

Older Americans Month



Escape Planning for Older Adults

Your risk of dying in a home fire is greater as you get older. Knowing what to do if there is a fire can make a big difference.

- Know two ways out of every room. Practice using both ways.
- Remove any items that may block your way out of the room or your home.
- Discuss your fire escape plan with family and neighbors. Contact your building manager or fire department to discuss your plan if you need extra help escaping.
- Keep eyeglasses, keys, hearing aids and a phone within reach next to your bed.
- Practice your home fire escape drill twice a year.



Adults 65 and over are twice as likely to die in fires

May is Older American's Month. Adults 65 and older are twice as likely to die in fires. Review or create a fire escape plan with your older relatives that keeps their needs or limited mobility in mind. Practice that plan twice a year and adjust the plan as their needs change.

It's important to keep important personal items near your bed at night so you can grab them quickly as you leave during an emergency. Think about where the best place is to put these items and remember to practice your escape plan.

For more information and free resources, visit www.usfa.fema.gov.



Can you hear your alarm?

If you can't, consider getting a strobe light that will flash or a bed shaker that will shake when the smoke alarm sounds.

U.S. Fire Administration FEMA

Think about your needs.

Be sure to keep your glasses, hearing aid, cane or wheel chair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.

FEMA

National Electric Safety Month

CONNECTED to SAFETY

Making your Home Safe and Efficient

Whether you're **working** from home, **learning** from home, or just **spending more time** at home, it is important to make sure your home is electrically safe, secure, and efficient. Learn how the **internet of things** and **smart devices** can improve your quality of life and **make your home safer**.

Home Energy Use



AVERAGE YEARLY ENERGY USE BY ITEM *source: U.S. Energy Information Administration, 2015 Residential Energy Consumption Survey

Energy Efficiency Through Smart Devices

- Smart refrigerators to **optimize temperature**
- Optimize wash/dry times for **lowest energy costs**
- Automated HVAC controls
- Automated lighting
- Remote / automated outlet controls

Prepare your Home for Safe and Efficient Energy Use

- Use a **smart plug** or **power strip** to turn off power when devices are not in use
- LED light bulbs** last longer than traditional bulbs and use 25-80% less energy
- Heat only the area you're in with **energy efficient space heaters**
- Utilize **home automation** to control HVAC and lighting systems while not at home
- Have an electrician **inspect your electrical system** every 10 years to avoid overloads

Home Electrical Safety Devices

- AFCI breakers** and outlets protect against arc-faults which could lead to fires
- Grounded outlets** protect against electric shocks
- GFCI outlets** and breakers are required where water and electricity may come in contact and protect against ground-faults
- Surge protectors** protect against damaging power surges that can destroy electrical equipment

National Electrical Safety month is set aside every year to raise awareness on how to avoid potential electrical hazards. According to the National Fire Protection Association, 47,700 home fires in the U.S. are caused by electrical failures or malfunctions each year. These fires result in 418 deaths, 1,570 injuries, and \$1.4 billion in property damage. Overloaded electrical circuits are a major cause of residential fires.

save lives

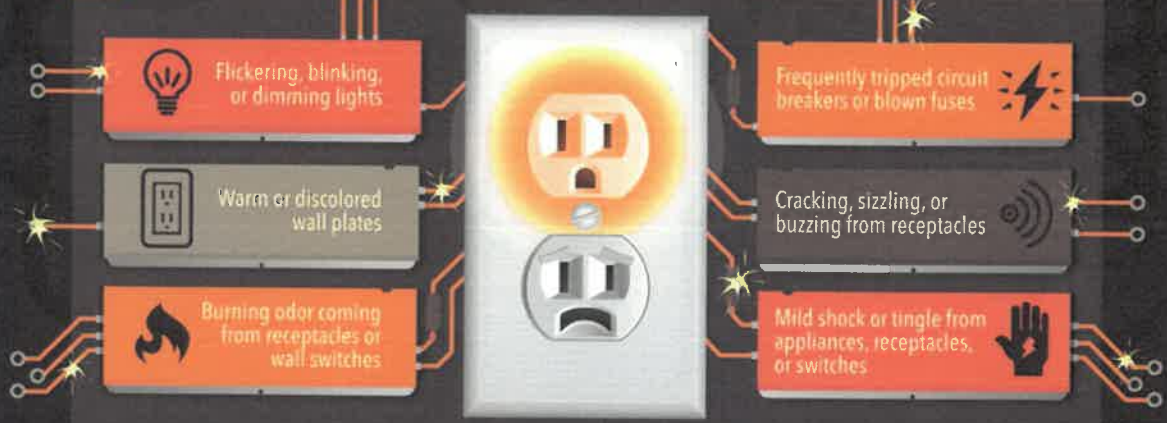
ESFIdotorg www.youtube.com/ESFIdotorg

National Electric Safety Month

DON'T OVERLOAD YOUR HOME!

i According to the National Fire Protection Association, **47,700 home fires** in the U.S. are caused by electrical failure or malfunction each year. These fires result in **418 deaths, 1,570 injuries, and \$1.4 billion in property damage**. Overloaded electrical circuits are a major cause of residential fires. Help lower your risk of electrical fires by not overloading your electrical system.


OVERLOADED CIRCUIT WARNING SIGNS



HOW TO PREVENT ELECTRICAL OVERLOADS

<p>Never use extension cords or multi-outlet converters for appliances.</p> 	<p>All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat-producing appliance into a receptacle outlet at a time.</p> 
<p>A heavy reliance on extension cords is an indication that you have too few outlets to address your needs. Have a qualified electrician inspect your home and add new outlets.</p> 	<p>Power strips only add additional outlets; they do not change the amount of power being received from the outlet.</p> 

50% The CPSC estimates more than 50% of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs). To learn more about AFCIs, visit ESFI.org.

 Only use the appropriate watt bulb for any lighting fixture. Using a larger watt light bulb may cause a fire.

MAY IS NATIONAL ELECTRICAL SAFETY MONTH
www.facebook.com/ESFI.org www.twitter.com/ESFI.org www.youtube.com/ESFI.org

Please share this free resource to save lives

National Water Safety Month

Memorial Day Weekend marks the "unofficial" beginning to summer and pool season. If you have a pool at your home, it's important to keep safety in mind; especially if children are around. According to the American Red Cross, 69% of young children who drown were not expected to be in or near the water. Keep these safety steps to help ensure safety around the pool this summer.

- 1) Setup Pool & Spa Barriers
- 2) Secure the Gates and Doors
- 3) Inspect Pool Drains and Drain Covers
- 4) Maintain the Pool & Cleaning Chemicals
- 5) Enforce Pool Safety Rules and Skills
- 6) Put phones away and watch children in or around the water at all times.

<https://www.safety.com/pool-safety-tips/>



Take the pool safety pledge:

- Designate a water watcher
- Make sure kids know how to swim
- Learn CPR
- Always remove portable pool ladders when not in use
- Ensure all permanent pools have a proper fence, gate and safe drain covers

<https://www.poolsafely.gov/pledge/>

Be there for those who need you

KEEP SUMMER FUN BY KEEPING KIDS SAFE

- Supervise**
 Never take your eyes off children in and around water.
- Use Barriers**
 Fences, self-closing/self-latching gates and secured doors with alarms can prevent young children from wandering into the pool.
- Avoid Entrapment**
 Suction from a pool's drain is so powerful it can trap an adult underwater. Check for broken or missing drain covers.
- Learn to Swim**
 To stay safe in the water, all family members should learn to swim well.
- Know How to Respond**
 Get training in basic water rescue skills, first aid and CPR. Have rescue equipment and a phone by the pool.

Partners in Drowning Prevention



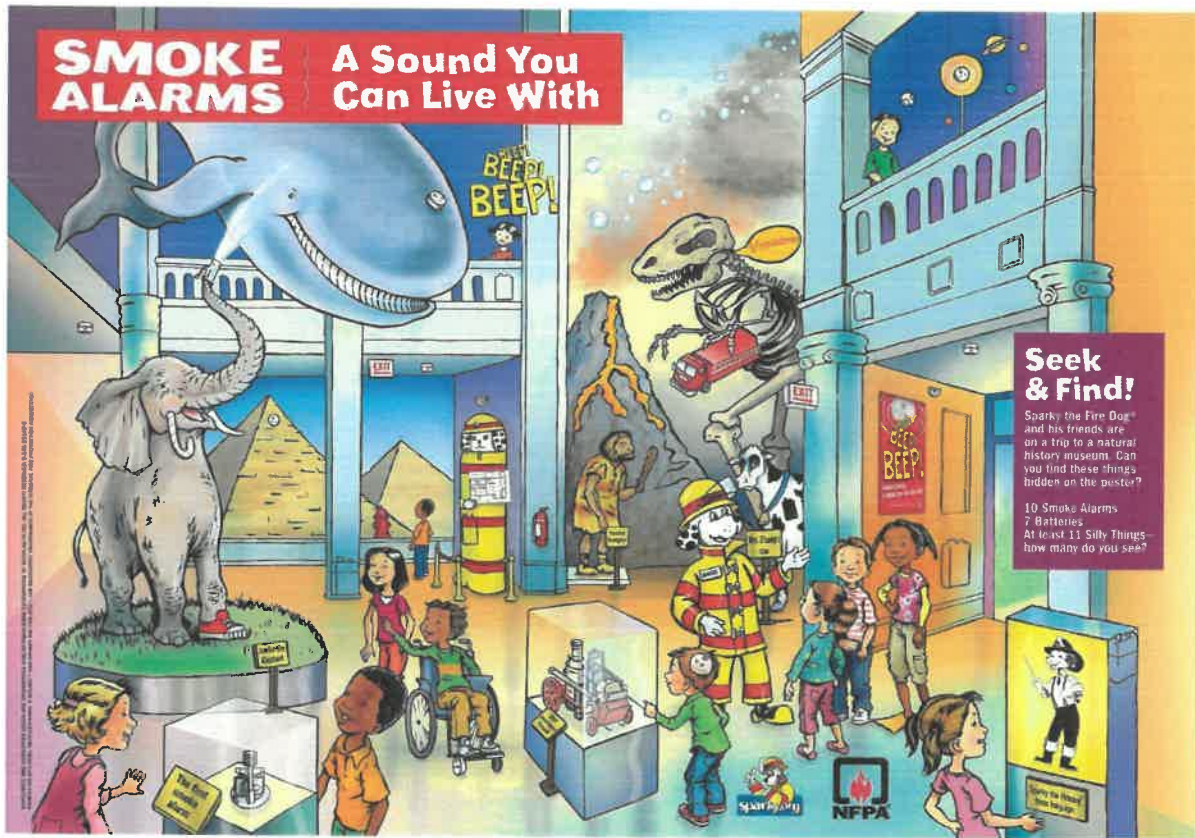
U.S. Consumer Product Safety Commission
 CPSC hotline: 800-638-2772 and 800-638-8270 (TTY)



Sign up to receive free NSN safety alerts and posters at www.cpsc.gov

MS-05-1

Kid's Corner



NATIONAL Water Safety MONTH

I'm a Safe Swimmer Pledge

To be a safe swimmer, I pledge:

- To never swim alone
- To never play or swim near drains or suction fittings
- To always dive feet first
- To always obey the pool rules

Pledged by:

Signature _____ Date _____ Age _____