

Senior Fire Safety



People over the age of 65 are one of the groups at greatest risk of dying in a fire. Every year more than 1,000 people over age 65 die in fires. People over the age of 80 die in fires at a rate three times higher than the rest of the population.

Many of these fatalities occur where there is no working smoke detector. But there are a number of precautionary steps senior citizens can take to dramatically reduce their chances of becoming a fire casualty.

Kitchen Safety

Don't leave food unattended on the stove. If you must leave the kitchen, take a wooden spoon or potholder as a reminder.

Wear short or close fitting sleeves and an apron to avoid catching clothes on fire.

When cooking, keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.

Clean the stove and toaster regularly to avoid grease and crumb buildup.

Use potholders, not towels, to handle hot pans and dishes.

Don't use the oven to heat your home.

At Bed Time

Keep your robe, slippers, eyeglasses and house keys close by the bed.

Check to be sure that any space heaters are turned off and heat is turned down.

Close your bedroom door while sleeping.

Place a 9•1•1 sticker on your phone so that you will always have the number at your fingertips ring an emergency. Call 9•1•1 from a safe location for any fire, medical or police emergency.



Heating Hazards

Keep everything at least three feet away from any heat source.

Unplug electrical appliances and heaters when not using them.

Never hang clothes near a heater to dry them.

Don't leave portable heaters alone or go to sleep while they are on.

Make sure curtains hang well away from heat sources.

Smoking Hazards



Never smoke in bed or while lying on the couch.

Smoke only when alert—never when tired or drowsy.

Use a large, sturdy ashtray or purchase a special "safety ashtray".

After using an ashtray, leave it on the kitchen counter or in the sink overnight before emptying.

Always empty ashtrays into a non-burnable container, such as a metal garbage can.

