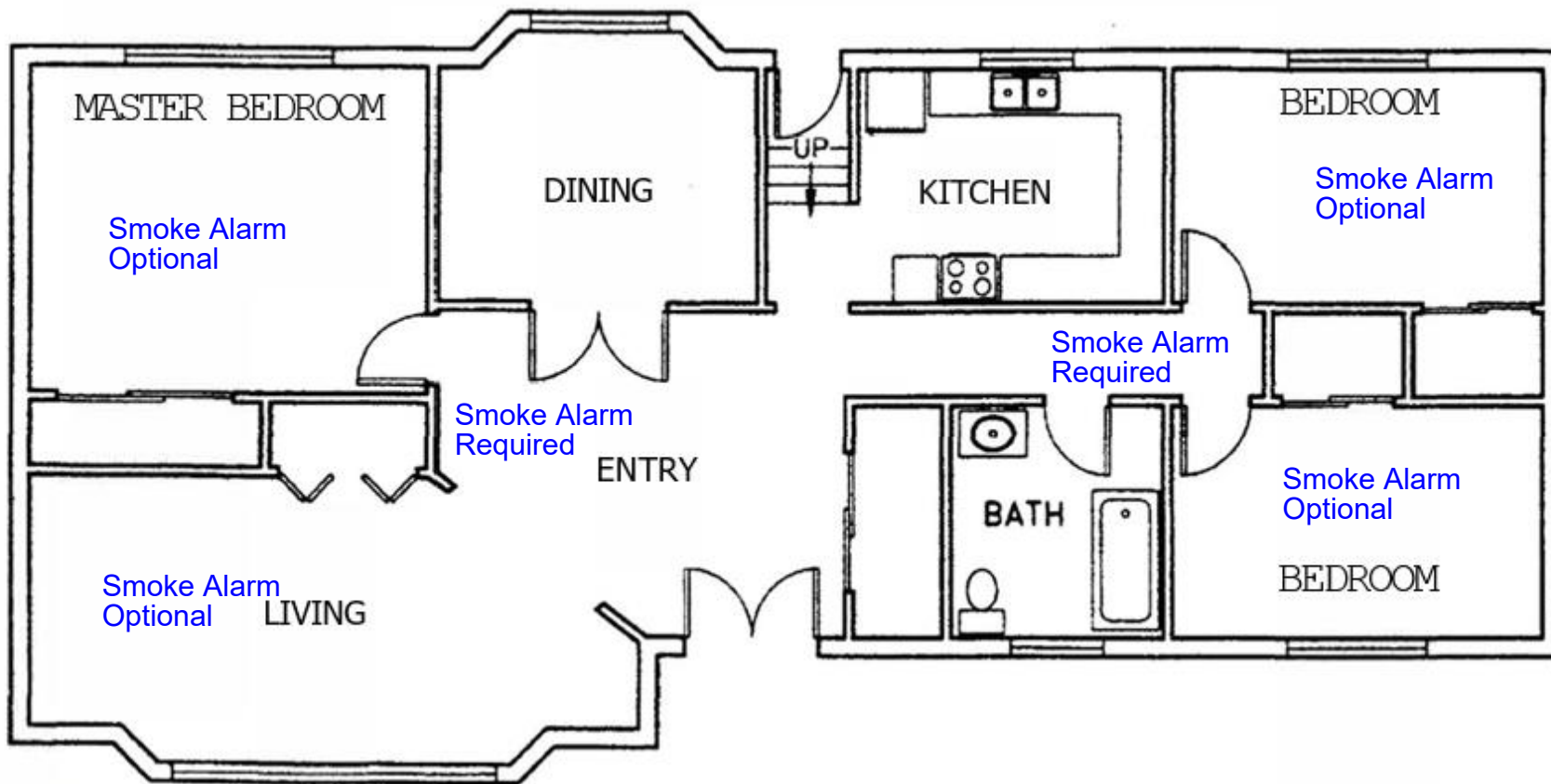
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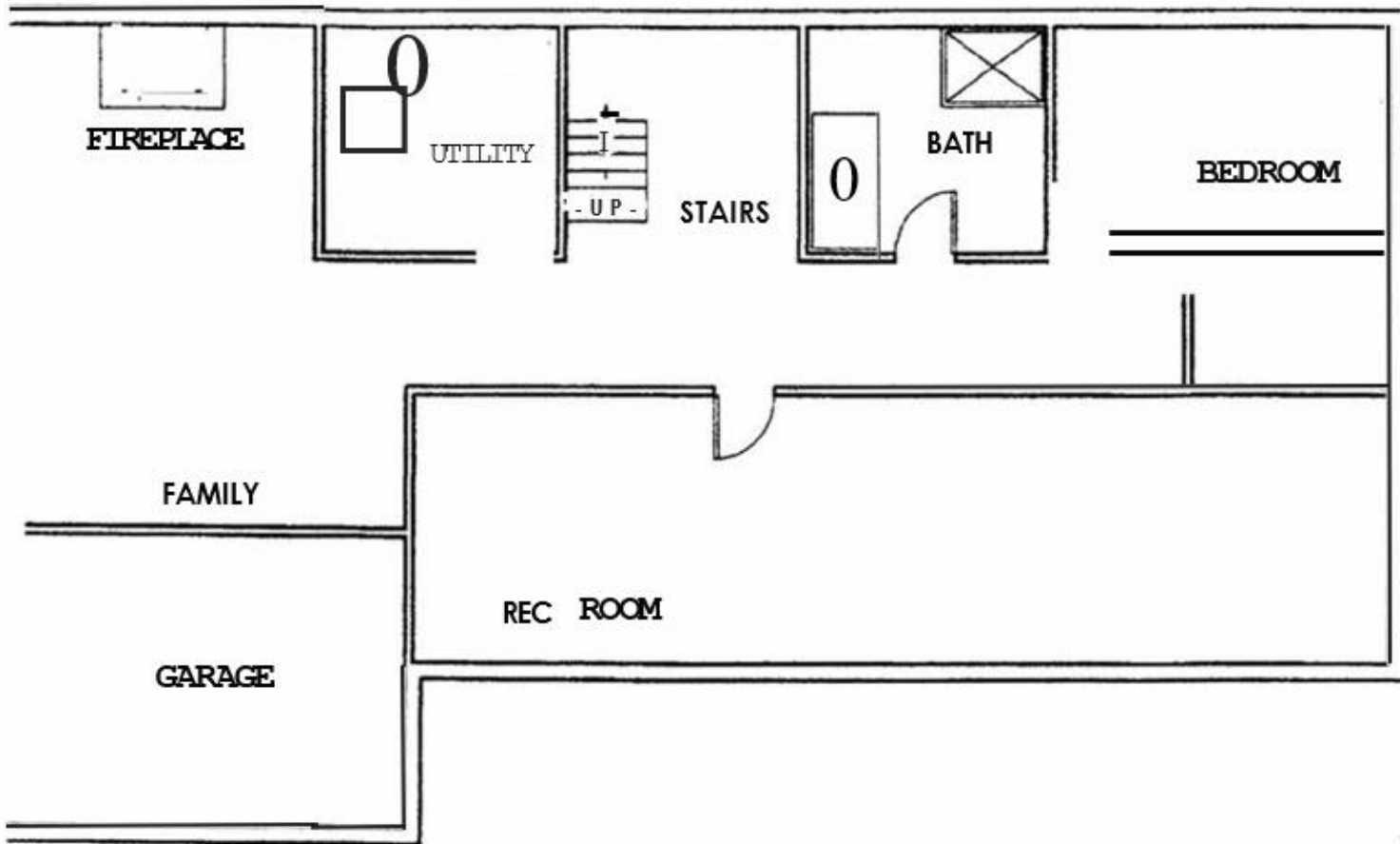
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RECOMMENDED SMOKE-ALARM INSTALLATION FOR BASEMENTS

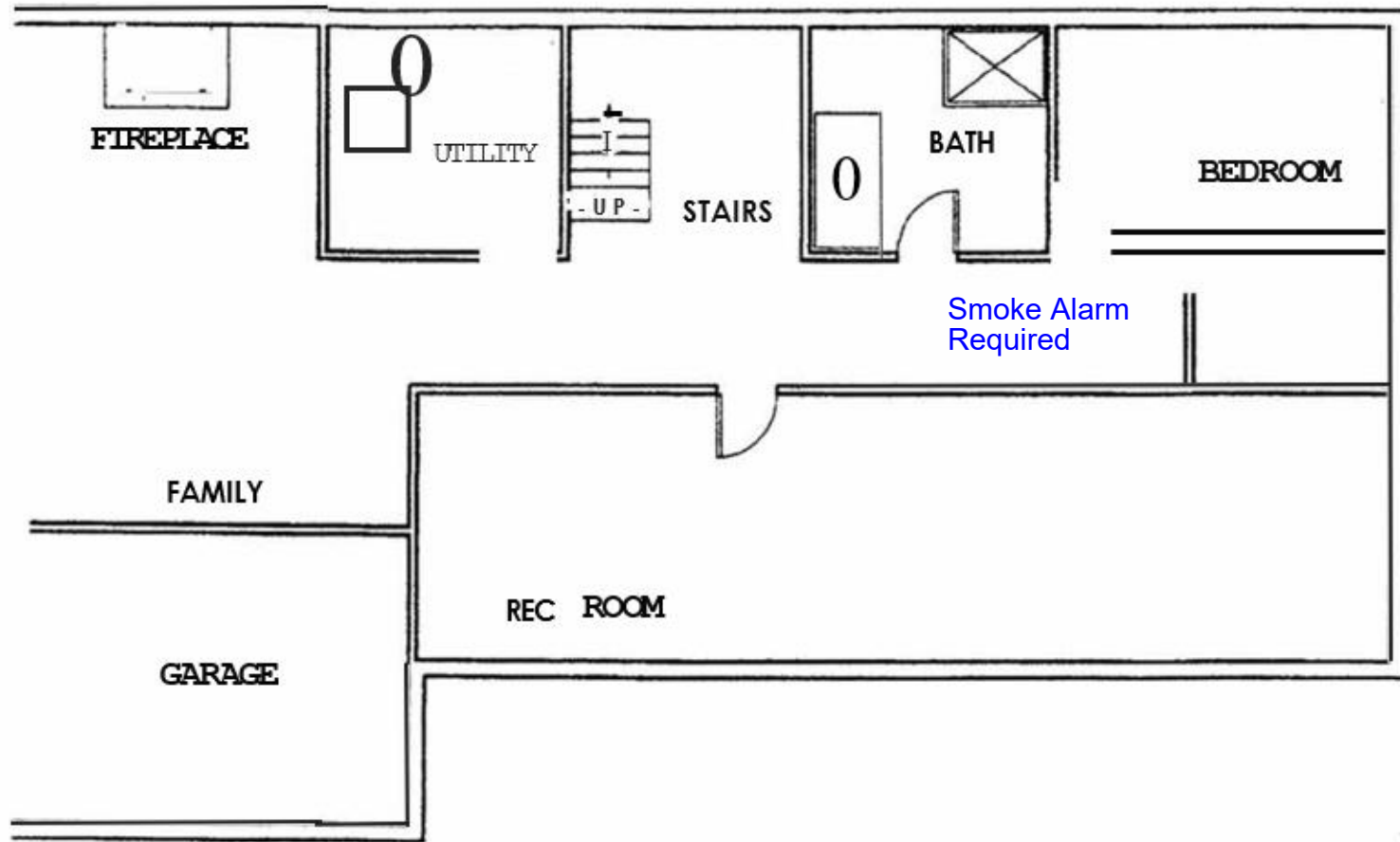
(Reference: Clauses A1.6.1, A1.8.1, A1.11.1)



Smoke-alarms should be located in vicinity of sleeping areas. For separated sleeping areas, multiple station type devices should be used.

RECOMMENDED SMOKE-ALARM INSTALLATION FOR BASEMENTS

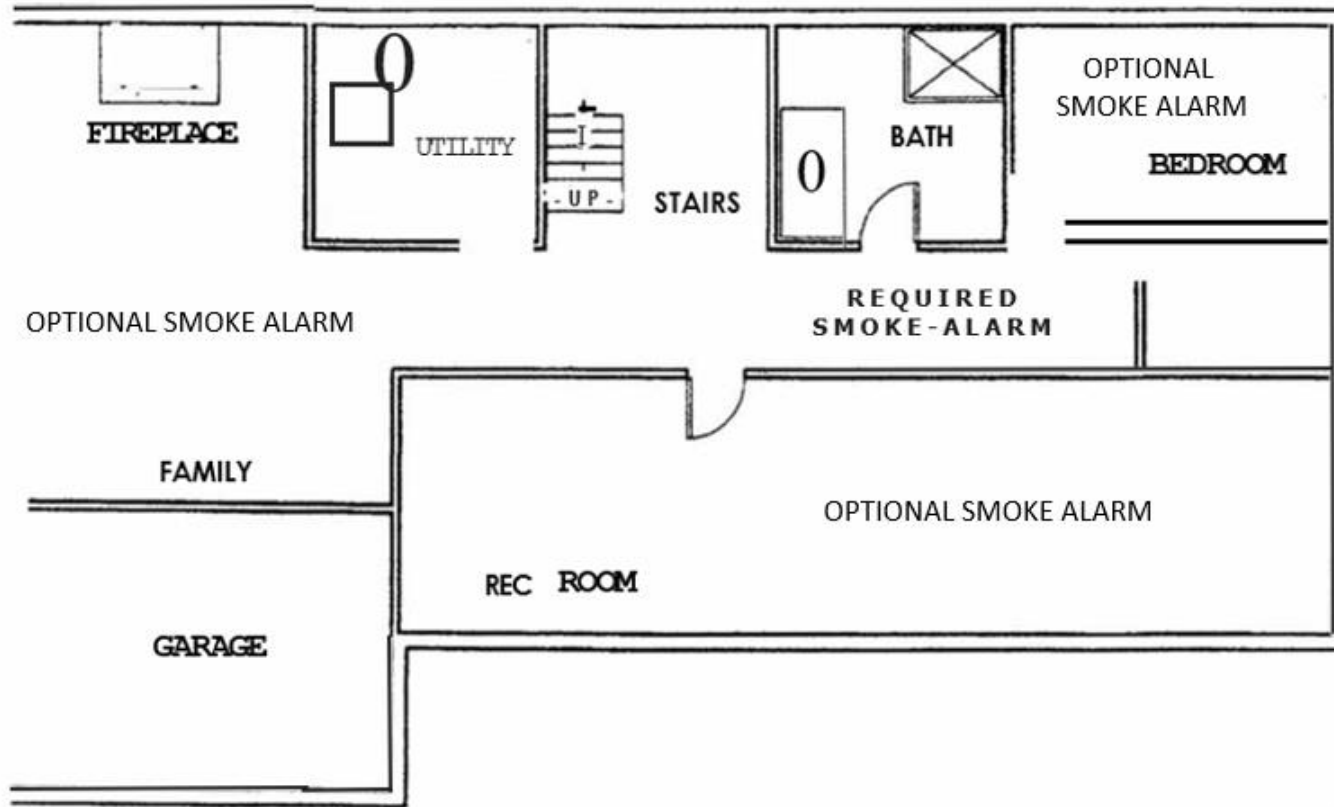
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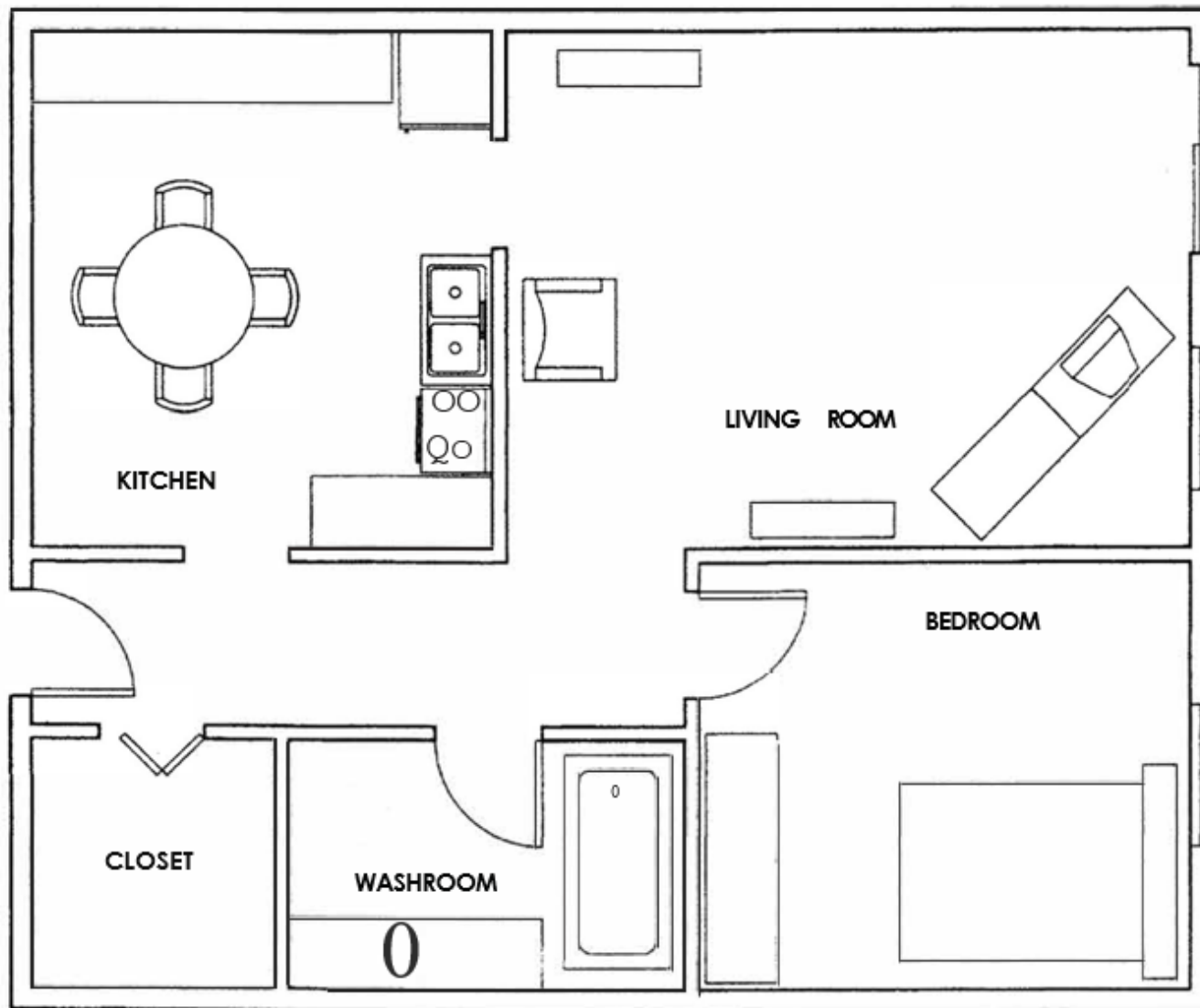
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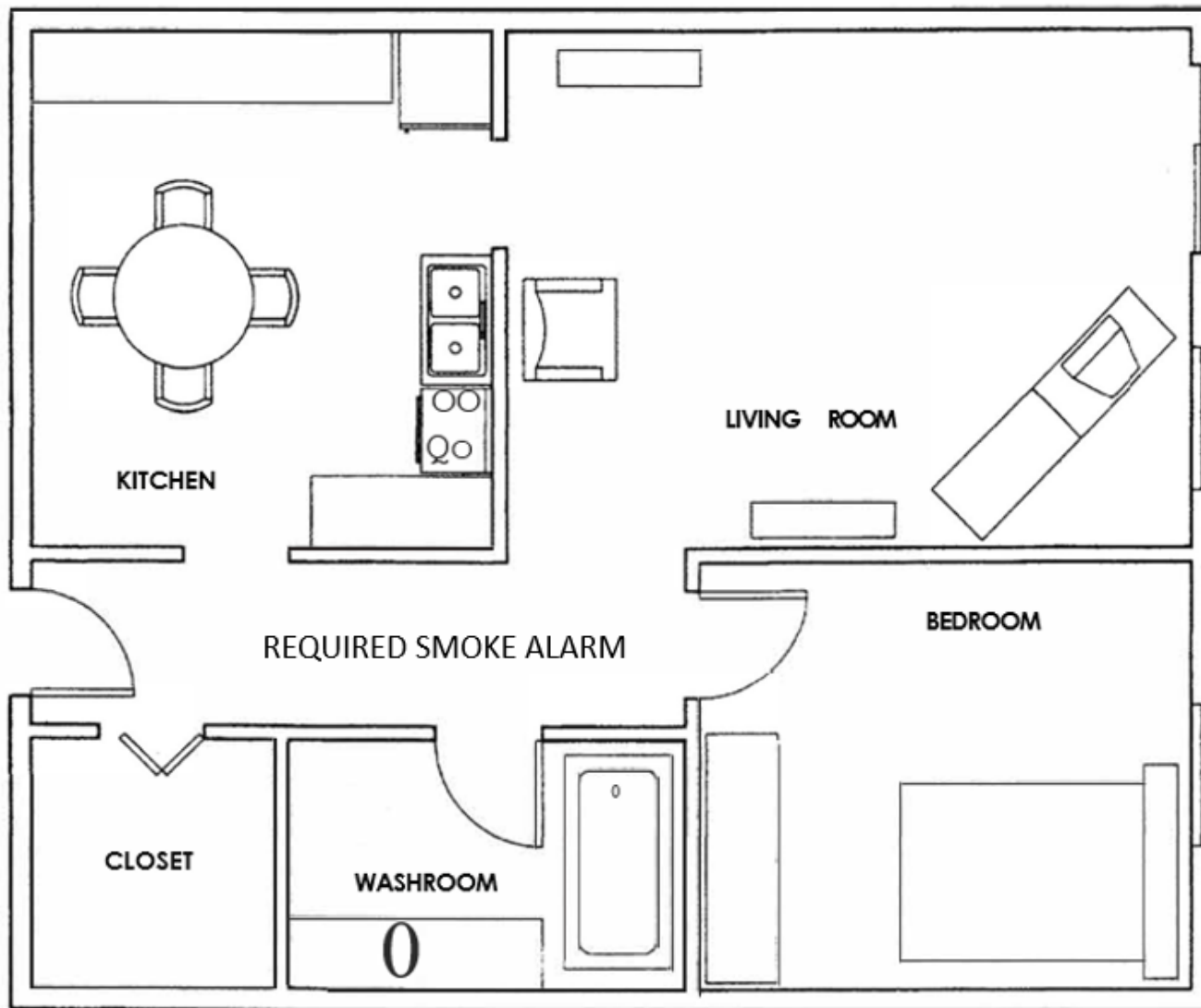
RECOMMENDED SMOKE-ALARM INSTALLATION FOR TYPICAL APARTMENTS

(Reference: Clauses A1.6.1, A1.8.1, A1.11.1)



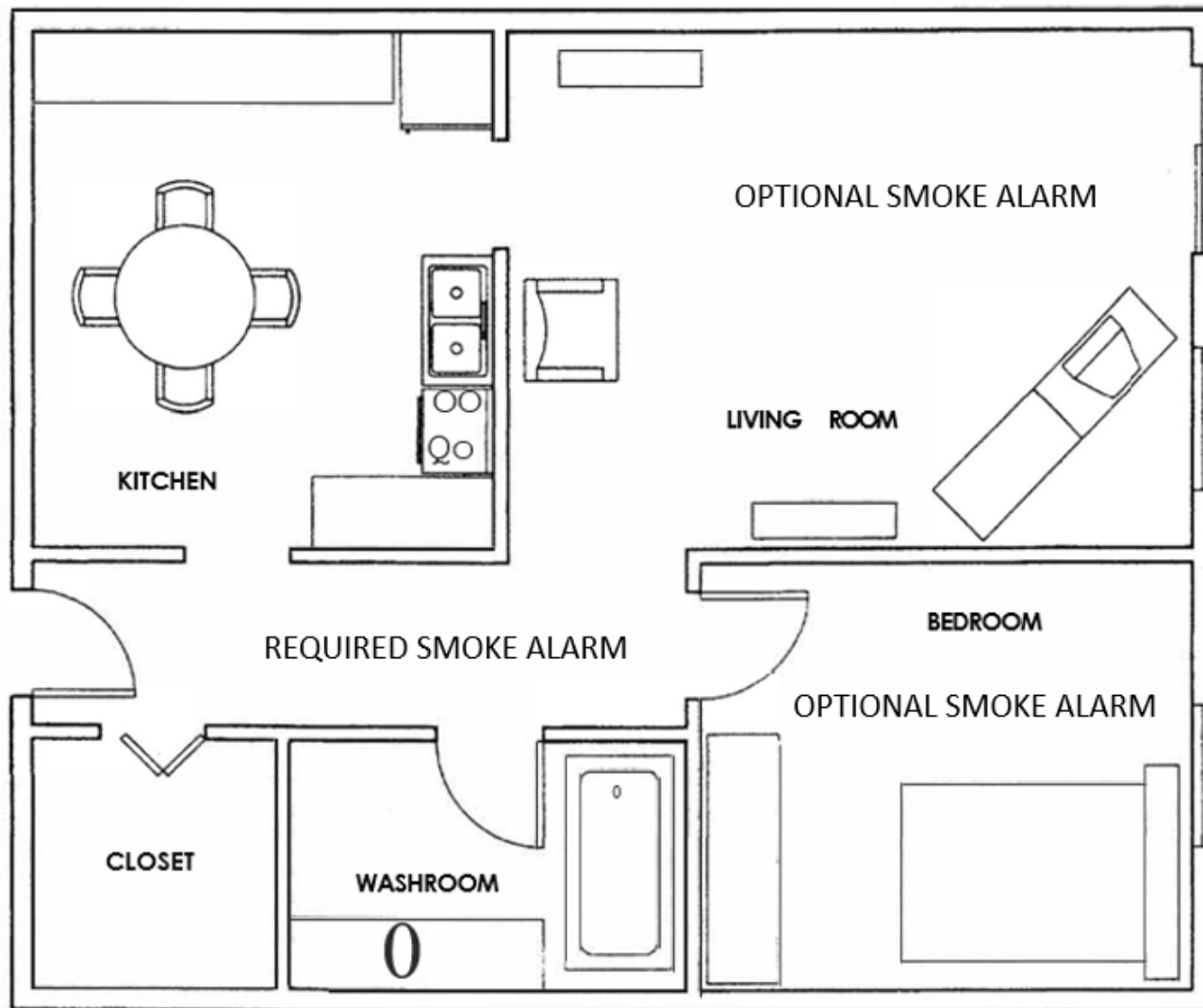
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RECOMMENDED SMOKE-ALARM INSTALLATION FOR TYPICAL APARTMENTS

(Reference: Clauses A1.6.1, A1.8.1, A1.11.1)





Review

Remembering When:™

a fire and fall prevention program *for* older adults



Review

8 Primary **Fire** Safety Messages:

1. If You Smoke, Smoke Outside
2. Give Space Heaters Space
3. Be Kitchen Wise
4. Stop, Drop & Roll
5. Smoke Alarms Save Lives
6. Plan & Practice Your Escape From Fire & Smoke
7. Know Your Local Emergency Number
8. Plan Your Escape Around Your Abilities



Review Continued

8 Primary **Fall** Safety Messages:

1. Exercise Regularly
2. Take Your Time
3. Clear The Way
4. Look Out For Yourself
5. Wipe Up Spilled Liquids Immediately
6. Be Aware Of Uneven Surfaces
7. Tread Carefully
8. Best Foot Forward



Home Visits

- ✓ Always present the fire and fall prevention behaviours
- ✓ Provide advice or help on correcting hazards
- ✓ Test smoke alarms
- ✓ Observe placement of existing smoke alarms
- ✓ Where needed, refer to smoke alarm installation guidelines
- ✓ Wrap-up question to client about changes



Wrap-up Question

Take a moment and think about your home.

Based on what you've learned today, is there **one thing you can change or do differently** to make you safer from falls and fires?



Available in Additional Languages

防煙貼之
1
全球通用

使用大而深的煙灰缸。



1. English
2. French
3. Arabic
4. Chinese
5. Farsi
6. French Creole
7. German
8. Greek
9. Hindi
10. Hmong
11. Italian
12. Japanese
13. Korean
14. Polish
15. Russian
16. Spanish
17. Tagalog
18. Thai
19. Vietnamese



Download from www.nfpa.org website

Client Resources for Home Visits

1. Home Visitor's Toolkit



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2. Fire Prevention
3. Fall Prevention
4. High-rise Fire Safety
5. Fire Safety for People with Disabilities
6. Home Safety Checklist
7. Home Visit Survey Form

Download from www.amherstburgfire.com

or www.nfpa.org





Remembering When:

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Remembering When – Home Visit Materials / Props

The following items can be useful as visual aids and for demonstration purposes during the Remembering When Home Visits.

- ✓ Remembering When Home Visitors' Toolkit Binder
- ✓ Smoke alarm & batteries
- ✓ Space heater (with tip-switch)
- ✓ Tape measurer or yardstick
- ✓ Bathroom grab bar – toilet / tub
- ✓ Sample of safe shoes (snow & ice grippers) & unsafe shoes
- ✓ Frying pan & lid
- ✓ Cooking timer
- ✓ Small pots & pans (easy to lift and handle)
- ✓ Oven mitts
- ✓ Rubber bath mat
- ✓ Ashtray – large, deep, non-tip
- ✓ Night light
- ✓ Rugs with non-skid backing



Support materials and resources available:

Amherstburg Fire Department

www.amherstburgfire.com

Ontario Fire Marshal's Public Fire Safety Council

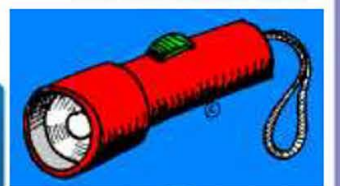
www.firesafetycouncil.com

National Fire Protection Association (NFPA)

www.nfpa.org

U. S. National Institutes of Health – National Institute on Aging

www.nih.gov/nia



Questions





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**Together, enhancing
the life and
improving the safety
of those we serve.**



Thank You

