

NSW FIRE BRIGADES

SENIORS FIRE SAFETY - CHECKLIST

Fact Sheet 21 – Community Risk Management. Revised 28/04/2005



FACT

Being physically impaired or frail due to advanced age can significantly affect your ability to survive if unfortunate enough to be caught in a home fire.

ARE YOU FIRE SAFE?

We recommend a simple safety checklist to help keep seniors fire safe:

- Have an adequate number of approved (AS3786) smoke alarms installed and test them regularly.
- Don't fight the fire – get out and stay out and dial '000' immediately.
- Where possible know two safe and clear ways out of every room in your home.
- Leave a key in the deadlock while at home providing it cannot be seen from the outside (if the lock is visible from the outside, locate the key in a secure place nearby) to enable a quick exit.
- Have an escape plan that all occupants understand in case of fire and practice it regularly.
- Leaving cooking unattended can result in a fire. Switch off all cooking, including microwave ovens, before leaving the kitchen even to answer the phone or doorbell.
- Smoking in bed is dangerous, **NEVER EVER SMOKE IN BED.**
- Have an approved electrical safety switch (residual current device) installed.
- Be careful of loose fitting garments near heaters and cooking appliances.
- Make sure fans, heaters and their cords are not a trip hazard and are away from curtains, tablecloths and bedding, consider the use of wall mounted fans and heaters instead.
- Don't overload power points and switch off when not in use.
- Refer to Fact Sheets 10, 11, 12, 13 and 14 for additional fire safety information.

**A collaboration of the NSW Fire Brigades, NSW Rural Fire Service,
ACT Fire Brigade and ACT Rural Fire Service**

REMEMBER THAT FIRE SMOKE IS A KILLER

FOR MORE INFORMATION CONTACT YOUR LOCAL FIRE STATION OR FIRE CONTROL CENTRE
or visit: www.fire.nsw.gov.au www.rfs.nsw.gov.au or www.esa.act.gov.au

SENIORS FIRE SAFETY TIPS

- If you need assistance with the installation of smoke alarms or smoke alarm batteries, contact your local NSW or ACT Fire Brigade Station.
- Always use a qualified electrician to install or check wiring or appliances.
- Only use fuses of recommended rating and install an electrical safety switch.

IN AN EMERGENCY CALL 000