Safe Smoking

• Try to quit again.

• Dispose of smoking materials safely. Use sturdy ashtrays or cans containing sand or water. Do not throw in the trash, on the ground, or extinguish in mulch or flower containers.

• Use large ashtrays with center rests so cigarettes fall into the ashtray not on the floor. For health and fire safety reasons, permit smoking outside only.

• Never smoke in bed.

• Keep lighters on your person, not on a table or in a purse where children can find them.

• Never smoke in homes where oxygen is in use.

Cooking Safety

• Put a lid on a grease fire to smother it then turn off the heat.

• Wear short or tightfitting sleeves when cooking. Loose sleeves easily catch fire.

• Never throw water on a grease fire. Water will spread the fire around.

• Never move a burning pan. You can easily ignite your clothes or spill the fire onto someone or something else.

• Stand by your pan! Never leave cooking unattended.

Match and Lighter Safety

• Purchase child resistant lighters.

• Keep all matches and lighters out of reach and sight of children in a high, locked cabinet if possible.

• Teach children that matches and lighters are not toys, they are tools for grown-ups.

• Teach young children to tell a grown-up when they see matches or lighters lying around.

• Never give a lighter to a child as a toy.
In a typical home fire, smoke, heat and toxic gases build up rapidly.

When a smoke alarm sounds, get out of the building immediately before your escape route is blocked.

To survive a fire: install and maintain smoke alarms and practice an escape plan.

Smoke Alarms
- Install smoke alarms on every level and outside each sleeping area.
- Test them monthly.
- Replace the battery twice a year.
- Never disable your alarms.

Home Escape Plan
- Practice your home escape plan with the whole family twice a year.
- Plan 2 ways out of each room. The easy way out is probably the door and the second way out might be a window.
- If you plan for a child or a senior to exit a window, make sure they can open it easily.
- If you can’t get out, close your door and go to the window and signal for help. Teach children never to hide under beds or in closets.

Use this grid to draw a floor plan of each person’s bedroom or to show the whole house.

• If you must go through smoke, crawl low. The coolest, cleanest air will be about 18 inches off the ground.
• Have a meeting place outside for everyone. That way you can tell the fire department that everyone is out safely.
• Stay out; don’t go back into a burning building for anything.
• Call the fire department from outside the house using a cellphone, a neighbor’s phone or a fire alarm box.