

FIRE SAFETY FOR OLDER ADULTS



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Presentation Objectives

- *Discuss the Fire Risks for Older Adults*
- *Discuss Safety, Planning, Preparation*
- *Discuss Disaster Preparation*

Program Goals:

*To reduce the injuries and
loss of life and property
due to fire and fire-related
hazards*

*To better prepare from a
man-made and natural
disaster event*

U.S. Fire Injury and Death

- Fires are a leading cause of unintentional injury deaths in the United States.
- More than half of fire deaths occur in homes without working smoke alarms.
- Many deaths occur in homes where smoke alarms are present but fail to operate due to missing, disconnected, or dead batteries.
- Most victims die from inhaling smoke or toxic gases, not from burns.



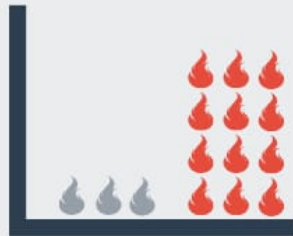
Fire and Older Adults



Did you know? In 2018, older adults in the United States:



Had a 2.6 times greater risk of dying in a fire than the total population.



Ages 85 and over were 3.8 times more likely to die in a fire than the total population.

Ages 85 and over had the highest fire death rate.



Death Rates of Older Adults

- Older adults are 3x more likely to die in fires than younger adults.
- They are >2x more likely to die in fires than children ages 1 to 4 years.
- The death rate for older adults increases with age.
- By age 85, older adults have death rates 4x the overall U.S. rate.



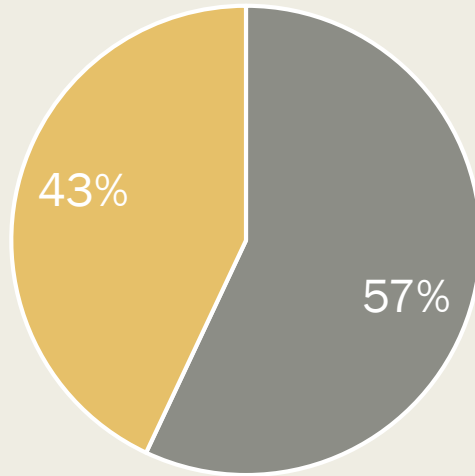
Fire Injury and Death in Older Adults

- Smoking is the leading cause of fire death among older adults.
- Cooking is the leading cause of fire injury among older adults.



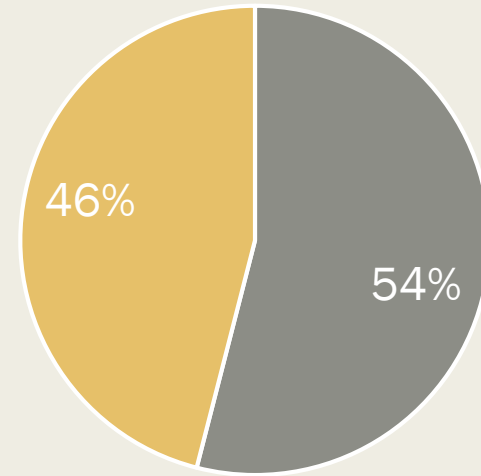
Who Is At Higher Risk

Home Fire Deaths



■ Males ■ Females

Home Fire Injuries



■ Males ■ Females

Fire-Related Risk Factors for Older Adults

May include:

- Living alone
- Physical and mental disabilities
- Reduced sensory abilities
- Alcohol use
- Medication that makes them drowsy
- Substandard housing



SMOKE ALARMS SAVE LIVES



Smoke alarms give you an early warning of smoke or fire so that you have more time to escape from danger. A working smoke alarm cuts your risk of dying in a fire in half.

Here's how to stay safe:

Clean your alarms regularly with a hair dryer or with your vacuum's brush attachment. Dust and cobwebs can hinder the alarm's performance.

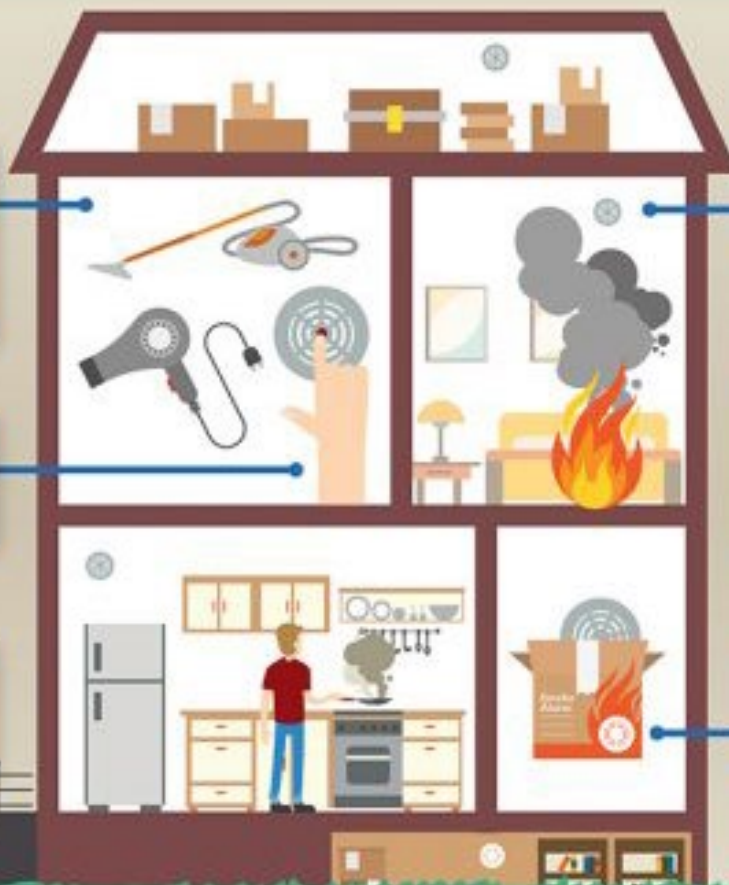
Press the TEST button on each of your alarms every month to make sure they're working properly.

Install your alarm at least 10 feet away from your stove to reduce the chance of a false alarm.

Install alarms on the ceiling or high up on an interior wall.

Place smoke alarms inside each bedroom and outside each sleeping area and on every level of the house, including the basement.

Replace all of your smoke alarms every 10 years.



DID YOU KNOW?

- ✓ There are special smoke alarms for people who are deaf or hard of hearing. They use flashing lights or bed shaker pads to alert you.
- ✓ You can get special smoke alarms that are wired directly into your electrical system. No more worrying about batteries!



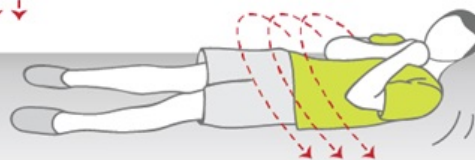


Cooking Safety

- Most common cause of cooking fires are due to cooking left unattended
- Keep everything that can catch fire away
- When cooking, wear tight fitting clothes
- If a pan starts on fire, carefully slide a lid over the pan from the side

If your clothes catch on fire,

STOP | DROP | ROLL



Cool



Run lots of **COOL** running water over the burn

Call



CALL for medical help. 999 or NHS Direct (111 or 0845 4647 in Wales)

Cover



COVER the burn with loose strips of clingfilm or clean non-fluffy material to stop it getting infected

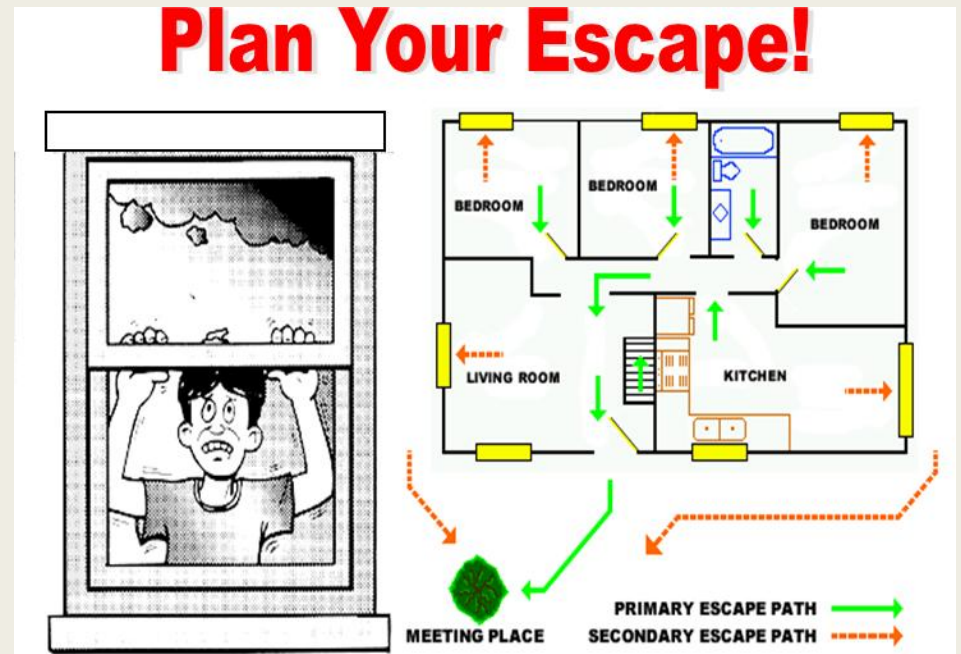
Escape Planning

Know two ways out of every room

Remove items that block egress

Trip and fall hazards

Once you are out stay out



Escape Planning

Keep valuable items within reach

Hearing aids

Eye glasses

Keys

Emergency contacts

Plan should include everyone
needs and abilities

Discuss your plan with family and
neighbors

Practice two a year



Disaster Preparedness

- Tornado
- High Wind Events
- Floods
- Severe Winter Storms
- Utilities Disruptions
- Train Emergencies
- Pandemics



Make a Plan

Escape Routes

Family Contacts

Vital Records

Medications

Special Needs

Caring for Animals

Safety Skills

EMERGENCY PREPAREDNESS



MAKE A PLAN



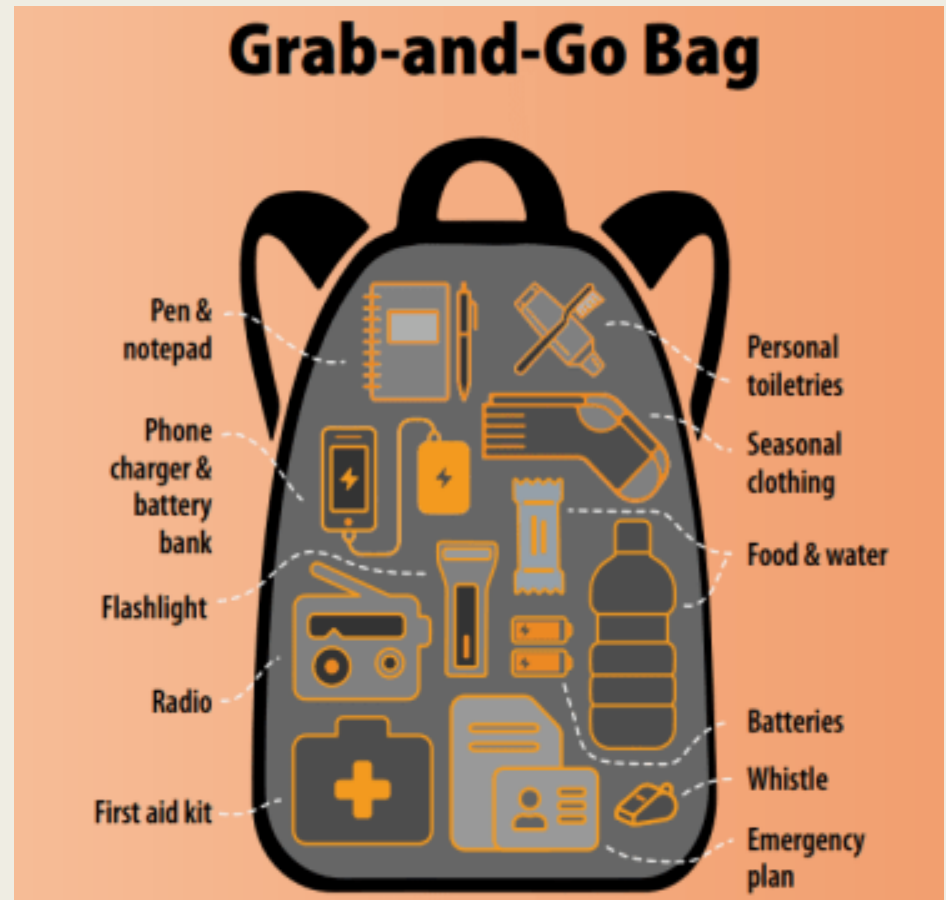
BUILD A KIT



BE INFORMED

Emergency Supplies & Go-Kit

- 3 days of supplies of essential items
- Water
- Food
- Extra Clothes
- Photocopies of important records
- Cash and coins
- First Aid supplies
- Sanitation and hygiene items
- Portable radio
- Phone charger and batteries



Questions or Comments?

