



# First Nations Remembering When™

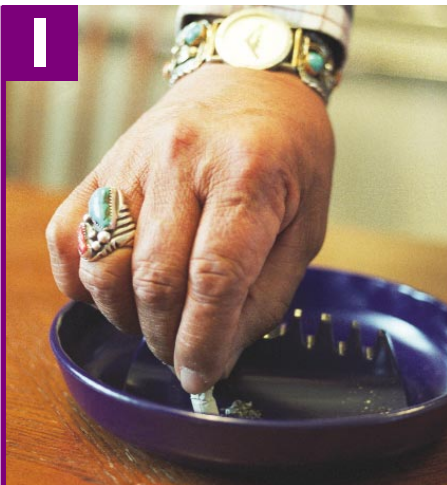
a fire and fall prevention program  
*for older adults*



## how to prevent fires



The following eight *Remembering When* messages can help protect you and your loved ones from fire and burns.



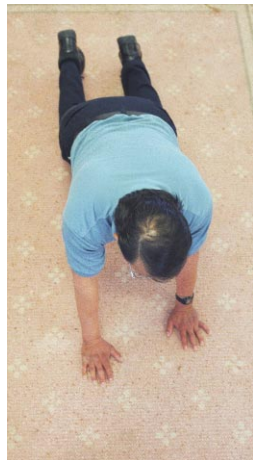
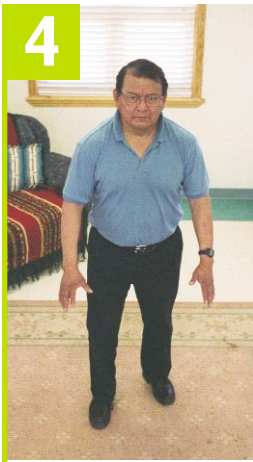
**1** **If you smoke, smoke outside.** Provide smokers with large, deep ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed.



**2** **Give space heaters space.** Keep them at least 3 feet (1 meter) from anything that can burn—including you. Shut off and unplug space heaters when you leave your home or go to bed.



**3** **Be kitchen wise.** Wear tight-fitting clothing or short sleeves when cooking. Use oven mitts to handle hot pans. Never leave cooking unattended. If a pan of food catches fire, slide a lid over it and turn off the burner. Never cook if you are drowsy from alcohol or medicine.



4

**Stop, drop, and roll.** If your clothes catch on fire: Stop (don't run). Drop gently to the ground and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3 to 5 minutes to cool a burn. Get medical help right away.



5

**Smoke alarms save lives.** Have smoke alarms installed outside each sleeping area and on every level of your home. Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms.



6

**Plan and practice your escape from fire and smoke.** If possible, know two ways out of every room in your home. Make sure windows and doors open easily. In a fire, get out and stay out.



7

**Know your emergency number.** Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped, call the fire department from a neighbor's phone or a cellular phone.



8

**Plan your escape around your abilities.** Have a telephone in your bedroom and post the local emergency number nearby in case you are trapped by smoke or fire.



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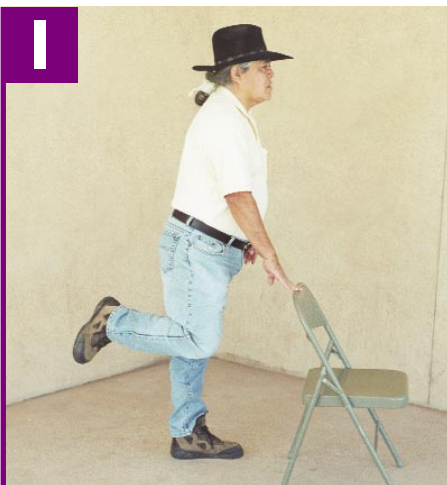
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## how to prevent falls



The following eight *Remembering When* messages can help keep you safely on your feet.



**1** **Exercise regularly** to build strength and improve your balance and coordination. Ask your doctor or other health care provider about the best physical exercise for you.



**2** **Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.



**3** **Clear the way.** Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.



4

**Look out for yourself.**

Improve the lighting in and outside your home. Use nightlights or flashlights to light the path between your bedroom and bathroom. See an eye specialist once a year. Better vision can help you prevent falls.



5

**Wipe up spilled liquids immediately.**

Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet.



6

**Be aware of uneven surfaces.**

Use only throw rugs with rubber, non-skid backing. Always smooth out wrinkles and folds in carpeting.



7

**Tread carefully** indoors and outdoors. Stairways should be well lit from both top and bottom. Have easy-to-grip handrails installed along the full length of both sides of inside and outside stairs. Use flashlights when walking in unlit areas outside.



8


**Put your best foot forward.**

Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Following these eight *Remembering When* tips can help protect you and your loved ones.



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# Fire Safety

## for people with disabilities

Most fire deaths happen in the home. Everyone should have a fire escape plan and practice how to get out as fast as possible.

### Escape Plan

- Develop your escape plan around your abilities and practice it to make sure you can do it. Learn all the ways to get out of your house in a hurry.
- Teach everyone in your household (and your neighbors) what assistance you may need.
- If you live in an apartment building, know the location of all exit stairs and arrange for assistance in case of an emergency.

- Choose an outside meeting place for everyone to meet after escaping fire and smoke.
- Keep a telephone or phone with TDD (telecommunication device for the deaf) in your sleeping room within reach of your bed.

### Smoke Alarms

- Install smoke alarms on all levels of your home and outside each sleeping area.
- If you are deaf or hard-of-hearing, select smoke alarms with a visual alarm (strobe or flashing light).

- Change regular smoke alarm batteries every year.
- Some smoke alarms have 10-year lithium batteries, which last the life of the alarm.
- Test your smoke alarm at least once a month using the test button. Some alarms have features that make them easier to test, such as with a flashlight or the television remote.



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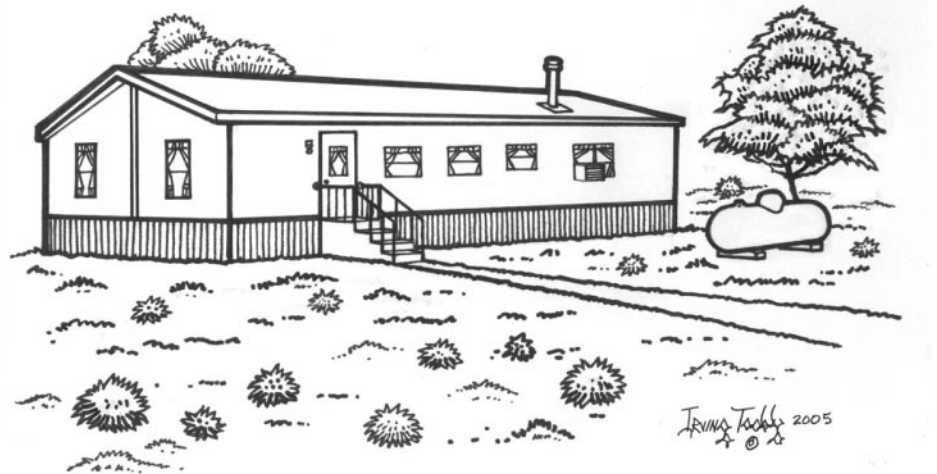
# Propane Safety

## reminders

If you use propane gas for heating or for cooking in your home, follow these safety tips.

### Installing

- Only a professional should install propane appliances and tanks.
- Propane tanks that hold from 125 to 500 gallons (0.5 m<sup>3</sup> to 1.9 m<sup>3</sup>) must be installed a minimum of 10 feet (3 meters) from the filling connection from the home. Tanks that hold more than 500 gallons (1.9 m<sup>3</sup>) must be installed at least 25 feet (7.6 meters) away.
- Regardless of size, propane tanks must be at least 10 feet (3 meters) from the filling connection to any outside source of ignition (i.e., an open flame or window air conditioner) or intake to a direct-vent gas appliance.
- Avoid covering tanks with porches, patio overhangs, or awnings.



### Maintaining

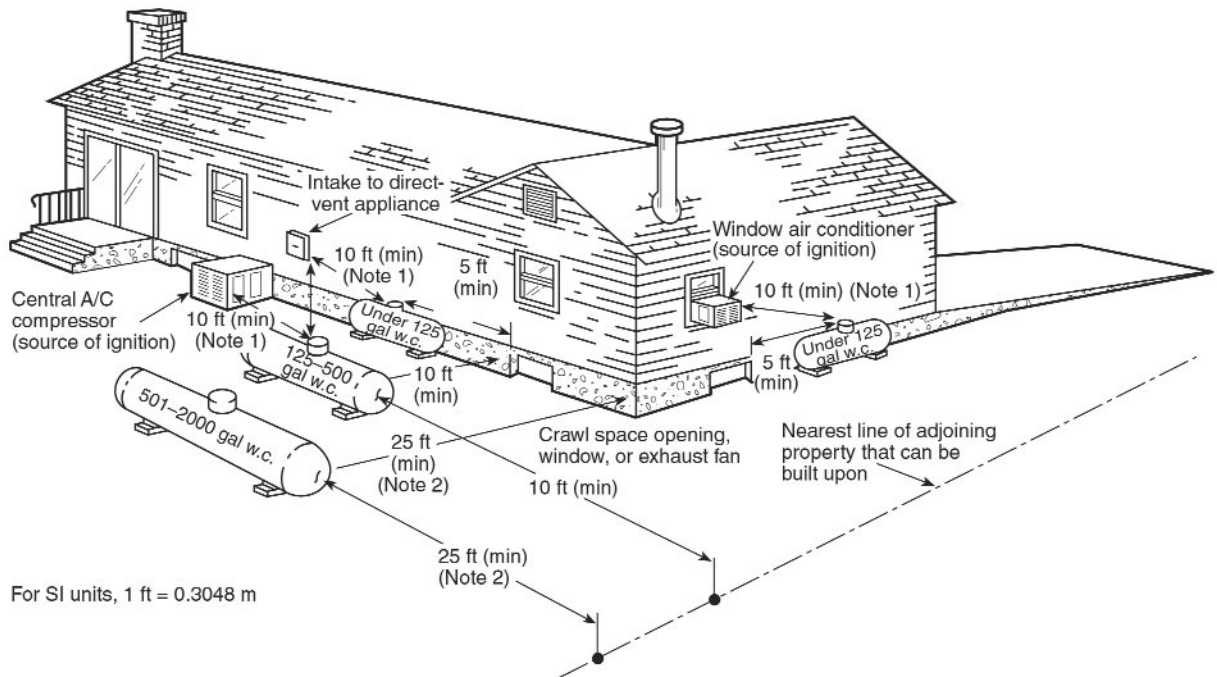
- When mowing and cleaning around the tank, be careful not to cut propane lines.
- Clear a 10-foot (3-meter) space around propane tanks. Cover this space with gravel, rock, or short, well-watered grass.
- Have a professional vent and inspect propane gas equipment for possible leaks or parts that are not working every year.
- When replacing your hot water heater, be sure to replace it with the same type.

### Emergency

- If you smell a gas odor, put out all smoking materials and get everyone outside the house immediately. Do not turn electrical appliances on or off. Call the fire department or the propane emergency responder.

# Propane Safety

## reminders



Note 1: Regardless of its size, any ASME container filled on site must be located so that the filling connection and fixed maximum liquid level gauge are at least 10 ft from any external source of ignition (e.g., open flame, window A/C, compressor), intake to direct-vented gas appliance, or intake to a mechanical ventilation system.

Note 2: This distance may be reduced to no less than 10 ft for a single container of 1200 gal (4.5 m<sup>3</sup>) water capacity or less, provided such container is at least 25 ft from any other LP-Gas container of more than 125 gal (0.5 m<sup>3</sup>) water capacity.

Illustration source: NFPA 58 Liquefied Petroleum Gas Code, 2004 Edition

### More information

If possible, attend a workshop on safely installing and using propane sponsored by your local fire department or hardware store.



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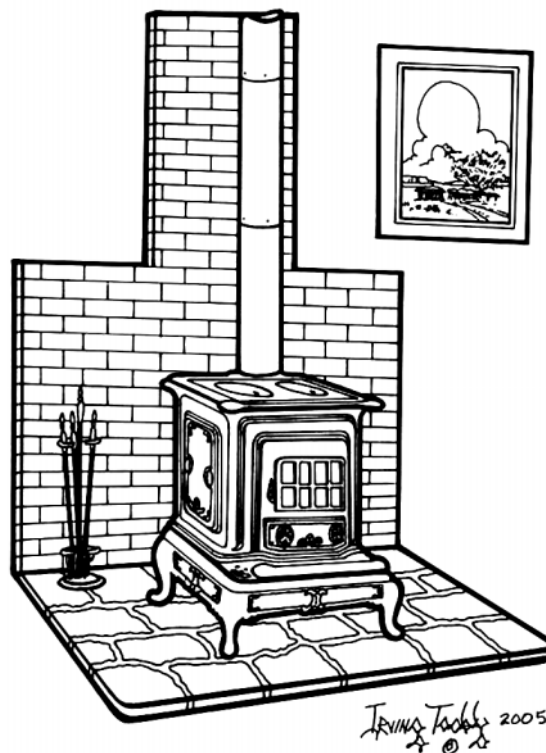
# Wood Stove Safety

## reminders



### Installing your wood stove

- Install the stove, chimney connectors, and chimneys following the manufacturers' instructions. If possible, let a professional do the installation.
- Make sure the stove is 3 feet (about one meter) from walls and from anything that can burn.
- Wood stoves should bear the label of a recognized testing laboratory.
- See the illustration (on other side) to learn safe distances for stove and chimney installation.



### Using and taking care of your stove

- Clean and repair wood stoves, chimney connectors, and chimneys yearly to avoid creosote build up. Creosote build up in chimneys and chimney connectors is a leading cause of fires in wood stoves and chimneys.

- Use paper and kindling wood to start a fire. Never use flammable liquids, such as lighter fluid, kerosene, or gasoline to start a fire.
- Allow ashes to cool before disposing. Dispose ashes in a metal container and keep the ash container at a safe distance

from the house and any other nearby buildings.

- Burn dry, seasoned wood, not green wood, artificial logs, or trash.
- Always supervise children when a wood stove is in use.

# Wood Stove Safety

## reminders

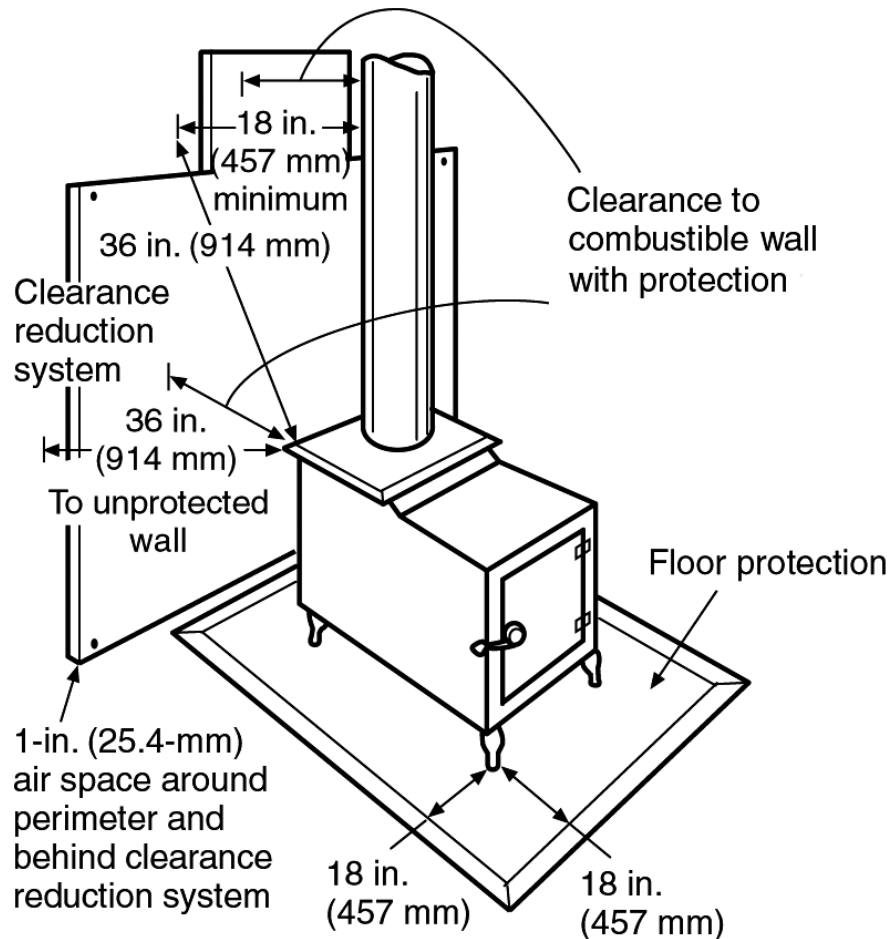


Illustration source: NFPA Standard 211, 2003 Edition

### More information

If possible, attend a workshop on safely installing and using wood stoves sponsored by your local fire department, forest service, or hardware store.



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# Fire Safety Tips

## for home fire escape plans

Having a home fire escape plan and practicing it can help you survive a fire in your home.

### Make the plan

- **Draw a floor plan of your home.** If possible, for each room show two ways out, including windows. Mark the locations of smoke alarms on the floor plan.
- **Choose an outside meeting place.** The meeting place should be in front and away from the home and should be something permanent, such as a tree or a neighbor's house. Everyone should agree to meet at the meeting place after they escape. Remember, get out first and then call for help. Never go back inside until the fire department gives the OK.
- **Make sure every household member memorizes the fire department's emergency number.**
- **Make sure every household member understands the escape plan and recognizes the sound of the smoke alarm.**
- **Test all smoke alarms monthly.** Replace batteries as needed.
- **Make sure the escape routes are clear.** Make sure doors and windows open easily

and that no furniture or other objects are blocking them.

- **Assign someone to help any household members who may have difficulty getting out alone.**

### Practice the plan

- **Everyone in the home should practice the escape plan together at least twice a year.** Tell houseguests about your fire escape plan.
- **Prepare fully for a real fire:** When a smoke alarm sounds, get out immediately.
- **Once you're out, stay out.** Leave the firefighting to the professionals.

### Escape Tips

- **If smoke and fire blocks one of your ways out, use another way out.** If you must go through smoke, get low and go under the smoke to escape.

Use the space on the other side of this paper to make your plan.





# Fire Prevention reminders

**Maintain smoke alarms.** Test alarms once a month by pushing the test button. Change smoke alarm batteries once a year.

**Plan and practice an escape plan.** Know two ways out of every room in your home. Make sure windows and doors open easily. Take your abilities into account when you make your plan.

**Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn.

**Wear fitted clothing when cooking.** Never leave cooking unattended.

**If you smoke, smoke outside. Use large, deep ashtrays.** Wet cigarette butts before throwing them out.

**Stop, drop, and roll.** If your clothing catches on fire: **stop** (don't run), **drop** gently to the ground, cover your face with your hands, and **roll** over and over or back and forth to smother the flames.

Write your local emergency phone number here:

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# Fall Prevention

## reminders

**Look out for yourself.** See an eye specialist once a year. Use night lights to light the path between your bedroom and bathroom.

**Tread carefully.** Stairways should be well lit from both top and bottom.

**Prevent slipping.** Use non-slip mats in the bathtub and the shower. Install grab bars next to bathtubs, showers, and toilets.

**Exercise regularly.** Ask your doctor about the best type of exercise for you.

**Take your time.** Being rushed or distracted increases your chance of falling.

**Clear the way.** Keep stairs and walkways, both indoors and out, free of clutter and other obstacles.

**Beware of uneven surfaces.** Only use throw rugs with rubber, non-skid backing.

**Put your best foot forward.** Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.



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# First Nations Remembering When™

## Home Safety Checklist

People age 65 and older are especially vulnerable to falls and fires in the home. Older adults can use this checklist to check their homes for hazards. Community Health Representatives, Indian Health Service Injury Prevention Specialists, public health

nurses, volunteers, relatives, and friends can also use the checklist to help older adults identify hazardous situations in the home, discuss possible solutions, and reinforce fall and fire prevention messages.

### Fall Prevention

#### EXERCISE

- Do you exercise regularly?*  
Exercise regularly to build your strength and improve balance and coordination. Ask your doctor or other health care provider about the best physical exercise for you.

#### TAKE YOUR TIME

- Do you rush to answer the phone or doorbell?*  
Take your time. Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

#### CLEAR THE WAY

- Are there tripping hazards such as papers, books, electrical cords, or shoes on the floor in walking areas and stairways?*  
Pick up the clutter. To avoid tripping, always keep objects off the stairs.
- In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?*  
Keep the walkways clear. If needed, ask for help with snow and ice removal.

#### LOOK OUT FOR YOURSELF

- Have you had your eyes checked?*  
See an eye specialist once a year. Poor vision can increase your chance of falling.
- Do you have night lights to light the path between your bedroom and the bathroom?*  
Night lights are the easiest and least expensive way to light the way.

- Do you turn on the lights before you use the stairs?*  
You need light switches at both the top and bottom of your stairs. If needed, ask for help installing new light switches. Never climb stairs in the dark.
- Does every room have a light switch that can be reached from the doorway?*  
If not, ask for help installing new light switches.
- In areas with little lighting or no electricity, do you use flashlights to light your way?*  
Having adequate lighting can help you prevent falls. Use flashlights large enough to light your path both inside and outside.

### **PREVENT SLIPPING**

- Do you have non-slip bath mats in bathtubs and showers?*  
Use non-slip bath mats to prevent slips and falls.
- Do you have grab bars in tubs, showers, and near all toilets?*  
Install grab bars in all bathrooms. Never use a towel rack or shower rod for support.

### **UNEVEN SURFACES**

- Do your throw rugs have rubber, non-skid backing?*
- Use only throw rugs with non-skid backing. Smooth out all wrinkles and folds in your rugs and carpets.
- Is your carpeting wrinkled, torn, or worn?*
- If so, ask for help repairing or replacing the carpeting.

### **TREAD CAREFULLY**

- Do you have sturdy, easy-to-grip handrails on both sides of the stairs?*
- If not, ask for help securing loose handrails to the wall or installing new handrails along the full length of both sides of the stairs.

### **BEST FOOT FORWARD**

- Do you wear high heels, loose shoes, or slippers?*
- Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.
- Do you take any medications?*
- Have your doctor or pharmacist review all of your medications, including over-the-counter drugs. Some medications can affect your balance and coordination.

# Fire Prevention

## IF YOU SMOKE...

- If you or anyone in your household smokes, what kind of ashtrays do you use?*  
Large, deep, non-tip ashtrays are best. Wet cigarette butts and ashes before throwing them out or bury them in sand.
- What are your smoking habits?*  
If you smoke, smoke outside. Never smoke when you are drowsy, feeling the affects of alcohol or medication, lying down, or in bed.

## USE WOOD STOVES SAFELY

- Did you have your wood stove installation checked by the fire department?*  
Improperly installed stoves and chimneys can cause fires. Get advice from your fire department on how to install your wood stove properly. Have stoves and chimneys inspected and serviced every year.
- Do you use paper and kindling wood to start a fire?*  
Avoid using lighter fluid, kerosene, or gasoline to start a fire.

## GIVE SPACE HEATERS SPACE

- How far are your space heaters and portable heaters from things that can burn?*  
Keep anything that can burn, including you, at least 3 feet (1 meter) from space heaters, portable heaters, and woodstoves. You should turn off and unplug heaters when you leave your home or go to bed.

## BE KITCHEN WISE

- What do you wear when you cook?*  
To avoid catching your clothes on fire, wear clothing with tight-fitting, rolled-up, or short sleeves. Use oven mitts to handle hot pans.
- Do you know what to do if your clothes catch on fire?*  
Stop (don't run), drop gently to the ground, cover your face with your hands, and roll over and over or back and forth to smother the flames. If you can't "stop, drop, and roll," smother the flames with a towel or blanket.
- What should you do if you burn yourself?*  
Immerse the burn in cool water for 3 to 5 minutes. If your burns are severe, get medical assistance immediately. Never put butter or any other grease on a burn.
- Do you know how to put out a pan fire?*  
Slide a lid over the pan, then turn off the burner.
- Do you stay in the kitchen when you cook?*  
Never leave cooking unattended. Use a timer to remind you to check cooking. Don't use the stove if you are drowsy or feeling the affects of alcohol or medication.
- Do you use a microwave oven?*  
Remember that while microwave ovens stay cool, the food inside can become very hot. To avoid a steam burn, use caution when removing covers or plastic wrap from food.

## **USE PROPANE SAFELY**

- Are propane tanks placed safely away from your home?*  
Propane tanks must be a minimum of 10 feet (3 meters) away from any enclosed structure for tanks up to 500 gallons (0.5m<sup>3</sup>) in capacity. Check with your propane supplier for proper placement of tanks.

## **SMOKE ALARMS SAVE LIVES**

- Do you have at least one smoke alarm on every level of your home and outside each sleeping area?*  
If not, ask for help installing alarms. A fire can begin anywhere in your home and grow very quickly. In a fire, you need the early warning provided by working smoke alarms to get out of your home safely. If you are deaf or hard-of-hearing, consider purchasing units with flashing lights.
- Do you test your smoke alarms?*  
Test your alarms by pushing the test button at least once a month. Batteries should be changed at least once a year, or whenever the alarm “chirps” to indicate low battery power. Replace any smoke alarm that is 10 years old or older.

## **PLAN AND PRACTICE YOUR ESCAPE**

- What should you do if there is a fire in your home?*  
Get out as quickly as you can and don't go back inside for any reason. Once outside, call the fire department from a neighbor's phone or a cell phone.
- Do you know two ways out of every room?*  
Make sure you can open all doors and windows easily. Security bars should be equipped with quick-release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, get low under the smoke—the cleaner air is near the floor.

## **KNOW YOUR LOCAL EMERGENCY NUMBER**

- Do you know the emergency number to call in case of fire?*  
Memorize the number because once you escape, you'll need to call the fire department from a neighbor's phone.

## **CONSIDER YOUR ABILITIES**

- Do you have limited mobility?*  
Develop your escape plan around your abilities and practice to make sure you can do it. Teach everyone in your household (and your neighbors) what assistance you may need.
- Do you have a telephone in your bedroom?*  
Having a telephone in your bedroom is a good idea in case you are trapped by fire.



# First Nations Remembering When™

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## Evaluation Card

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Tribal Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

I used the following *Remembering When* approaches to reach older adults in my community  
(check all that apply):

- Group Presentations       Home Visits       Smoke alarm installation/fall intervention

The following activities or handouts were the most useful to me: \_\_\_\_\_

\_\_\_\_\_

Older adults who participated in *First Nations Remembering When* liked the following about the program:

\_\_\_\_\_

\_\_\_\_\_

Do you have any suggestions for improvement? \_\_\_\_\_

\_\_\_\_\_

Other comments: \_\_\_\_\_

\_\_\_\_\_

Please answer these questions after you have used *Remembering When* in your community. E-mail responses to [sgamache@nfpa.org](mailto:sgamache@nfpa.org); mail responses to Sharon Gamache, Executive Director, NFPA Center for High-Risk Outreach, 1 Batterymarch Park, Quincy, MA 02169; or fax responses to 617-984-7222.



**National Fire Protection Association**

1 Batterymarch Park, Quincy, MA 02169