



What is “Fire Is Everyone’s Fight”?

Fire Is Everyone’s Fight™ is a national initiative to unite the fire service, life safety organizations and professionals in an effort to reduce home fire injuries, deaths and property loss by changing how people think about fire and fire prevention. The following pages are tips that you and your family can do to stay safe.



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Cooking

Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!

Keep an eye on what you fry. Most cooking fires start when someone is frying food. Hot oil and grease can burn people and start fires. Always do these things when you fry food:

- Stand by your pan. If you leave the kitchen, turn the burner off.
- Watch what you are cooking. Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.

Be a safe cook.

- Make sure you are awake and alert. Alcohol and some drugs can make you sleepy.
- Wear short sleeves or roll them up so they don't catch on fire.



Be prepared when cooking. Make the cooking area safe.

- Make sure children and pets stay at least 3 feet away from a hot stove.
- Clean and clear the area around the stove before you turn on the heat.
- Turn pot handles toward the back of the stove so no one can bump them or pull them over.
- Keep a pan lid or a cookie sheet nearby. Use it to cover the pan if it catches on fire. Turn off the burner. Do not move the pan. Leave the lid on the pan until it has cooled.
- Move things that can burn away from the stove. This includes dishtowels, bags, boxes, paper, and curtains.

Oven fires: Turn off the oven. Keep the oven door closed. Call 9-1-1 so firefighters can make sure the fire did not get in the walls.

Microwave fires: Keep the microwave door closed. Unplug the microwave if you can. Don't use the microwave after a fire until someone checks it.

Preventing burns in the kitchen:

- Use oven mitts to take food out of the oven and microwave.
- Open food from the microwave slowly. Keep your face away from the hot steam.
- Keep hot food and drinks away from the edge of tables and counters.



If you burn your skin:

Cool a burn. Put the burn in cool water immediately. Keep it there for 3 to 5 minutes. This helps stop the burning. Cover it with a clean, dry cloth. If the burn is bigger than your palm, get medical help.

If your clothes are on fire:

Stop, drop and roll. Stop where you are right away. Drop to the ground and cover your face with your hands. Roll over and over, or roll back and forth. Keep doing this until the fire is out. Put the burn in cool water for 3 to 5 minutes and get medical help.

What to do if your pan is on fire

Act fast.

- Keep the pan where it is. Do not move it!
- Slide the pan lid or a cookie sheet on top of the pan. This takes away the air. The fire goes out.
- Turn off the heat.
- Keep the lid on the pan until it is cool.
- Never try to stop a grease or oil fire with water. Water will make the fire bigger.

When in doubt, just get out. Call the fire department from outside.

- Get everyone outside. Get out fast.
- Go to your outside meeting place and call 9-1-1.
- After you get out, stay out. Never go back inside a burning building.



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Smoke Alarms

Smoke alarms save lives. Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries.

Put smoke alarms in your home to keep your family safe.

- Smoke is poison. It can kill you.
- Smoke alarms make a loud noise when there is smoke in your home.
- Smoke alarms wake you up if you are sleeping.
- Put working smoke alarms on every level of your home, inside and outside sleeping areas. For the best protection, make sure all smoke alarms are interconnected, so if one sounds, they all sound.
- Smoke goes up. Put smoke alarms on the ceiling or high on the wall.



Make sure your smoke alarms work.

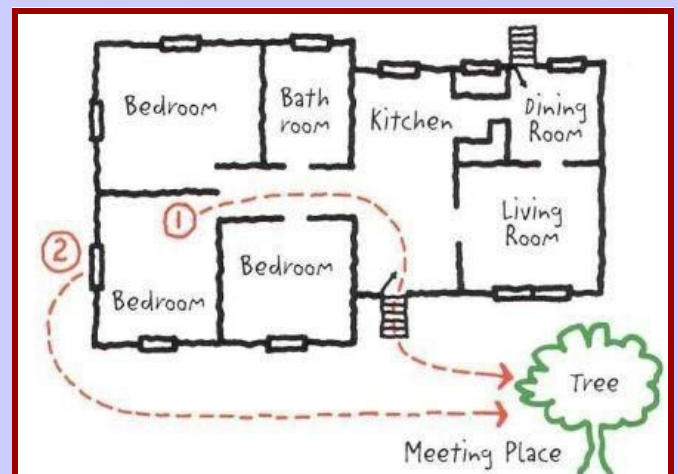
- Your family is not safe if they can't hear the smoke alarms.
- Test your smoke alarms. Push the test button. You will hear a loud noise. If you don't hear the noise, you need a new battery or a new alarm. Fix this immediately.
- Make sure the smoke alarm always has a good battery. Put a new battery in the alarm every year.
- Smoke alarms with long-life batteries will work for up to 10 years. You do not change the battery.
- Smoke alarms do not last forever. Get new smoke alarms every 10 years.

Know what to do if your smoke alarm makes a loud noise. When you hear a smoke alarm, you may have less than three minutes to get everyone outside and safe.

What to do before a fire

Make an escape plan.

- Tell your family what to do if they hear the smoke alarm.
- Make an escape plan so everyone knows how to get out fast.
- Draw a map of each level of your home. Show all doors and windows.
- Know two ways out of each room.
- Pick an outside meeting place in front of your home where everyone will meet.
- Some children and older adults cannot hear the smoke alarm when they are sleeping. Make a plan for how to wake them up.
- Teach your children how to escape on their own, in case you cannot help them get out.
- Practice your escape plan with everyone in your family at least two times each year.



Use your escape plan if there is a fire.

- Go to your outside meeting place right away.
- Call 9-1-1 or the fire department from outside.
- Never go back inside a burning building.



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Tips for Caregivers of Babies and Toddlers

Young children (especially ages 0 to 4) are at higher risk of death or injury from a home fire than older children.

Have working smoke alarms. Smoke is a poison that can kill you. Without a smoke alarm, you may not wake up from the smoke, and it can kill you as you sleep. Most children who die in fires live in homes that don't have working smoke alarms. When you hear a smoke alarm, you may have less than 3 minutes to get everyone outside and safe. A smoke alarm will wake you and your family if there is a fire.

- **Have working smoke alarms.** Put working smoke alarms on every level of your home. Put them inside and outside sleeping areas. The sooner you know there is a fire, the more time you have to escape.
- **Test your smoke alarm once a month.** Push the test button. You will hear a loud noise. If you don't hear the noise, you need a new battery or a new alarm. Fix this immediately.
- **Replace smoke alarms after 10 years.** Smoke alarms do not last forever. Get new smoke alarms every 10 years.



- **Know two ways out of every room.** It is important to find two ways out of every room in the house, in case one exit is blocked or dangerous to use.
- **Choose an outside meeting place.** Teach children what to do when they hear the smoke alarm. Help them practice going to the outside meeting place. Teach them to never go back inside a building that is on fire.



Have and practice an escape plan. It is important to have a plan when there are children in the home. Children sometimes need help getting out of the house, and they may not know how to escape or what to do unless an adult shows them.

- **Have a plan for young children who cannot get outside by themselves.** You will need to wake babies and very young children and help them get out. In your plan, talk about who will help each child get out safely.

Keep children safe from danger. Some children are curious about fire.

- **Keep children 3 feet away from anything that can get hot.** Space heaters and stovetops can cause terrible burns. Keep children at least 3 feet away from stoves, heaters, or anything that gets hot.
- **Keep smoking materials locked up in a high place.** Never leave cigarette lighters or matches where children can reach them.
- **Never play with lighters or matches when you are with your children.** Children may try to do the same things they see you do.



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Tips for Older Adults

Older adults are more likely to die in home fires. Older adults may move more slowly or have trouble hearing a smoke alarm because of hearing loss.

Have working smoke alarms. Smoke is a poison that can kill you. Without a smoke alarm, you may not wake up from the smoke, and it can kill you as you sleep.

Almost 2,500 people die in home fires every year in the United States. Most of these people live in homes that do not have working smoke alarms.

- **Have working smoke alarms.** Put working smoke alarms on every level of your home. Put them inside and outside sleeping areas. The sooner you know there is a fire, the more time you have to escape.
- **Test your smoke alarm once a month.** Push the test button. You will hear a loud noise. Use a broom handle to push the button or ask someone to use a ladder to help you with this. If you don't hear the sound, you need a new battery or a new alarm. Fix it immediately.
- **Can you hear your smoke alarm?** The standard smoke alarm sound does not wake some people. If you cannot hear your alarm, you may need an alarm that has a different sound or one that comes with a bed shaker or strobe light.
- **Replace smoke alarms after 10 years.** Smoke alarms do not last forever. Get new smoke alarms every 10 years.

Heat your home safely. Heating is the second leading cause of fire death and the third leading cause of injury to people ages 65 and older.

- **Keep heaters at least 3 feet away from things that can burn.** Heaters can cause fires if they are too close to furniture, beds, curtains, or other materials. Turn space heaters off before you leave the home.

Be a fire-safe smoker.

- Smoke outside. Many things in your home can catch on fire if they touch something hot like a cigarette or ashes. It is always safer to smoke outside.
- Put cigarettes out all the way. Do this every time. Don't walk away from lit cigarettes and other smoking materials. Put water on the ashes and butts to make sure they are really out before you put them in the trash.
- Be alert. Do not smoke after taking medicine that makes you tired. You may not be able to prevent or escape from a fire if you are sleepy or have taken medicine that makes you tired.
- Never smoke around medical oxygen. Medical oxygen can explode if a flame or spark is near. Even if the oxygen is turned off, it can still catch on fire.

- Never smoke in bed. Mattresses and bedding can catch on fire easily. Do not smoke in bed because you might fall asleep.
- Put your cigarette out in an ashtray or bucket with sand. Use ashtrays with a wide base so they won't tip over and start a fire.

Make an escape plan around your abilities. You may have less than 3 minutes to get out of a burning building. It's important to have an escape plan before a fire occurs, so everyone is prepared and ready to act.

- **Make a plan.** If there is a fire, you may have less than 3 minutes to get out. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire. Practice your home escape plan at least 2 times a year.
- **Know 2 ways out of every room.** It is important to find 2 ways out of every room in your home, in case one exit is blocked or dangerous to use.
- **Think about your needs.** If you need to use a wheelchair or a cane, make sure you can get to them easily and get out quickly. If you wear a hearing aid or eyeglasses, put them next to your bed while you are sleeping.
- **When you get out, stay out.** Do not try to go back in your home.
- **Know where to meet outside of your home.** Choose an outside meeting place. Call 911 when you are safely outside.

Caregivers are often in the best position to help an older adult stay safe at home

Here are some ways you can help:

- Make sure the smoke alarms work and that they will wake people up when they are sleeping.
- Test smoke alarms once a month.
- Replace smoke alarms after 10 years.
- Make a fire escape plan that tells what each person will need to do to get out safely.
- Make sure no one smokes in bed or around medical oxygen.
- Keep 3 feet between heaters and materials that can catch fire.
- Remind the older adults to keep a phone, hearing aid, and glasses next to their bed.



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