



## Safety Tips for Seniors

Did you know that Virginia seniors, ages 65 and older, represent a high fire risk group? Whether living independently or in a care facility, there are a number of steps Virginia seniors can take to remain safe. The Virginia Department of Fire Programs encourages seniors to consider the following fire safety tips to protect their households from the incidence of fire.

### Be Kitchen Wise

- Never leave cooking food unattended. It only takes a second for a fire to start.
- Turn off the stove if leaving the kitchen, even for a short time.
- Consider using a timer that alerts the cook when the food is done or needs to be checked.
- Remember, it only takes a few seconds for some foods to overheat and catch fire, especially when using oils or grease.



### Give Space Heaters Space

Just like its name, space heaters need space. Remember to keep all combustibles at least three feet away from each heater.



- When buying a space heater, look for control features, such as automatic shut-off and tip-over shut-off.
- In addition, carefully read over and follow the manufacturers' installation and maintenance instructions.

## **Avoid Smoking Indoors**

- If you must smoke indoors, use large ashtrays.
- Never smoke while drowsy or in bed.

## **Smoke Alarms**

- Working smoke alarms save lives and can double your chances of surviving a fire.
- Install smoke alarms on every level of your home.
- Test your smoke alarm monthly.
- Clean your smoke alarm often. Keep it free of dust and replace the battery at least twice a year. Remember, improperly working smoke, especially alarms with missing batteries, cannot warn you of danger!

