

# Senior Citizen Fire Safety



## How to create a fire-safe living space for Senior Adults

In South Carolina, two out of three fire fatalities are over the age of 50 and one out of four are over the age of 70. Senior citizens over 65 make up 16 percent of South Carolina's population, but account for 38 percent of annual fire fatalities.

### Smoke Outside



Put cigarettes out in an ashtray or bucket with sand. Use ashtrays with a wide base. Do not smoke in bed. NEVER smoke inside a home where medical oxygen is used.

### Stop, Drop, & Roll



If your clothes catch on fire - stop, drop gently to the ground, and roll back and forth until the fire is out. If you are unable to drop and roll, smother the flames with a blanket or towel.

### Stay in the Kitchen



Never leave cooking unattended. Use a timer when cooking. Don't cook if on medication that causes drowsiness. Wear tight fitting or short sleeves when cooking.

### Smoke Alarms Save Lives



Smoke alarms should be installed in every bedroom, outside each sleeping area, and on every level of your home. Test smoke alarms monthly. Replace smoke alarms after 10 years. Install a carbon monoxide alarm on each level.

### Fire Drill Plans and Prep



Carefully draw out a fire drill plan and practice it at least twice a year. Plan two ways out of each room and make sure windows and doors open easily. Review your plan often and update it as your abilities change.

### Give Space Heaters Space



Keep anything flammable at least three feet away from any heat source. Shut off and unplug heaters when leaving home or sleeping. Always plug heaters directly into a wall outlet.



**FIRE SAFE**  
South Carolina



A COMMUNITY RISK REDUCTION PROGRAM