



Remembering When:™

a fire and fall prevention program *for* older adults



Remembering When

**A comprehensive program developed
by the National Fire Protection
Association, NFPA, and the Centers
for Disease Control and Prevention**



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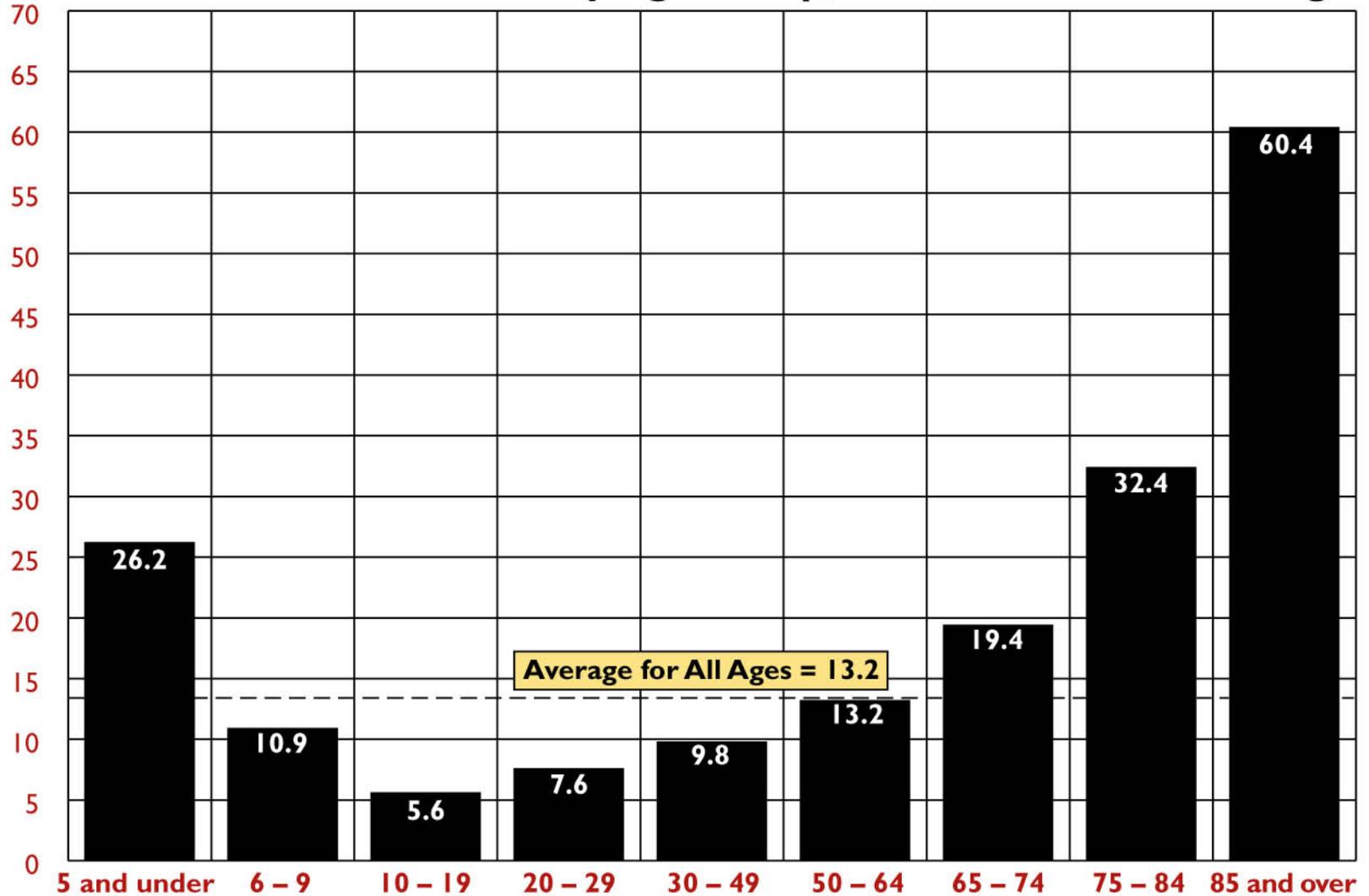
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National Fire Protection Association



Civilian Home Fire Death Rates by Age Group, 1994–1998 Annual Average

Civilian Home Fire Deaths per Million Population



AGE

Source: NFIRS, NFPA Survey, U.S. Census Bureau
1996 population figures

Provide smokers with large, deep ashtrays.

Wet cigarette butts and ashes before emptying ashtrays into a wastebasket. Never smoke when you are lying down, drowsy, or in bed.



Give space
heaters space.

Keep them at least three feet (one meter) away from anything that can burn – including you. Unplug heaters when you shut them off, leave your home, or go to bed.



Be kitchen wise.

Wear tight-fitting or rolled-up 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 burner. Don't cook if you are drowsy from alcohol or medication.



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 to smother the flames. If you cannot do that, smother the flames with a towel or blanket. Immerse burns in cool water for 10 to 15 minutes. If burns are severe, get medical help immediately.



Another fine mess:
keep space heaters
away from anything
that can burn.



Smoke alarms
save lives.

Have smoke alarms installed outside all sleeping areas and on every level of your home. Test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear your smoke alarms.



Plan and practice
your escape from fire.

**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.**



Know your local
emergency number.

**It may be 911 or the fire
department's phone
number. Once you've
escaped a fire, call the fire
department from a
neighbor's phone.**



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
fire.**

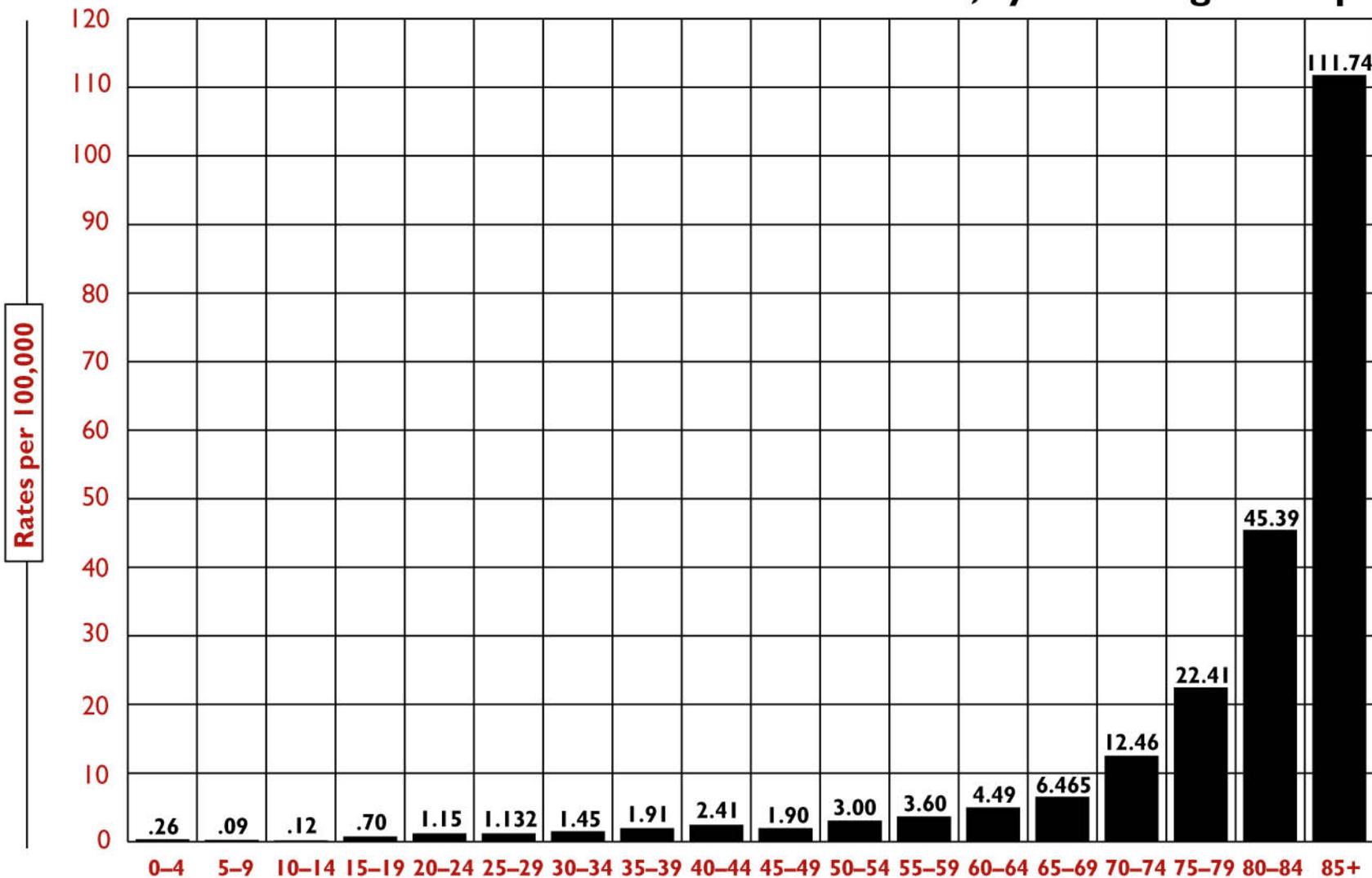




Be prepared: **learn to use every exit
from your building.**



2000 U.S. Death Rates from Unintentional Falls, by 5-Year Age Groups



AGE

Source: 2000 Vital Statistics Mortality Tables,
National Center for Health Statistics,
and Centers for Disease Control and Prevention.

Exercise regularly

To build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.





Take your time: **you're more likely to fall when you're rushed or distracted.**



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 bed. Stand and get your balance before you walk.



Clear the way.

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.



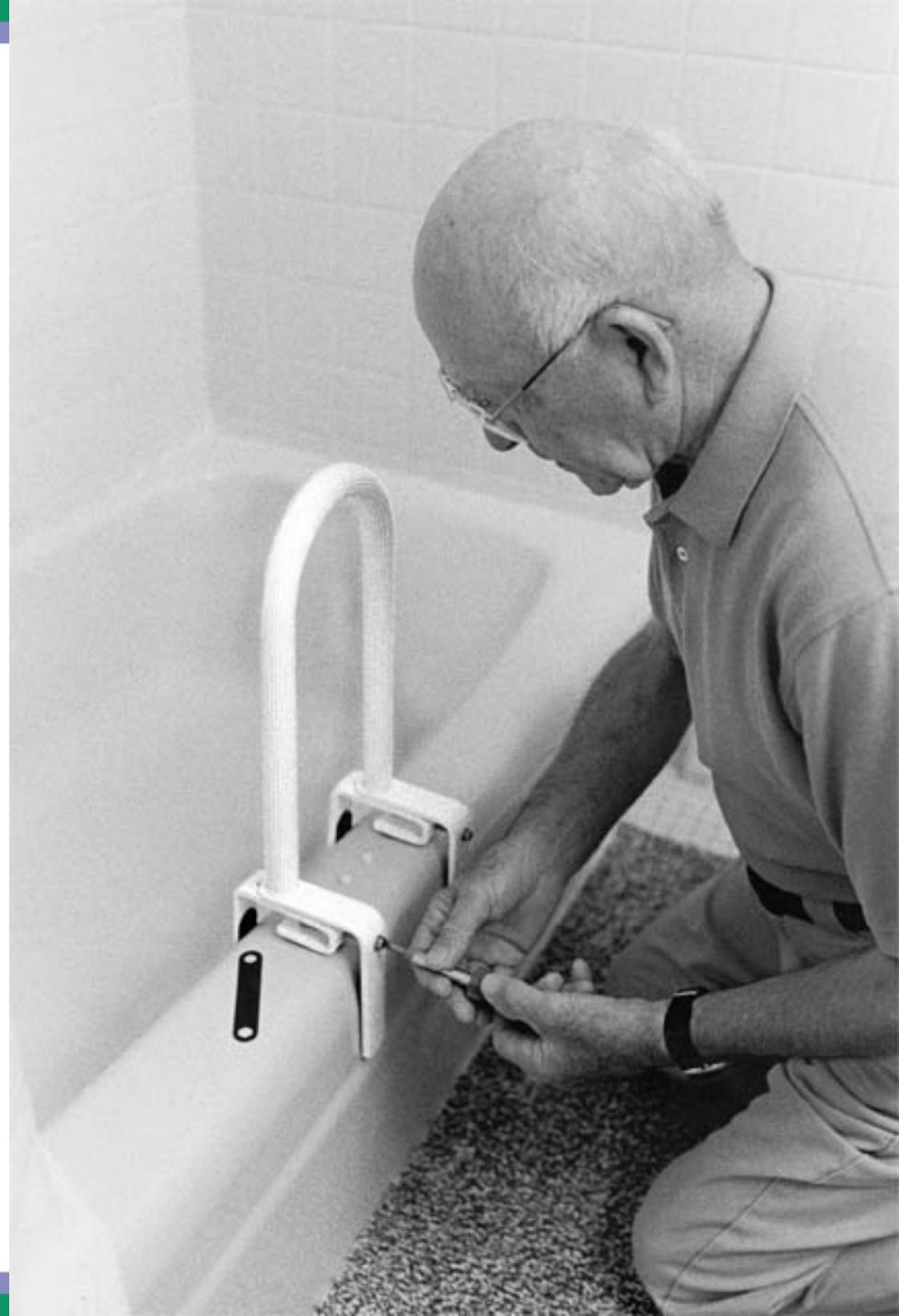
Look out for yourself.

See an eye specialist once a year. Poor vision can increase your chance of falling. Improve the lighting in your home. Use night lights to light the path between your bedroom and bathroom. Turn on the lights before using the stairs.



Slippery when wet.

Use non-slip mats in the bathtub and on shower floors. Install grab bars on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.



Throw rugs can
throw you.

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



Tread carefully.

Stairways should be well lit from both top and bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.



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.



Show off what you know about fire and fall safety.

