



# Doernbecher Children's Safety Center



## Preventing Fire & Burns

### PREVENTING FIRE & BURNS

Fires remain the leading cause of unintentional injury-related death among American children. Preparing and educating yourself and your family are key to preventing fire tragedies.

### PREPARE YOUR HOME

- ▶ Smoke alarms save lives! Install smoke alarms on each level of your home and in each bedroom. Test the alarms monthly.
- ▶ Know how to escape every room through doors or windows. Be sure all windows can open.
- ▶ Unattended cooking causes most fires. Always watch what you heat, and if you have to step away for a moment, put an oven mitt or towel in your hand to remind you to return quickly.
- ▶ Candles cause more fire deaths than anything else. Blow them out when you leave the room and before going to sleep.
- ▶ Use a fireplace screen to prevent sparks from escaping. Extinguish the fire before going to sleep.
- ▶ Store matches, candles, and lighters out of reach of children.
- ▶ Electricity can start fires. Use power strips with circuit breakers in place of extension cords.
- ▶ Heaters need space! Give portable and built-in heaters at least 3 feet all around. Turn off portable heaters before leaving home or going to sleep.
- ▶ Hot water burns more often than fire, and scalds are especially dangerous for children. Set your water heater to 120°F.



### PREPARE YOUR FAMILY

- ⇒ Develop and practice a fire escape plan:
  - ✦ Know two routes out of each room. Make sure all doors and windows can open. Practice using these routes.
  - ✦ Create a safe family meeting place. Make it in front of your house where firefighters can easily find you.
  - ✦ Know how to Protect in Place in case your exits are blocked by fire: close the door and place towels at the bottom. Open the window and yell for help; wave a sheet, blanket, or flashlight to signal. If you have a phone, call 911 and tell them where to find you.
  - ✦ Re-entering a fire is extremely dangerous. Stay out and tell firefighters of family members, pets, or valuables that need to be saved.
- ⇒ Teach your children:
  - ✦ Not to hide from fire and smoke.
  - ✦ To tell a grown-up if they find matches or lighters.
- ⇒ Talk to your family often about these things. Kids need practice and reminders of what to do.



### SOURCES:

Portland Fire & Rescue: <http://www.portlandonline.com/fire/index.cfm>

Safe Kids USA: <http://www.usa.safekids.org>

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