

Health & Wellness

Tip of the Week

July is all about **Emergency Planning**. It is the perfect time to remind you about the importance of planning ahead for emergency situations.

Week 29
July 18, 2016

Is Your Home Fire Proof?

You want your home to be a safe haven for you and your family. But there may be hidden fire risks lurking inside. Your actions can also raise the chances of a fire starting in your home. Cooking and smoking are by far the leading causes of fire deaths in homes. But there are other causes as well. Electrical fires cause about 28,000 fires in homes each year. Help put out fire hazards in your home with these safety steps:

- 🔔 Watch ovens, stovetops or burning fireplaces.
- 🔔 Keep space heaters away from flammable objects, such as clothing, curtains or upholstered furniture.
- 🔔 Don't smoke in bed, and never leave burning cigarettes unattended.
- 🔔 Keep lighters and matches away from children.
- 🔔 Store flammable products away from the home, and get rid of them the right way.
- 🔔 Don't leave burning candles unwatched.
- 🔔 Use flashlights rather than candles during power outages.
- 🔔 Test smoke alarms monthly, and replace batteries at the same time each year.
- 🔔 Check electrical appliances, wiring and cords for signs of problems.
- 🔔 Don't overload electrical outlets or extension cords.
- 🔔 Child-proof electrical outlets.
- 🔔 Place fire extinguishers in your kitchen and on each floor of your home.
- 🔔 Check dryer vents and clean lint filters often.

Source: U.S. Fire Administration, Center for Disease Control and Prevention



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