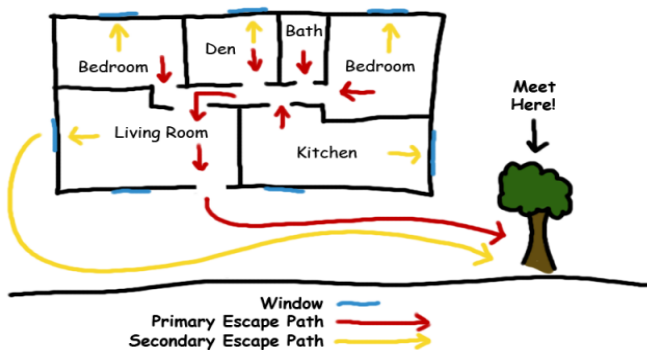


# Fire Safety

## Prepare Your Family

Talk to your family often about these things. Kids need practice and reminders of what to do.

- Teach your children:
  - Not to hide from fire and smoke.
  - To tell a grown-up if they find matches or lighters
  - Not to hide from firefighters
- Hot water burns more often than fire, and scalds are especially dangerous for children. Set your water heater to 120 degrees.
- Develop and practice a fire escape plan



## Prepare Your Home

- Install smoke alarms on each level of your home and in each bedroom.
  - Test the alarms monthly.
  - Replace smoke alarms that are 10 years or older.
- Be mindful while cooking, unattended cooking causes most fires.
- Candles cause the most fire deaths. Blow candles out when you leave a room and before going to sleep.
- Store matches, candles, and lighters out of reach of children.
- Use power strips with circuit breakers in place of extension cords.
- Give portable and built-in heaters at least 3 ft. of space around them.



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Sources: [www.safekids.org/fire](http://www.safekids.org/fire) | [www.portlandoregon.gov/fire/25923](http://www.portlandoregon.gov/fire/25923)