



Amherstburg Fire Department

*Our family ...
helping yours!*

Fire Safety for Older Adults



What are the odds?

***95% of fatal
structure fires occur
in the home!***



No Time To Spare



What's Our Fire Risk?

Where are we at greatest risk from fire?

- ✓ In the home
- ✓ Approx. 460 people are injured in home fires each year in Ontario
- ✓ Approx. 100 people die in fires each year in Ontario
- ✓ Everyone has a stake in fire safety



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*



What causes fires in our homes?

Leading causes of *home fires* in Ontario:

1. Cooking – Unattended cooking # 1 cause
2. Heating / Cooling
3. Electrical
4. Cigarettes
5. Appliances

PREVENTION!



What are the most deadly fires?

Leading causes of ***fatal home fires*** in Ontario:

1. **Cigarettes** – 30% of fatal fires
2. **Arson** – 20% of fatal fires
3. **Cooking** – 18% of fatal fires
4. **Matches / Lighters** – 12% of fatal fires
5. **Candles / Electrical Wiring** – 5 % of fatal fires



Fire Risk for Older Adults

On average **26** adults aged **65+** die in fires in Ontario annually:

21% aged 65 – 69

43% aged 70 – 79

30% aged 80 – 89

6% aged 90+

Source: Ontario Fire Marshal's Office Residential Fire Fatalities 1997 - 2006



Fire Risk for Older Adults

Largest % of fire deaths in the 70 – 79 age group

More incidents where clothing ignited by smokers materials or cooking

Physical limitations

Source: Ontario Fire Marshal's Office Residential Fire Fatalities 1997 - 2006



What should you know about...

Heating safety, electrical hazards,
small appliance risks, candle
safety, match and lighter safety and
most importantly...

COOKING SAFETY?



Cooking-related fires

- 59% of home fires in Amherstburg in 2009, and almost \$1 million in fire loss was due to cooking
- Leading cause of fire injuries
- Second leading cause of fatal fires



Cooking-related fires



- ✓ unattended cooking → 69% of fires
- ✓ “distraction/forgot” → leading behaviour when fire started
- ✓ oil and grease → objects first ignited in half of the fires
- ✓ higher incidence of injuries when the occupant attempted to extinguish the fire



Do you know what to do....?

- ✓ Clothing catching fire
- ✓ Pot on the stove fire
- ✓ Fire in the oven
- ✓ Fire in the microwave
- ✓ Safe cooking practices



*If in doubt...**JUST GET OUT!***



Remember to...

STOP, DROP & ROLL
if your clothing catches fire

OR

smother the fire with a towel or
blanket...

Cool a ***burn*** with ***cool water***



Pot on the Stove Fire

- ✓ Never leave oil or grease unattended
- ✓ Never put water on a grease or oil fire

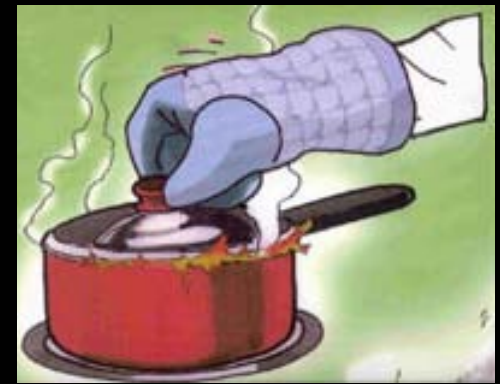
*** PUT A LID ON IT ***

TURN OFF THE HEAT

DO NOT MOVE THE PAN OR REMOVE THE LID UNTIL COMPLETELY COOLED

- ✓ Never move a burning pot to the sink or outside

*** Wear oven mitts ***



If in doubt...JUST GET OUT!



Fire in the Oven

- ✓ Keep the oven door closed
- ✓ Turn off the heat
- ✓ Don't open the door until the fire is completely out
- ✓ Call 911, if necessary
- ✓ Have the oven checked and/or serviced before being used again



*If in doubt...**JUST GET OUT!***



Fire in the Microwave

- ✓ Keep the microwave oven door closed
- ✓ Turn off the microwave immediately
- ✓ Unplug it, if safe to do so
- ✓ Never open the door until the fire is completely out
- ✓ Call 911, if necessary
- ✓ Have the oven checked and/or serviced before being used again



*If in doubt...**JUST GET OUT!***



Watch What You Heat!

If you are **frying**, **grilling** or **broiling** food (fast cooking – high heat):

- ✓ Stay in the **kitchen**
- ✓ If you have to leave the kitchen, even for a short period of time – turn off the stove



Watch What You Heat!

If you are **simmering, baking, roasting** or **boiling** food (slow cooking – low heat):

- ✓ Stay in the **home**
- ✓ Use a timer to remind you that you're cooking



Safe Cooking Practices

- ✓ Stay alert – don't cook when drowsy or impaired
- ✓ Keep stovetop, burners and oven clean
- ✓ Wear short, close-fitting or tightly rolled sleeves when cooking
- ✓ Keep anything that can catch fire away from the stovetop – 1 metre safety zone



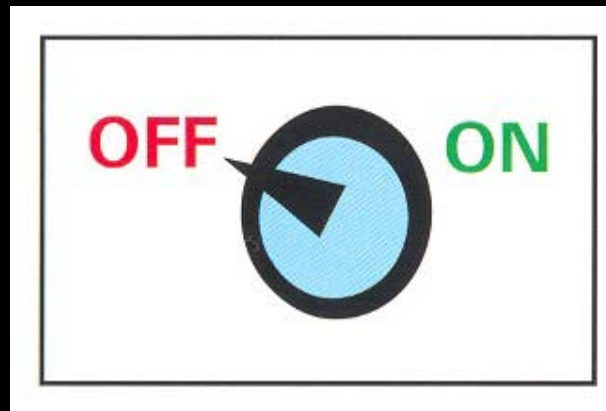
Safe Cooking Practices

- ✓ Turn pot handles inward – ensure pot handles do not stick out from the front of the stove
- ✓ Never use dishcloths or tea towels in place of proper fitting oven mitts
- ✓ Never use the oven or range to heat your home



Safe Cooking Practices

- ✓ **Never store items in the oven**
- ✓ **Always check to ensure oven is empty before turning on the heat**
- ✓ **Turn off all cooking appliances during electrical power outages**
- ✓ **Double-check the kitchen before going to bed or leaving home**





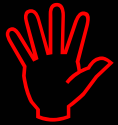
PREVENTION



Check your home for fire hazards before they become fires



Maintain one metre (3 ft.) fire safety zones around electrical heaters, cooking appliances, space heaters and fireplaces



Check your home nightly for possible fire hazards, before going to bed – candles, ashtrays, stove burners, heaters, etc.



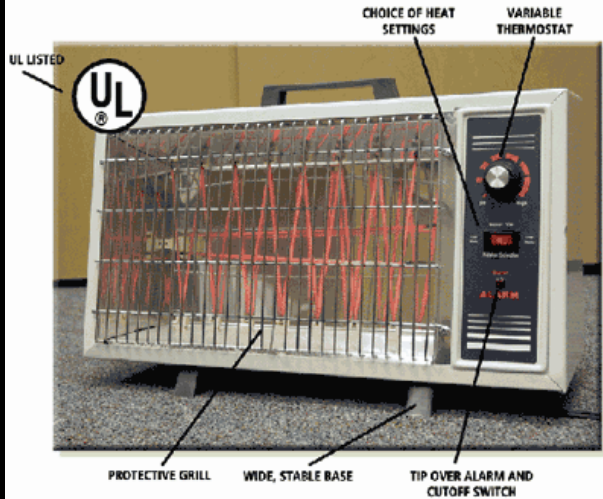
Stay Safe & Warm



- ✓ Have your heating equipment serviced annually by a professional
- ✓ Give space heaters some space – at least 1 metre away from anything that can burn
- ✓ Only use CSA or ULC approved space heaters

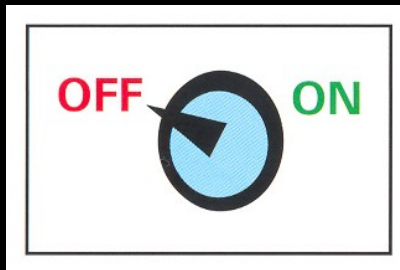


Anatomy of a Space Heater



Stay Safe & Warm

- ✓ Never leave an operating space heater unattended
- ✓ Never use an electrical space heater in a wet area like a bathroom
- ✓ Turn off space heaters when you leave the room or go to bed – better yet, unplug them





FACT: Smoke alarm operation 1997 to 2006



48%

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

Working Smoke Alarms Save Lives

It's The Law!



- ✓ On every storey of your home (including the basement) and outside all sleeping areas
- ✓ Test smoke alarms monthly
- ✓ Vacuum them twice a year
- ✓ Replace batteries annually
- ✓ Replace smoke alarms when they are 10 years old
- ✓ Install smoke alarms with a HUSH/SILENCE feature





Smoke Alarms for Hearing Impaired

- ✓ Smoke alarms with strobe lights
- ✓ Smoke alarms with vibrating devices



Early Detection and Escape

Working
smoke alarms



Knowing how to
react *immediately*



Can save your life !



Fire spreads with *deadly speed*...

You may have less than 2 minutes
to safely escape a house fire...

Can *you* do it?



Fires are hot, smoky...
You can't see a thing...
Noisy... confusing... ***terrifying***...

Panic is your worst enemy!

Education = ***Safety***



The deadliest fires occur at *night*...



Most injuries and fatalities are from the smoke and heat...not the flames.

Do *you* know how to get out quickly and safely?



Do you know your **EXIT** s ?

Home Escape Planning & Practice is essential in a fire emergency!

- ✓ Have a plan & practice it
- ✓ Know two ways out
- ✓ Keep exits clear
- ✓ Have a meeting place
- ✓ 2 minutes or less to escape



Do you know your **EXIT**s ?

EXIT

Develop & practice a home fire escape plan





Fire Escape Plan



Do you know how to escape safely?

- ✓ Don't PANIC
- ✓ Get low & go
- ✓ Feel doors for heat
- ✓ Check for smoke
- ✓ Close doors & windows as you escape – don't break windows
- ✓ Get out & stay out
- ✓ Call for help from a safe place



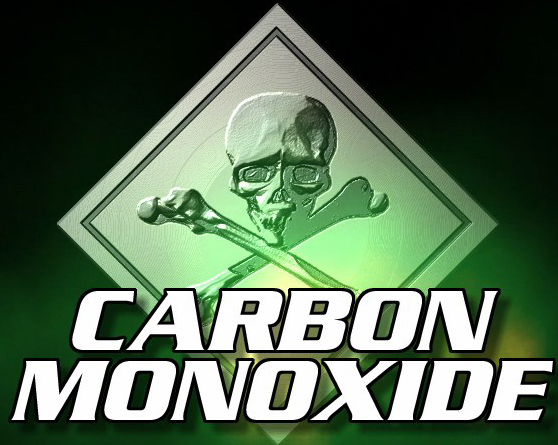
PREPARE



Keep the following items available at your bedside in case of an emergency:

- ✓ eyeglasses
- ✓ hearing aid
- ✓ flashlight
- ✓ cane or walker
- ✓ any other aid you may need to escape
- ✓ telephone





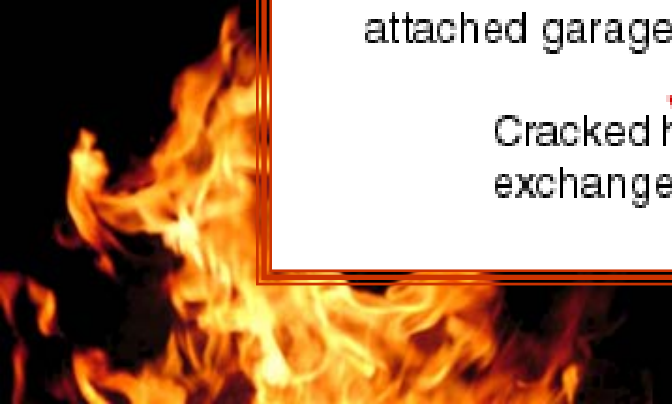
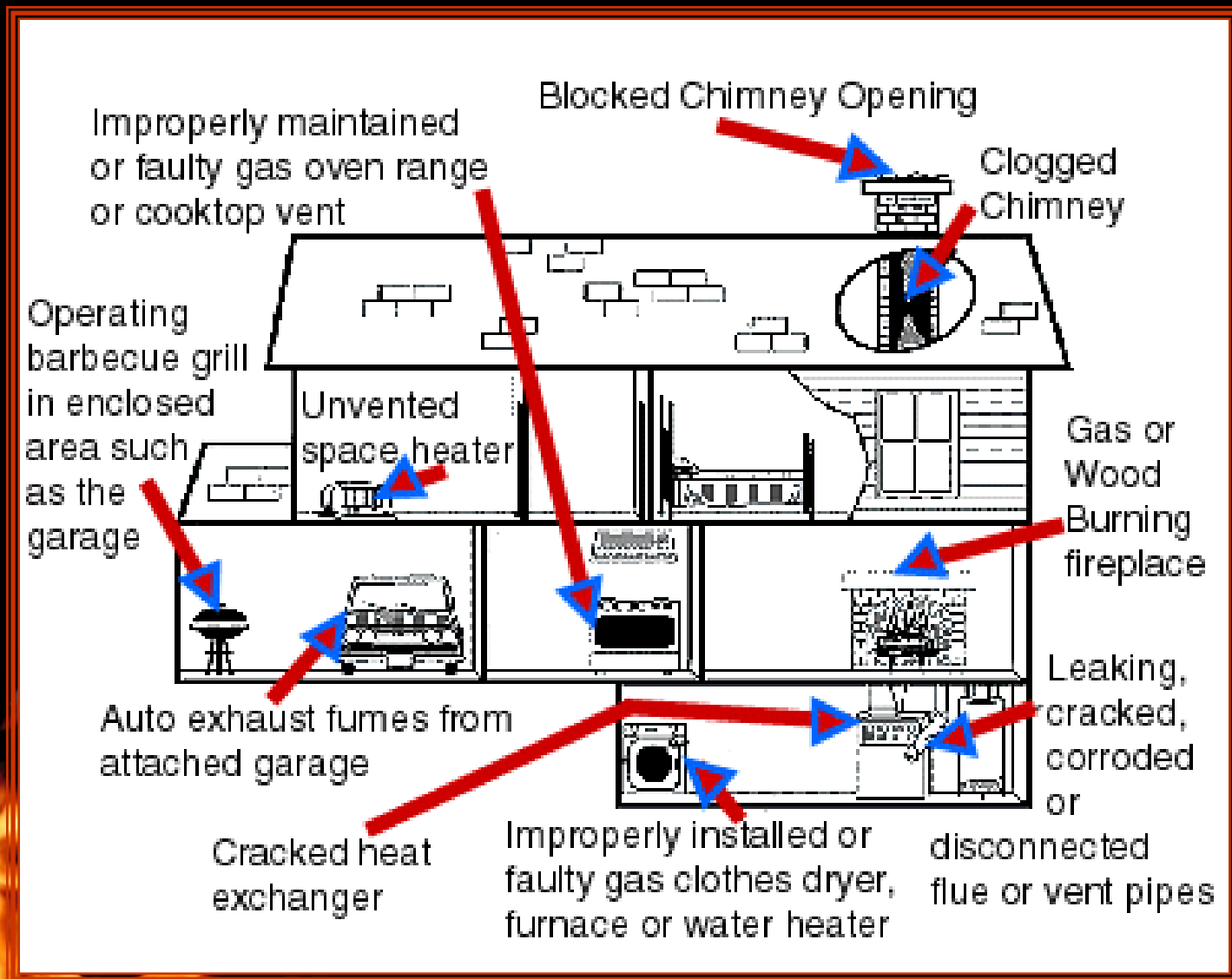
Carbon Monoxide

...the silent killer

- ✓ Install carbon monoxide (CO) alarms outside sleeping areas
- ✓ Read and follow the manufacturer's instructions for operation and maintenance
- ✓ Replace carbon monoxide alarms every 5 – 7 years



Carbon Monoxide...*the silent killer*



May no person or family
suffer the pain and
devastation wrought by



Education is **your** key to
personal **safety!**



For additional safety information,
visit our website at:

www.amherstburgfire.com



Amhersburg Fire Department

***Our** family
helping **yours.***

