



FIRE & HEALTH SAFETY



INTRODUCTION

STEPHANIE MCKEE
DEPUTY FIRE MARSHAL



Our Community

1 Dispatch Agency

4 Counties

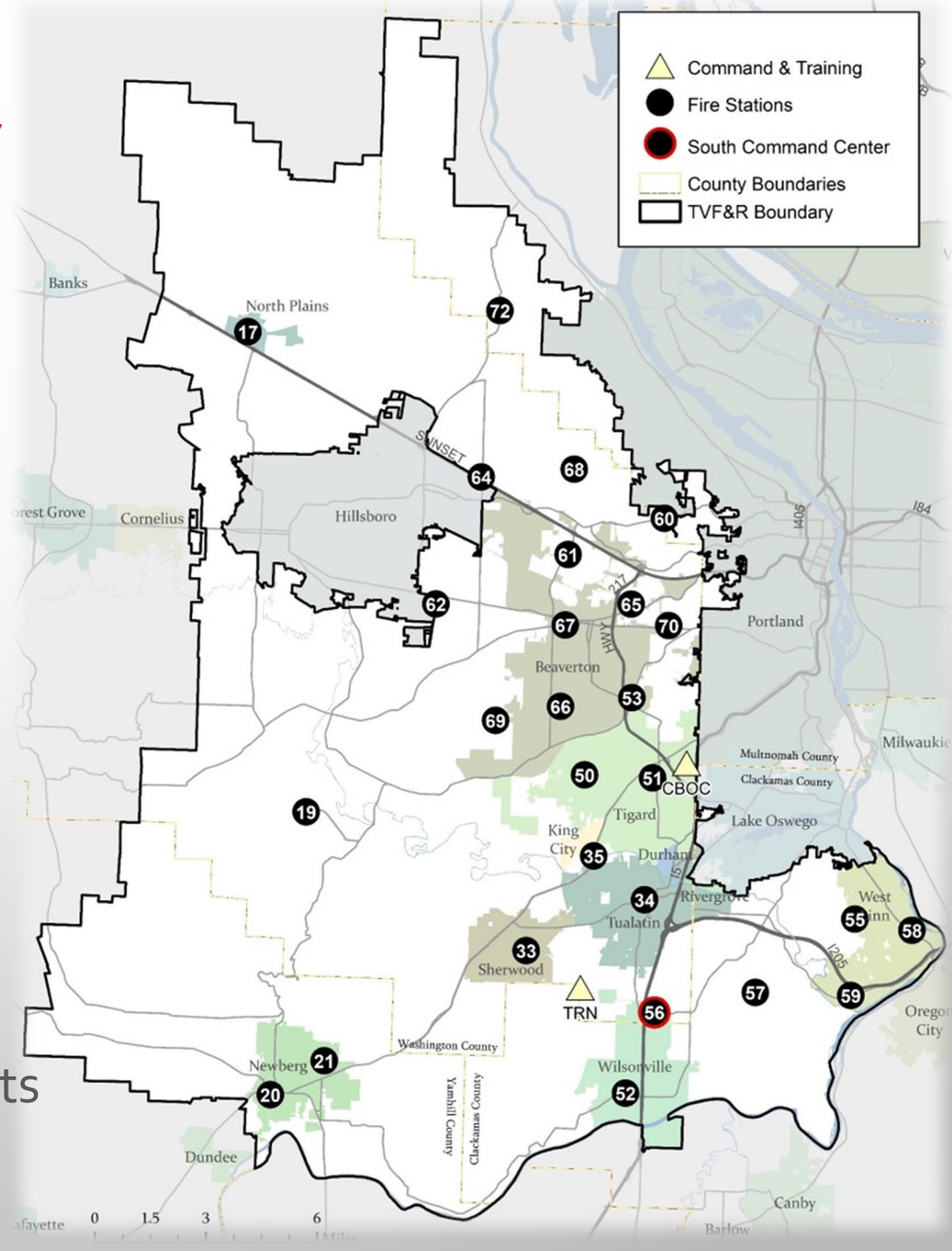
11 Cities

27 Stations

390 Square Miles

630 Personnel

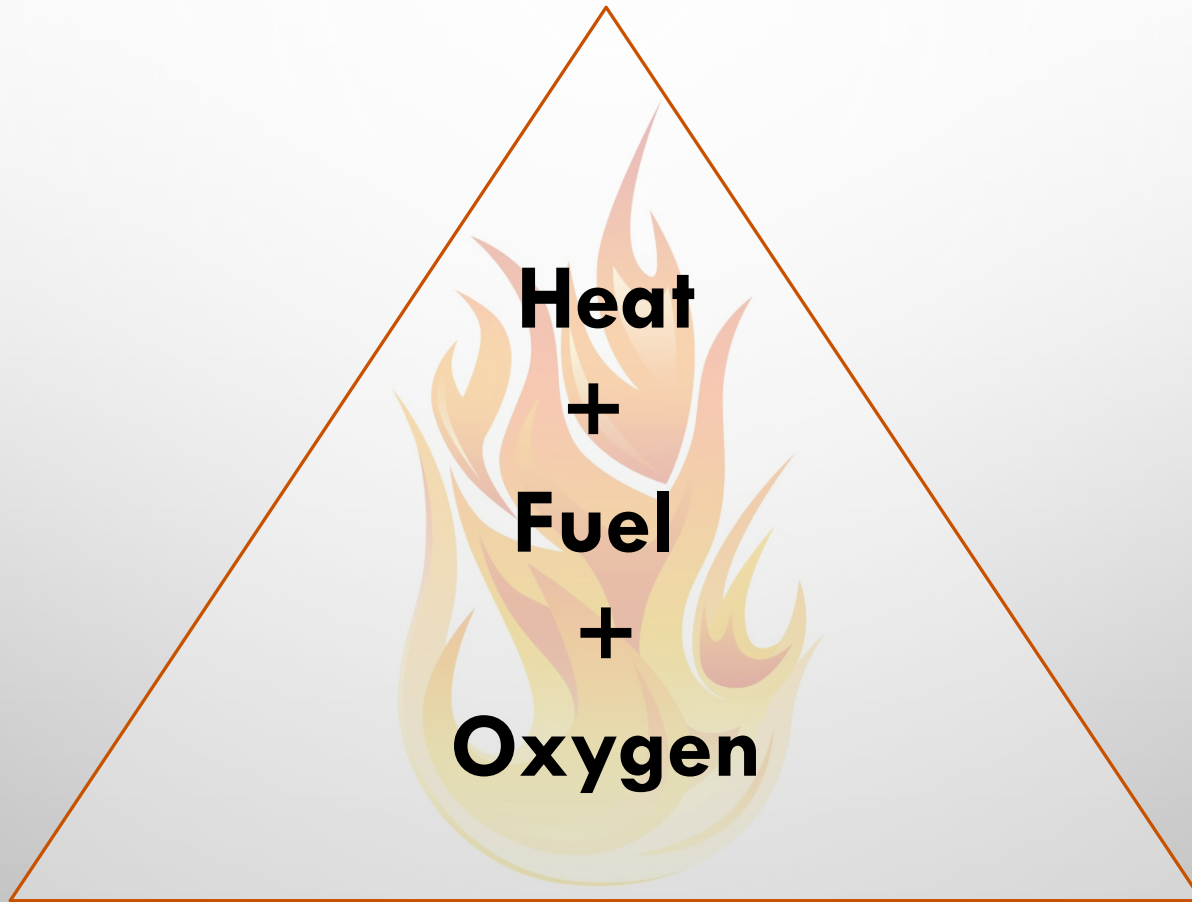
530,446 Residents



CLASS TOPICS

- Fire Behavior
- Escape Planning
- Home Safety
- Cooking Safety
- Smoke Alarms
- Fire Extinguisher
- Fall Prevention
- Heart Attack Symptoms
- Stroke Symptoms

FIRE BEHAVIOR





ESCAPE PLANNING

- 17 MINUTES VS. 2 MINUTES
- KNOW 2 WAYS OUT.
- GET LOW AND GO.
- MEETING SPOT
- CONSIDER DISABILITIES OR PHYSICAL LIMITATIONS.
- CLOSE DOORS BEHIND YOU.

<https://vimeo.com/463653907>

PRECAUTIONS

- KEEP A PHONE NEARBY.
- ENSURE WINDOWS ARE ACCESSIBLE AND EASY TO OPEN.
- KEEP HALLWAYS CLEAR.





HOME SAFETY

- GIVE SPACE HEATERS SPACE.
- 3 FEET FROM HEAT!
- USE BATTERY-OPERATED CANDLES OR DIFFUSERS.
- USE POWER STRIPS NOT EXTENSION CORDS.
- USE APPLIANCES APPROPRIATELY.

SMOKE ALARMS



- REPLACE AFTER 10 YEARS.
- IN BEDROOMS AND HALLWAYS OUTSIDE OF BEDROOMS
- ON EVERY LEVEL OF THE HOME
- NOT IN KITCHENS OR TOO CLOSE TO BATHROOMS
- HEARING/VISUALLY IMPAIRED ALARMS ARE AVAILABLE.

CARBON MONOXIDE ALARMS

- REPLACE AFTER 5 YEARS.
- SOURCES:
 - ATTACHED GARAGE
 - NATURAL GAS OR PROPANE
 - FIREPLACE
- ON EVERY LEVEL OF THE HOME
- WITHIN 15' OF SLEEPING QUARTERS
- NOT WITHIN 10' OF A SOURCE





Fire Extinguishers



<https://www.youtube.com/watch?v=58naKHqpCWo>

EXTINGUISHER INSPECTION



- Replace after use, when there has been pressure loss, damage to the extinguisher or after 12 years.
- Most home extinguishers (smaller) cannot be recharged.
- Check local waste management to see if they can be recycled.



Fun Facts Intermission

Apparatus







HEALTH INFORMATION

FALL PREVENTION

age 65+



1 out of 3 people
falls each year

age 72+

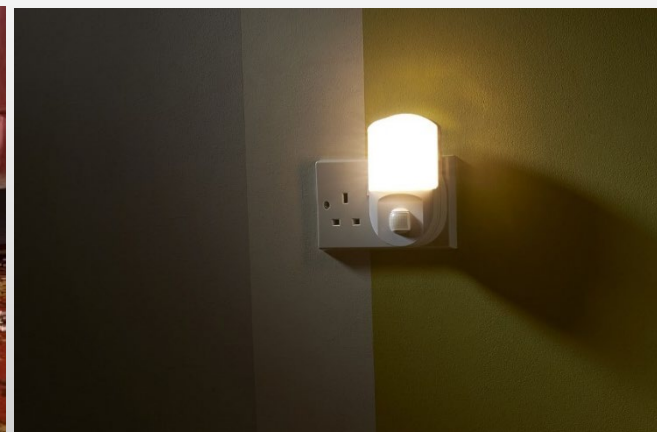


fall every two years

age 80+



fall every year

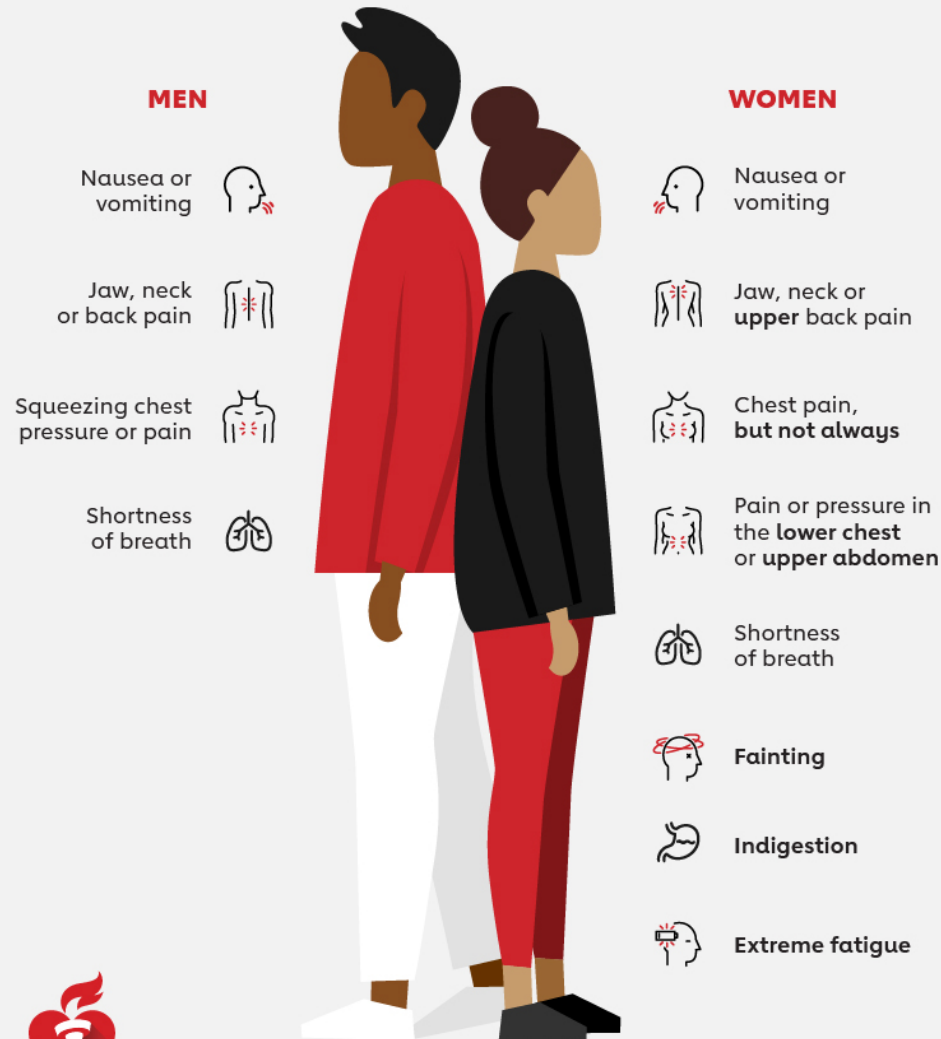




HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



Source: American Heart Association's journal, Circulation
Published April 4, 2019 | © 2019 American Heart Association, Inc.



American
Heart
Association.

#CPRSAVESLIVES

HANDS-ONLY **CPR**

2 STEPS
TO SAVE A LIFE



STROKE SYMPTOMS

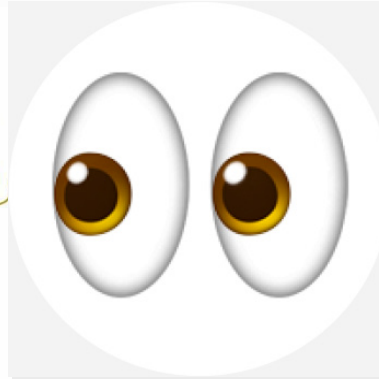
B



BALANCE

Loss of balance,
headache, or dizzy

E



EYES

Blurred Vision

F



FACE

One side of the
face is drooping.

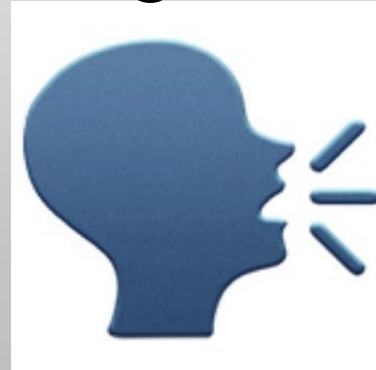
A



ARMS

Arm or leg
weakness

S



SPEECH

Difficulty
Speaking

T



TIME

Time to call 911
immediately

QUESTIONS?

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THANK YOU FOR ATTENDING!