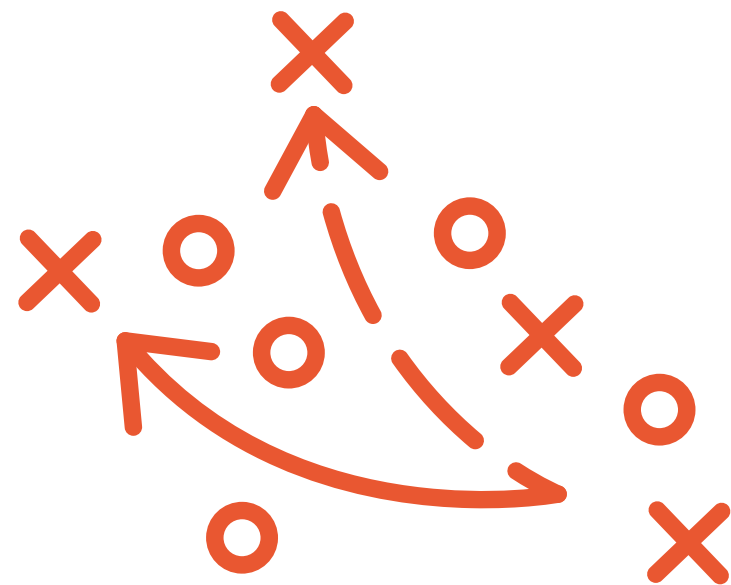




CENTRALINA
Area Agency on Aging

Being Prepared for the “What Ifs”



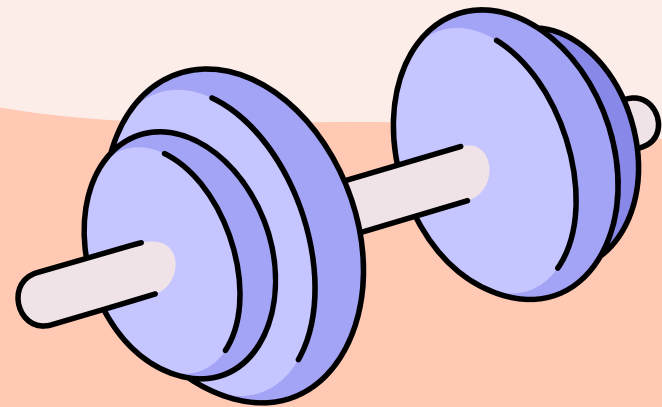
**Leigh Kish, NC Level III
Certified FLSE
Gaston County Emergency
Management and Fire
Services**



FIRE UP YOUR FIRE SAFETY



Wise Moves for the What-If's in Life

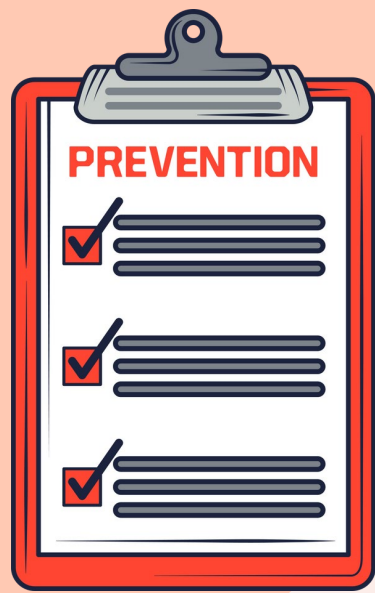


BASED IN PART ON



**STEPS^{to}
SAFETYTM**

PREVENT FIRE & FALLS AT HOME



YOUR BEST DEFENSE IS A GOOD OFFENSE



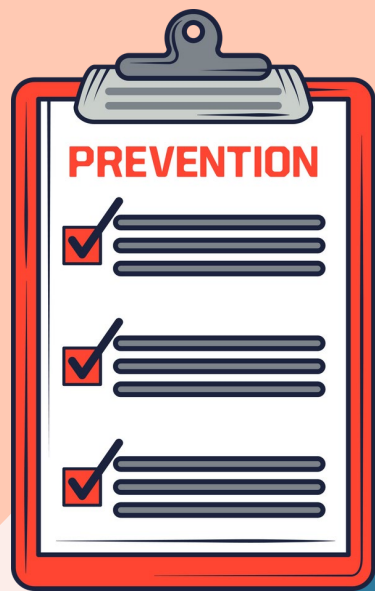
**FIRE SAFETY
IS NO
ACCIDENT**



**STAY ALERT,
DON'T GET
HURT**

**A LITTLE
PREVENTION
CAN SAVE A
LOT OF PAIN**

**BETTER SAFE
THAN SORRY**



WHO
SAID IT



AN OUNCE OF
PREVENTION IS WORTH
A POUND OF CURE





BENJAMIN FRANKLIN



OPEN LETTER TITLED “PROTECTION OF
TOWNS FROM FIRE” BEGAN WITH THE
EXPRESSION “AN OUNCE OF
PREVENTION IS WORTH A POUND OF
CURE.”



THEN HE WROTE ABOUT HOW A CITY
SHOULD PREPARE ITSELF FOR A FIRE. -

1736

QUICK FIRE FACTS

FIRE IS

FAST

YOU HAVE
ABOUT 2
MINUTES TO
GET OUT

SMOKE
KILLS MORE
PEOPLE
THAN FIRE



FIRE IS DARK



HOW DO FALLS AND FIRES GO HAND IN HAND?

- Approximately 60,000 older adults die from unintentional injuries each year
 - 34,000 falls
 - 3,000 misuse of medication
- Falls are the leading cause of traumatic brain injuries (TBI)

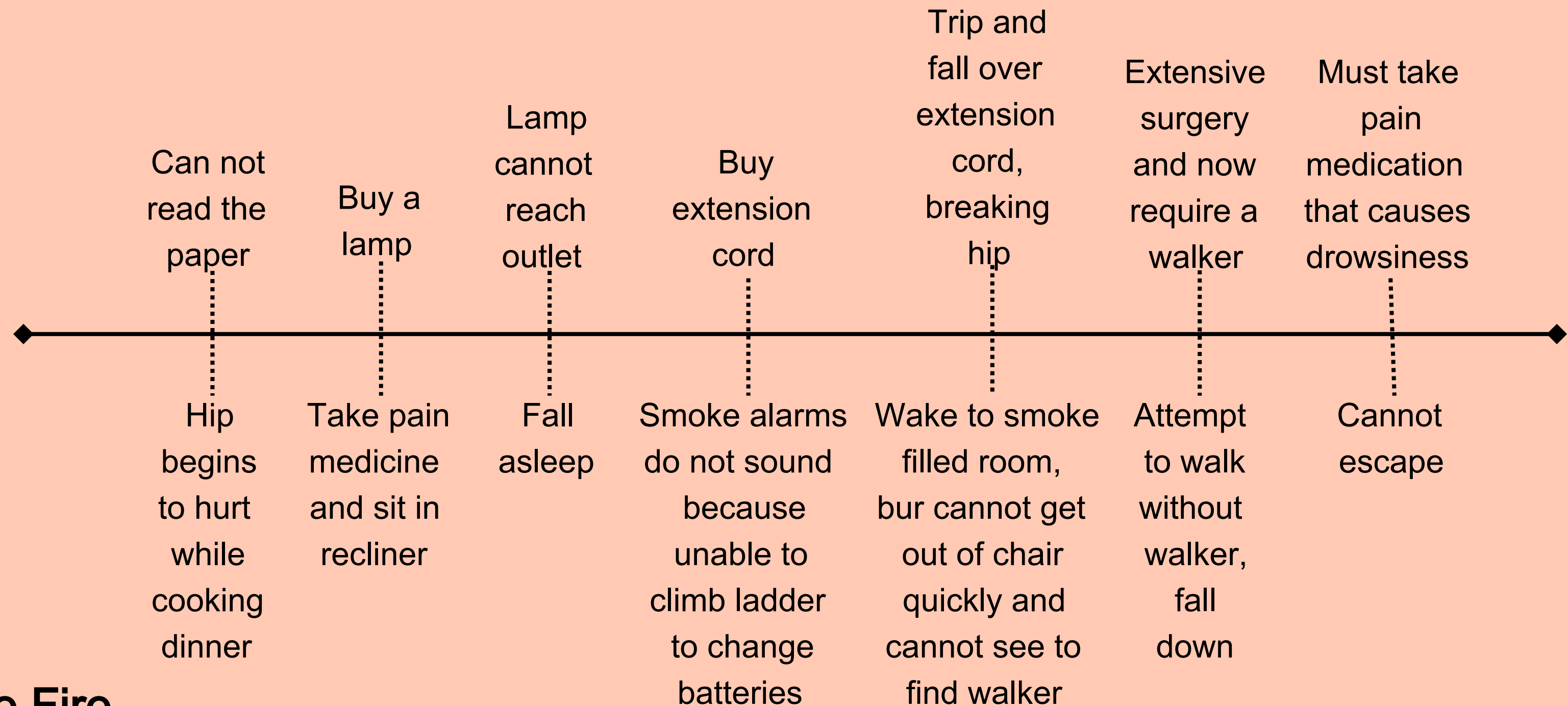
*From Center for Disease Control (2018) and Atrium Health (2023)

**WAIT, DIDN'T SHE JUST
SAY THAT FALLS, NOT
FIRES ARE THE LEADING
CAUSE OF INJURY AND
DEATH IN OLDER
ADULTS?**



CAUSAL CHAIN ANALYSIS

The Fall



The Fire

THE CYCLE OF FALLING DOWN*

THE FIRST FALL
DOUBLES YOUR
CHANCES OF A
SECOND FALL

First Fall

Fear of
Falling

Decreased
Activity

Decrease in
muscle tone,
coordination

Increased
risk for fall

1 IN 3 OLDER
ADULTS WILL
HAVE A FALL

*Taken Directly From NFPA Steps to Safety

PREVENTING THE FALL MAY NOT PREVENT THE FIRE



HOWEVER, IT WILL
IMPROVE YOUR
CHANCES FOR ESCAPING
DURING AN EMERGENCY



STAY IN THE KITCHEN WHEN FRYING FOOD AND COOKING ON THE STOVETOP



- Always pay attention
- Wear short or form -fitting clothing
- Use oven mits or pot holders
- KEEP A LID NEARBY
- Do not cook if you are tired

CHOOSE ELECTRICAL CORDS CAREFULLY

Powerstrips/surge protectors should be used, not small extension cords or multiple adaptors



TRIP HAZARDS CAN MAKE ESCAPING DURING AN EMERGENCY DIFFICULT



- Throw rug/scatter rug
- Extension cords
- Pets
- Clutter



SPACE HEATERS NEED SPACE

- Keep them at least three feet away from things that can burn
- Shut off before leaving or going to bed
- Plug directly into an outlet

ALL WE NEED IS
LOVE...AND SPACE!

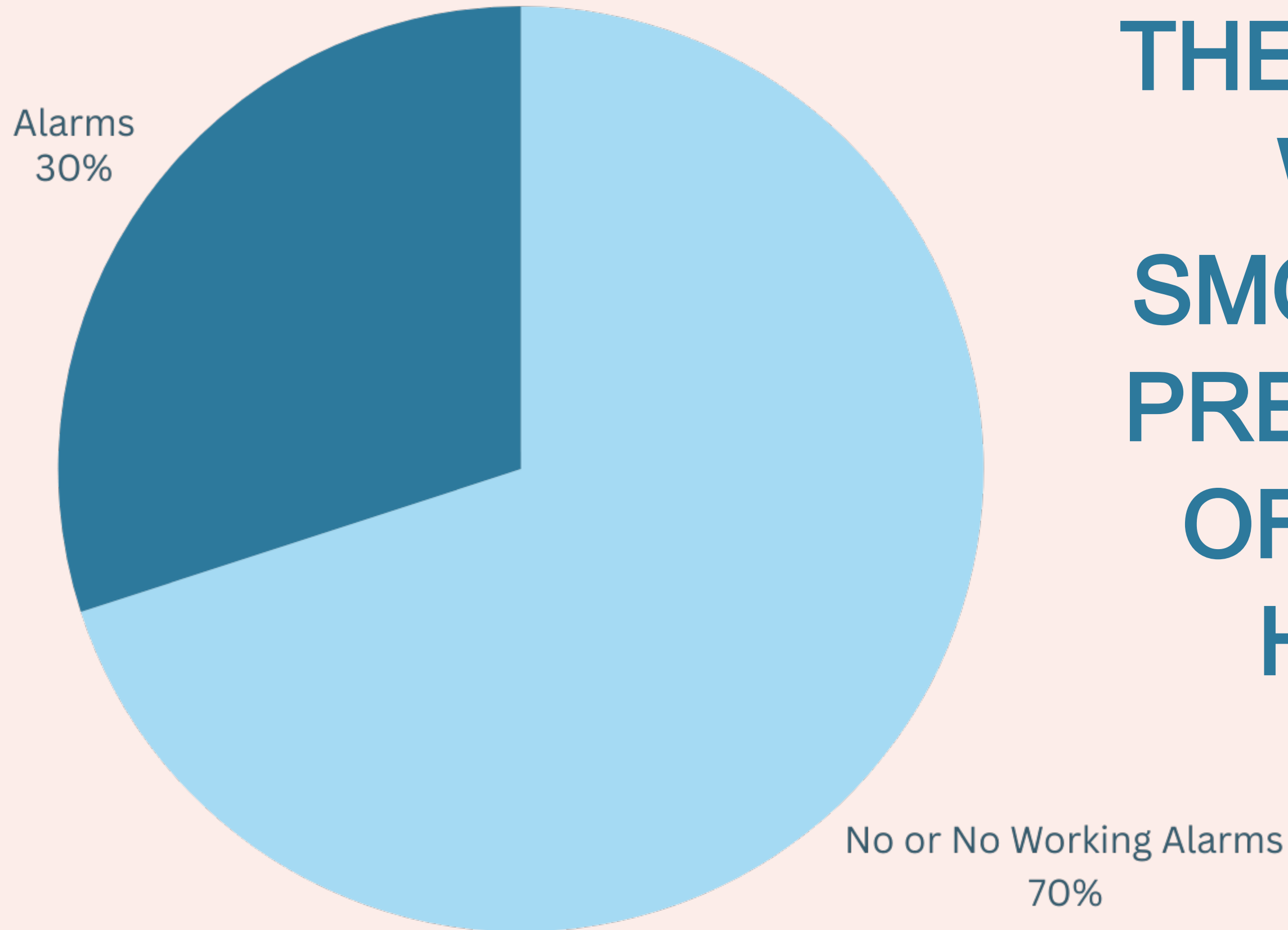


IF YOU SMOKE, SMOKE OUTSIDE

- Use deep, sturdy ashtrays
- Wet butts and ashes before discarding
- Never smoke in bed
- Never smoke if medical oxygen issued in the home



WORKING SMOKE ALARMS SAVE LIVES



**THERE WERE NO
WORKING
SMOKE ALARMS
PRESENT IN 70%
OF REPORTED
HOME FIRE
DEATHS**

WORKING ALARMS SAVE LIVES

- Smoke alarms should be on every level of the home, inside and outside of every sleeping area.
- Interconnected alarms are the best option when possible.
- CO (carbon monoxide) alarms should be on each level of the home
- Alarms should be tested monthly



WORKING SMOKE ALARMS SAVE LIVES

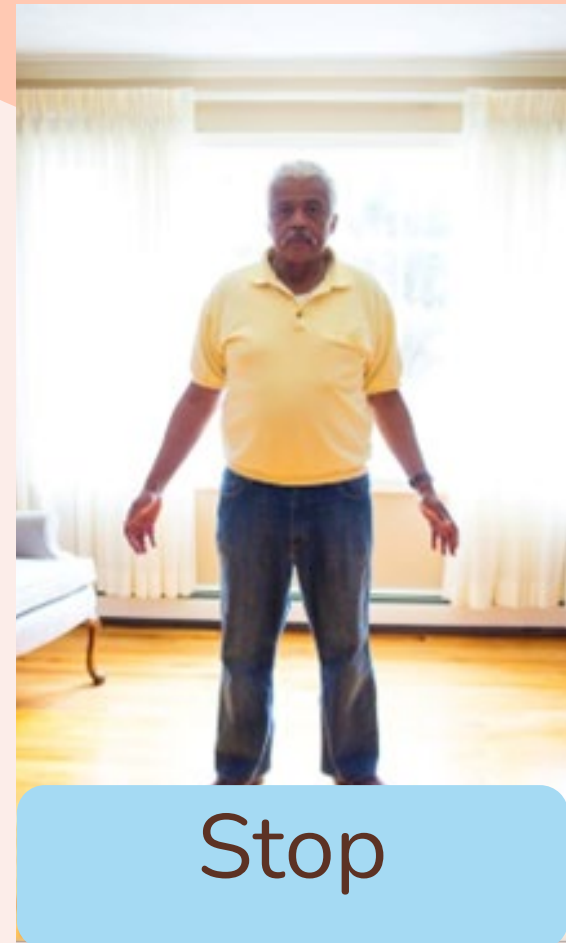
OTHER ALARM OPTIONS

Bed shaker and strobe alarms exist for those who are hearing impaired or hard of hearing

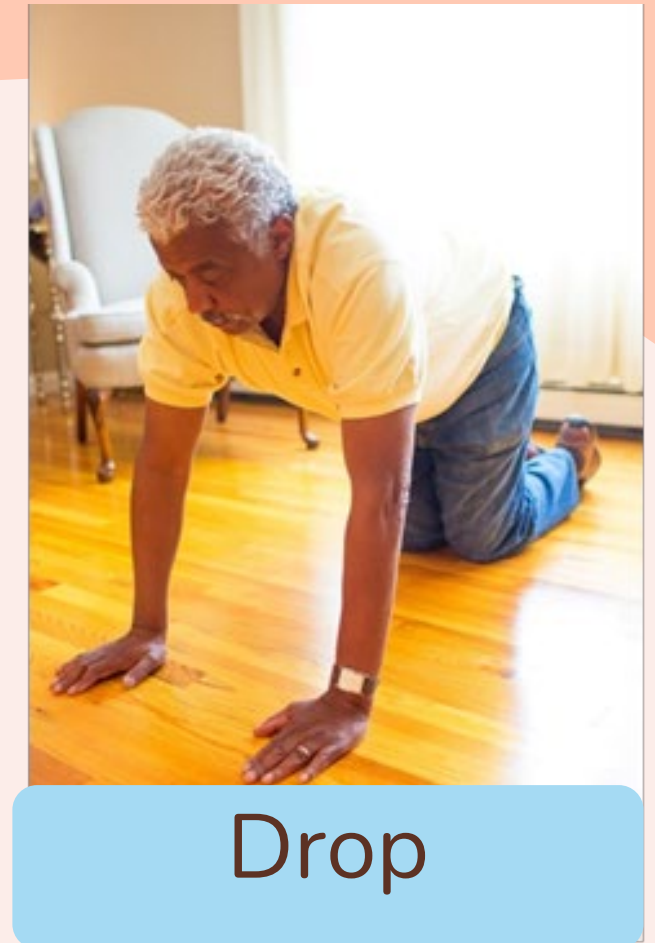


STOP, DROP & ROLL

- Stop, DO NOT RUN
- Drop (slowly and gently) to the ground
 - Cover your face with your hands
- Roll back and forth to smother the fire



Stop

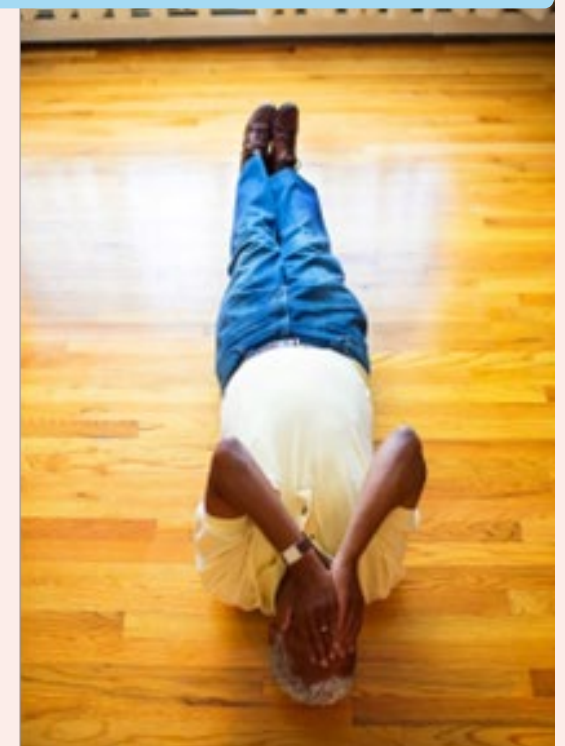
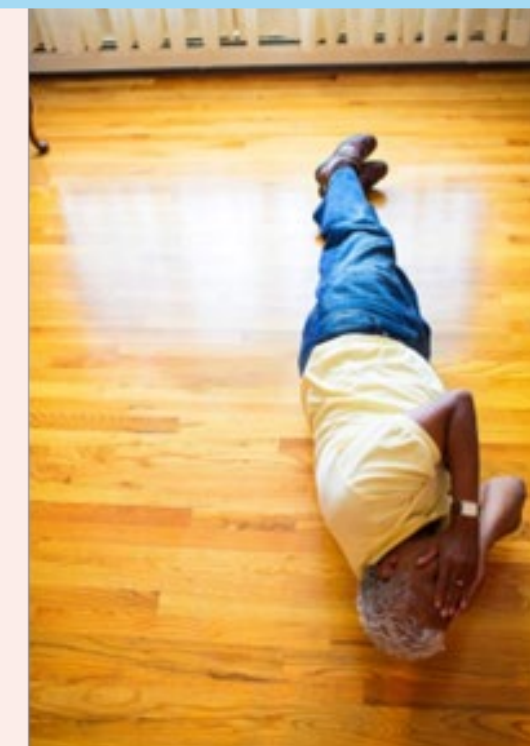
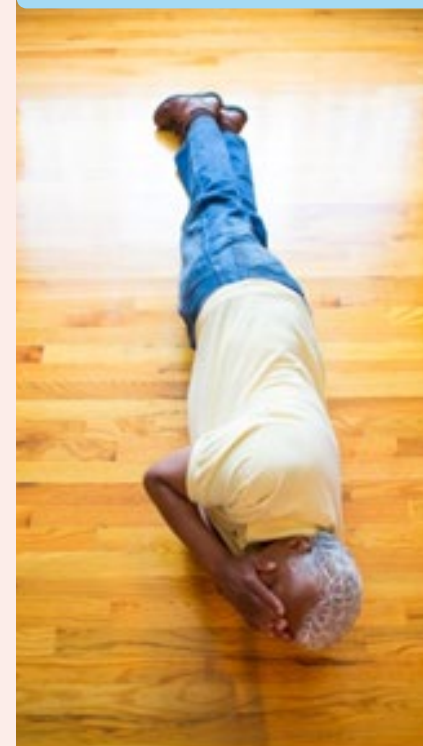


Drop

Cool a burn with water
for 3 -5 minutes

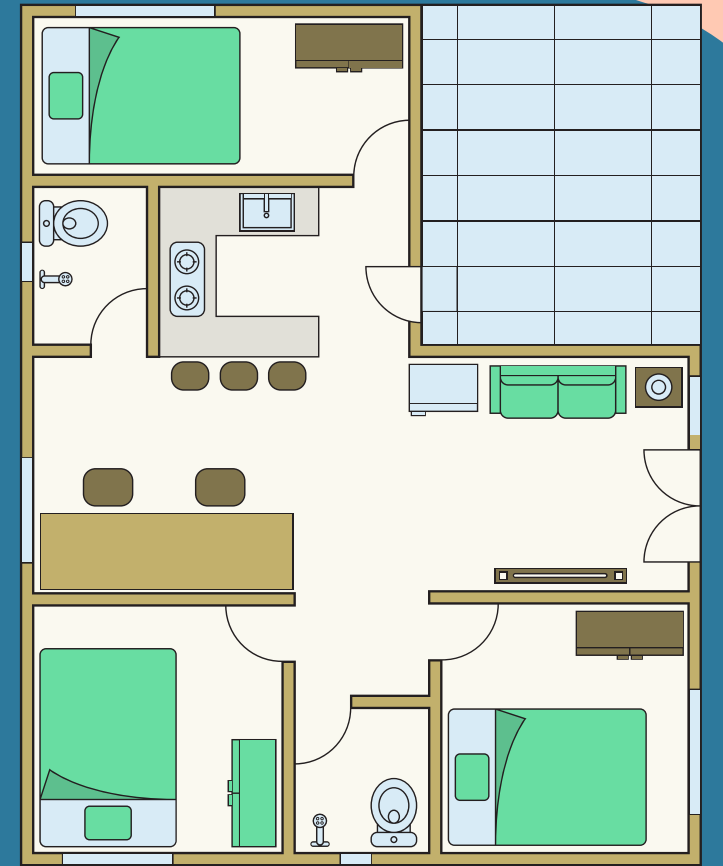
Seek medical attention
right away

and ROLL (over and over)



PLAN AND PRACTICE YOUR ESCAPE

- Have two ways out of each room (if possible)
- Make sure windows and doors open easily
- Get out and stay out
- Plan for your abilities
- Have a meeting place
- Close doors when exiting



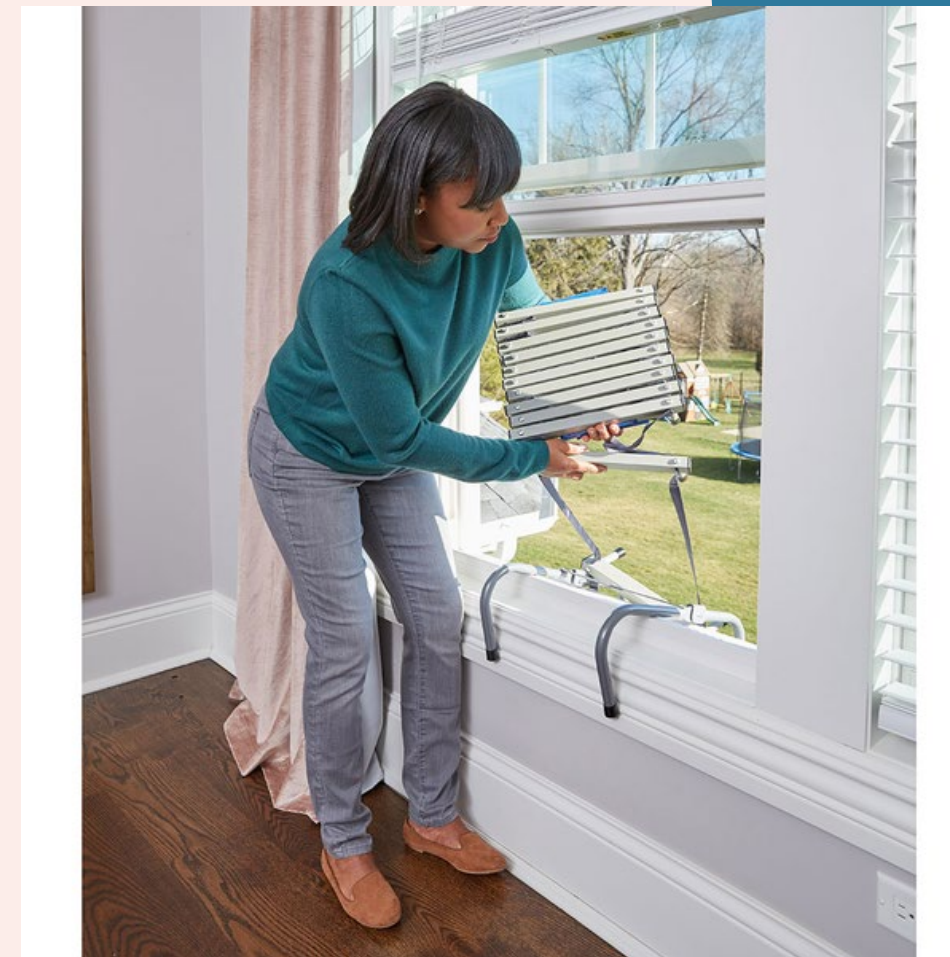
DO YOU HAVE A PLAN?



PLAN YOUR ESCAPE

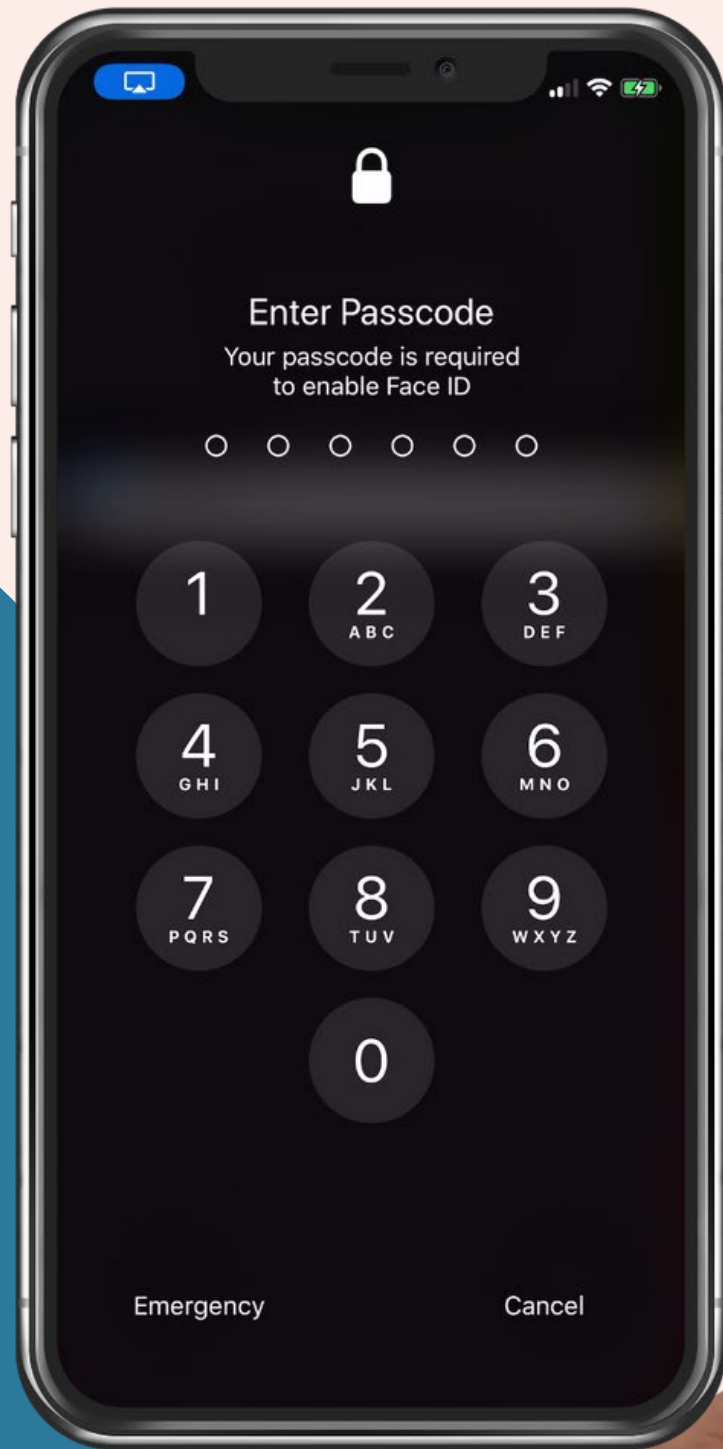
AROUND YOUR ABILITIES

- Can you climb an escape ladder from a second -story window?
- How fast can you escape?
- Do you have enough light?
- Can you pick up a fire extinguisher?



WHEN CALLING 911

GETTING TO A SAFE PLACE MATTERS THE MOST

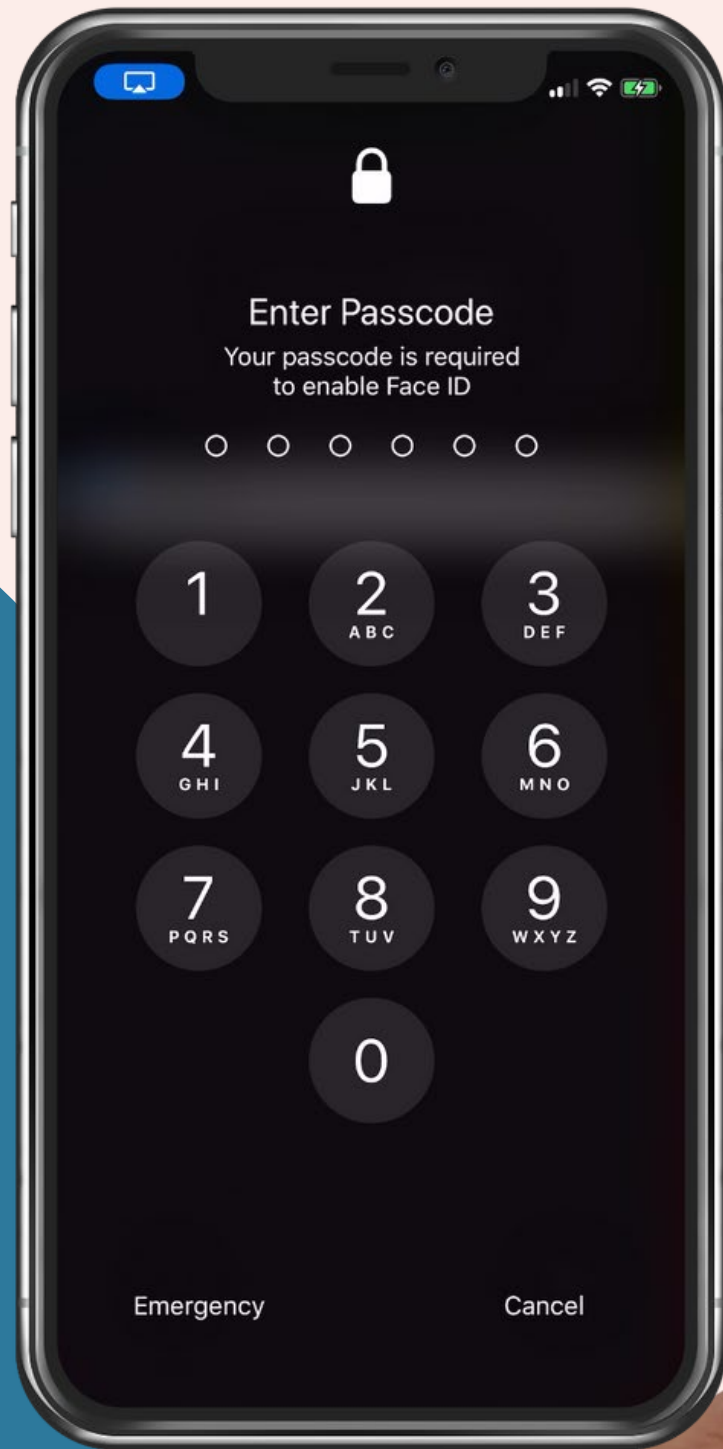


- Do not call from inside **UNLESS** you cannot escape
- Use a neighbor's phone if necessary
- Know your phone

KNOW YOUR PHONE AND YOUR LOCATION

HEY SIRI

HEY GOOGLE/GEMINI



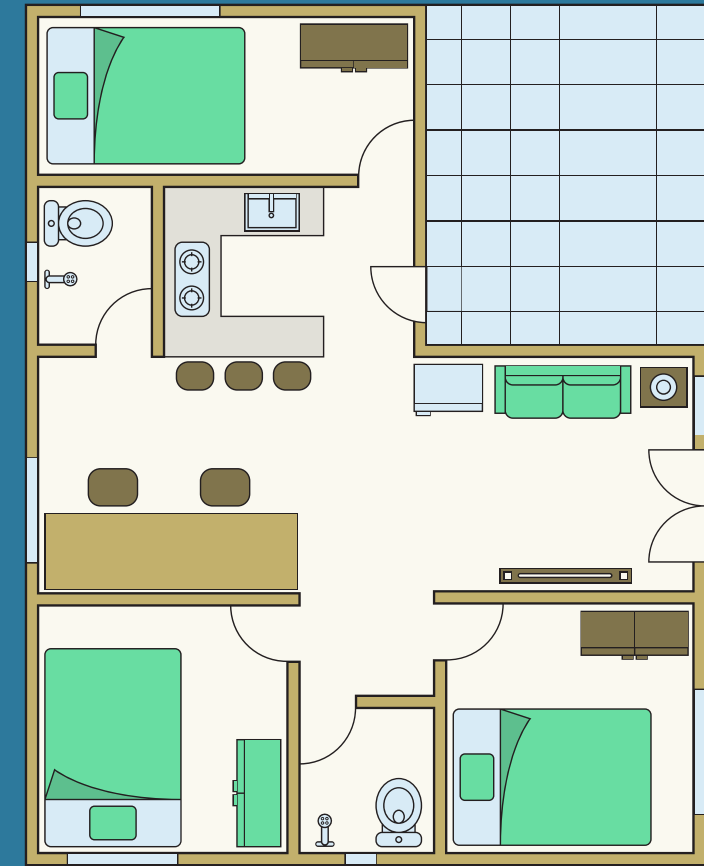
- Press and hold
- Multiple button press
- What3Words App

EVACUATION REQUIREMENTS

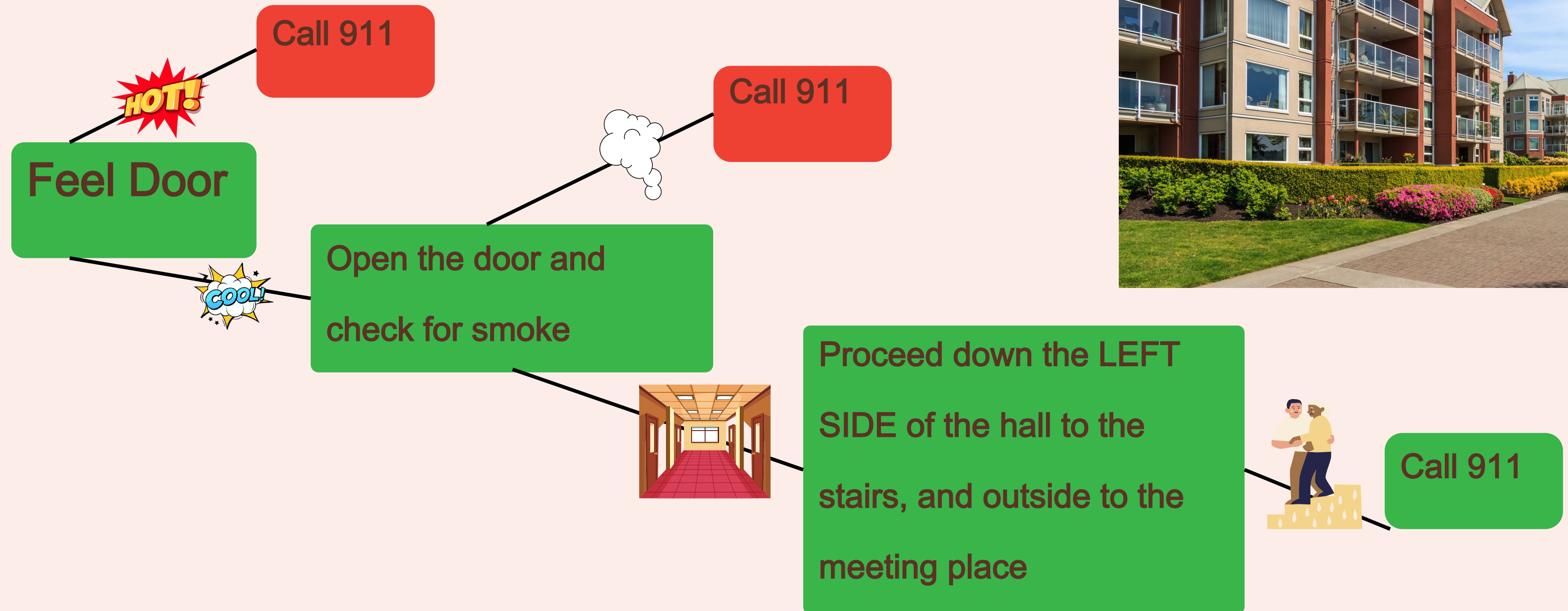
DO YOU HAVE TO LEAVE?

- Per the NC Fire Code tenants are required to follow their building fire emergency guide
- This guide is required to be approved by the fire code official
- Most will not approve a guide that does not include evacuation (Check with your AHJ)

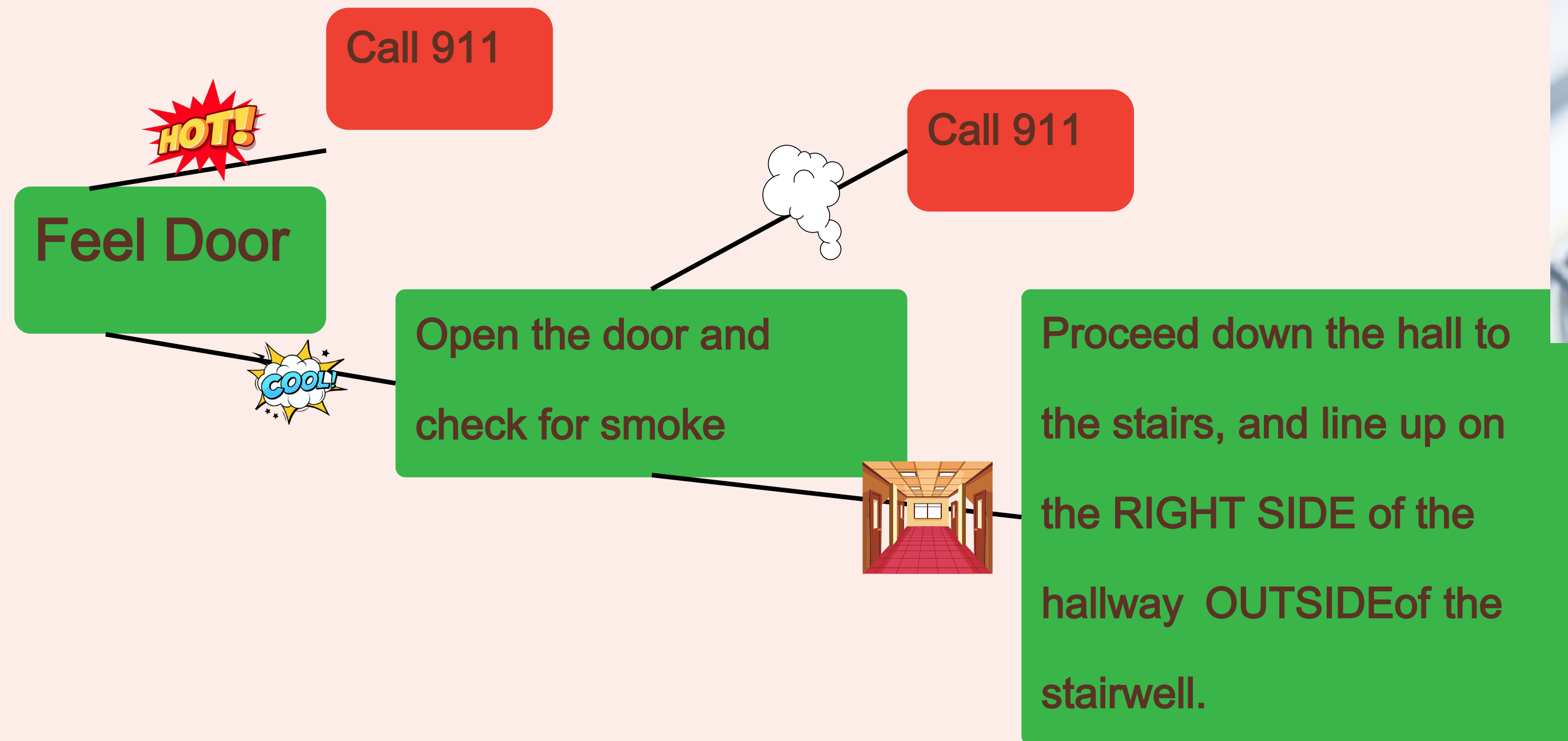
YES



EVACUATION FOR INDEPENDENT SENIOR APARTMENTS - ABLE TO EVACUATE



EVACUATION FOR INDEPENDENT SENIOR APARTMENTS - UNABLE TO SELF-EVACUATE



Call 911 and wait for assistance

The background features abstract, organic shapes in a muted blue and a light peach/orange color. The blue shape is prominent on the left side, while the peach shape is in the top-left and bottom-right corners.

QUESTIONS

SOURCES

ATRIUM HEALTH

Atrium Health Statistician Janice Williams

CENTER FOR DISEASE CONTROL

CDC Morbidity and Mortality Report

CHARLOTTE FIRE DEPARTMENT

CFD FF Helmet Camera Footage

NATIONAL FIRE PROTECTION ASSOCIATION

NFPA Steps to Safety Program

NC FIRE PREVENTION CODE

ICC NCFC Section 403

THANK YOU

704-372-2416 | info@centralina.org | 10735 David Taylor Drive, Suite
250, Charlotte, NC 28262 | www.centralina.org

Scan the QR Code to
take our conference
survey!

