

If you are trapped...

OLDER AND WISER



- 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.

OLDER & WISER FIRE SAFETY FOR OLDER ADULTS

In case of an emergency call
Markham Fire & Emergency
Services at 9-1-1

For more information,
contact the
Fire Prevention Division at
(905) 415-7521,
or visit our website at
www.city.markham.on.ca



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Fire safety tips for
older adults



Be prepared for fire

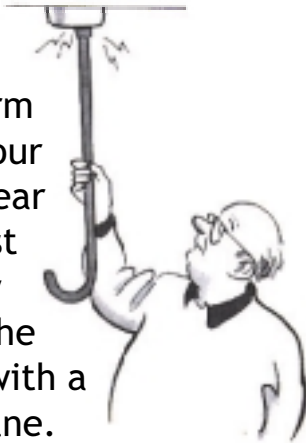
Check your home for fire hazards. Know exactly what to do and where to go if there is a fire. Prepare and practice a home escape plan with everyone in your household.

Install smoke alarms

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.

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.

Space heaters need space

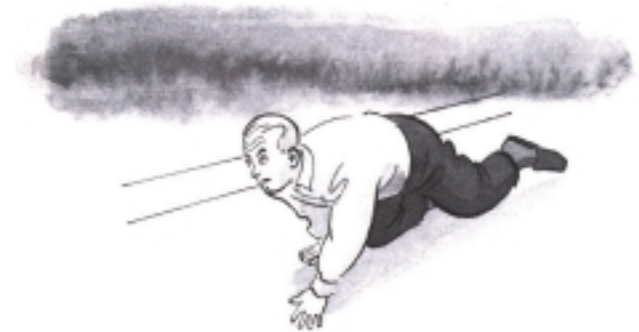


Keep space heaters at least 1 metre (3 feet) away from everything that can burn - including you! A slight brush against a heater could set your clothing on fire.

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.



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.