

# FIRE AND FALL PREVENTION

COOKING is the leading cause of fire related *injuries*.

The leading cause of fire-related *death* is smoking.

- The number one cause of kitchen fires is cooking left unattended. NEVER leave stovetop cooking unattended.
  - Wear tight, short, or rolled up sleeves, never loose or dangling.
  - Use oven mitts or potholders; never use a dishtowel as a potholder.
  - If a pan catches fire, slide a lid over it and turn off the burner.
  - In case of an oven or microwave fire, turn off the oven. Do not open the oven door. Call 9-1-1.
- Don't cook if you are drowsy from medication. Plan meals around your medication.
  - Keep clutter and combustibles away from stove.
  - If your clothes catch on fire, STOP, DROP, and ROLL, or smother the flames with a towel or blanket.
  - Test smoke alarms monthly; replace batteries at least once a year; replace smoke alarms every 10 years.
  - Have an escape plan. Know 2 ways out of every room.
  - Never smoke when lying down, drowsy, or in bed. Use large, deep ashtrays. Never leave cigarettes unattended.
  - Keep 3 feet clearance around space heaters. Unplug when leaving home or going to bed.

PEOPLE 65 AND OLDER ARE  
**2.5 TIMES**  
MORE LIKELY TO DIE IN FIRES.  
AS WE AGE, OUR FIRE RISK INCREASES.

FALLS ARE THE  
NUMBER 1 CAUSE  
OF FRACTURES, LOSS  
OF INDEPENDENCE  
AND INJURY-  
RELATED DEATH

Contributing factors include medication, hearing/vision loss, loss of strength, balance and mobility.

It is possible to reduce the risk by changing or modifying behavior, habits, and environment.

## KEY FALL PREVENTION MESSAGES:

- Clear the way. Keep stairs and walking areas free of electrical and phone cords, shoes, clothing, books, magazines, and clutter.

• Improve the lighting in your home. Use night-lights to light the path between bedroom and bathroom. Turn on the lights before using the stairs.

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

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

- Stand and get your balance before you walk.

• Exercise to build strength and improve your balance.