



Home Fire Safety - prepare + prevent

Common sense is not common nor always practiced!

As we get into the Autumn 'routine' and anticipate the inevitable reality of cold-weather and staying indoors, a reminder of home fire safety is warranted. Here's a review of some key points, using FIRE SAFETY as an acronym. For more information on the topics, please explore the websites below for more details.

Keep yourself and your family safe - these tips, if implemented, may save a life!



FIRE SAFETY RESOURCES

Office of the Fire Marshall [Ontario]:
www.ofm.gov.on.ca

Home Safety Council:
www.homesafetycouncil.org

Safe at Home:
www.safeathome.ca

Toronto Fire Department:
www.toronto.ca/fire/prevention



F **flammables away** - keep curtains, paper, furniture away from fireplaces & space heaters; and cloths, hair, towels away from cooking elements; store flammables properly in with tight lids

I **inspect** & test smoke detectors, carbon monoxide detectors monthly [Install them if you don't have them]; inspect furnaces, fireplaces and barbecues frequently for cracks, wear/ tear

R **replace** detectors that are expired or when they don't work when tested; replace batteries monthly. 85% of home fires had smoke alarms with expired or no batteries!

E **extinguishers** - the kitchen is the common place for home fires so have an extinguisher 'for grease fires' mounted near the kitchen and review how to use it: Pull Aim Squeeze Sweep

S **stop, drop & roll** - if you are on fire, this will help put out the fire. Practice with kids.

A **arson prevention** - 50% of arsons are started by young children. Be aware of their curiosity to play with matches, candles, etc. and address destructive behaviours early.

F **fire escape plan** - In a fire, can you leave the house in less than 3 minutes, without using front door? Have 2 exits per room. Practice 2x/ year. Work the plan so the plan works!

E **eye on flames** - stay near the stove or BBQ while cooking. Blow out candles when leaving the room. The unpredictable may happen. Be careful with children or pets nearby.

T **teach kids** that adults only are to use matches, candles, BBQ, stove, heaters, fireplace, etc. Teach older children about cooking safety and staying focused while cooking!

Y **your example** - like any parenting strategy - your actions screams louder than words. Let them see your safe behaviours and they will mimick them.

first aid/ wellness scenario #20 Answers next bulletin

? What is Due Diligence, as related to workplace safety? How can this relate to home safety + first aid?

*Answers to last 2HEALTH Bulletin's scenario:

1. What Naturopathic remedies are good for reducing itch? What is good for burns? What is a great anti-septic?
> reducing itch: oatmeal
> helps burns: aloe vera plant
> anti-septic: tea tree oil

This bulletin is for information only. Please consult your local fire department for more details for your home and workplace.