



Older Adults & Fire Planning

Be prepared for fire Check your home for fire hazards. Know exactly what to do and where to go if there is a fire. Prepare and practice a home escape plan with everyone in your household.

Install smoke alarms (It's now the law in B.C. to have working alarms in ALL homes!) Smoke alarms protect everyone. Install a smoke alarm on every level of your home, especially near sleeping areas. Test the alarms monthly by gently pushing the alarm test button with a broom handle or cane. Make sure everyone can hear the smoke alarms from all areas of your home.

If you smoke Use deep ashtrays and always make sure your cigarette butts are out. Never smoke when you are in bed, feel drowsy or while on medication.

Be careful when cooking Don't wear loose fitting clothing and be careful not to reach over hot burners. Never leave cooking unattended. If a pot catches fire, cover it with a lid and turn off the burner.

In case of fire:

- **Stop, drop and roll** If your clothes catch fire, don't run! Stop where you are, lower yourself to the ground, cover your face with your hands and roll over and over until flames are smothered.
- **Crawl low under smoke** Most fire victims die from smoke not flames. If you are caught in smoke, stay close to the floor. Get down on your hands and knees and crawl to the nearest safe exit.
- **If you are trapped**
 - Close, but don't lock any doors to ensure possible entry by firefighters.
 - Seal all cracks around doors and vents where smoke can enter, by using wet towels or sheets.
 - Partially open a window if you can. Close the window if smoke comes in.
 - Keep low to the floor. Heat and toxic gases rise.
 - Signal firefighters by waving a white sheet or towel.
 - Call 9-1-1 to tell them where you are. Wait to be rescued.
 - Remain calm. Don't panic.
 - Listen for instructions on how to vacate your home.
- **Cool a burn** If someone gets burned, immediately run cool water over the wound for 5 to 10 minutes to ease the pain. If the burn is blistered or charred, see a doctor immediately. Do NOT use butter to cool a burn.

In case of fire or an emergency, call 9-1-1.

Adapted from City of Toronto Fire Services website 2011. Copyright City of Toronto.