

# Fire and Life Safety

## Mesa Fire and Medical Dept



- Fire Prevention
- What to do if there is a fire

# 911 Emergency

Is it really an emergency?

- If someone is not breathing, always call 911
- **Call 911 for a fire**
  - Have the correct address
  - Talk clearly, answer all questions
  - Stay on the line
  - Give as much information as possible



# Fall Prevention

- Exercise Daily
- Use Mobility Aids
- Check Medications
  - Take a list of all medications and supplements (vitamins, aspirin, etc to a pharmacist to check for interactions



# Fall Prevention

- Ear and Eye Check
- Clean up Clutter
- Light it up!
- No Throw Rugs
- Shoe choice
  - Good fit, no flip flops, or floppy slippers



# Smoke Alarms

Smoke alarms save lives!

- Have smoke alarms in your home
- Test them once a month
- Replace batteries once a year or sooner if they fail a test
- Smoke Alarm Program
  - Change batteries
  - Install 2 new detectors for free
  - To schedule a free check of your smoke alarms, call 480-644-5465



# Arizona Burn Foundation's Deaf and Hard of Hearing Alarm System

You only have 2 minutes to safely exit your home in the  
event of a fire related emergency.  
Will you be ready?



## **ABF's Deaf and Hard of Hearing Alarm System Includes:**

- Smoke Alarm
- Bed Shaker
- Strobe Light

Designed to wake you up INSTANTLY  
in case of an emergency

**Available, at no charge, to all  
Arizona deaf and hard of hearing  
residents**

Call 602-230-2041 or email [programs@azburn.org](mailto:programs@azburn.org) to  
schedule your installation appointment today



# Fire Safety

Should we try to put out a fire?  
Blanket, extinguisher?

In the 70s, 15 mins to escape

- Now, how many minutes?
- What if you are sleeping?
- What if you need a mobility device?



# Kitchen Safety

- Unattended cooking is the leading cause of house fires
- Stay by the stove
- Use oven mitts
- Take care with hot liquids and foods
- Keep kids and pets away from stove



# Kitchen Safety

- Keep floors free of clutter
- Keep an eye on cords (coffee maker, electric knife, plate warmer)
- Know how to put out a grease fire (smother, do not use water)
  - If frying, make sure oil does not overheat, or spill out of fryer



# Extension Cords

- Make sure they are not overloaded, will eventually fail
- Select the correct cord for the job
- Check for damage before use



# Extension Cords

- Keep out of way as a tripping hazard
- Make sure cords aren't pinched or under rugs
- Use is temporary, store correctly



# Fire Safety

- Keep space heaters at least 3 feet away from combustibles
- Keep matches and lighters out of reach of children
- Never leave children alone with a lit candle (set an alarm if you light one)



# Fire Safety

- Water Christmas trees, keep decorations away from candles/heaters
- Close all bedroom doors at night
- If you enjoy an outside fire, make sure it's extinguished (use water) before you leave it



# Fire and Life Safety

## Mesa Fire and Medical Dept



Thank you for attending!  
For more information:  
[Heather.Patterson@MesaAz.gov](mailto:Heather.Patterson@MesaAz.gov)  
480-644-3818