

THE BUZZ



SENIOR SAFETY AWARENESS

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Senior Safety News

Senior Safety Online and the IAMAW retirees

Senior Safety Online was recently selected by the IAMAW's Community Services/EAP/Retiree Benefits Department to provide our Safety Awareness program to the IAMAW's retiree clubs throughout the country.

Senior Safety Online has a proven safety awareness program that has been successful in reducing falls and fires while working with Senior Housing Facilities. We are rolling the program into senior communities.

Our program is simple but effective. It relies on internet tools that support ongoing seminars and reinforce seminar content with posters, checklists and a newsletter.

We will use our internet based tools which can be found at www.seniorsafetyonline.com. These tools include posters for club meeting halls, checklists for avoiding falls and fires at home that can be used by retirees at home, tools to help retirees manage their prescriptions and seminar guidelines and suggestions for safety awareness seminars.

As announced on our home page, all tools are free. Furthermore, we welcome a dialogue with IAMAW retirees in enlarging and improving the program. Our site has a contact page that will allow IAMAW retirees to give us ideas and suggestions.

We can tailor our program for different areas of the country and different communities. Retirees in Florida do not face fall hazards due to icing conditions while those in Minnesota have to deal with these conditions.

We will be working with the IAMAW Retiree Department to develop community based ongoing safety seminars at IAMAW locals and in the surrounding senior community using senior centers, churches and other senior community resources.

Senior Safety Announcement

Elderly Housing Development and Operations Corporation (EHDOC), a premier provider of Senior Housing has tasked Senior Safety Online to provide their residents with safety awareness booklets designed to introduce them to safety issues within their living units.

We are happy to build them tools they can use to provide a safer living community for their residents.

We look forward to helping EHDOC reach into the communities surrounding their housing units in order to improve seniors quality of life.

You can view this booklet by going to www.seniorsafety-online.com.

Candle Fire Safety

Use Candles with Care

Candle Statistics

Candles cause an estimated 15,600 fires in residential structures, 150 deaths, 1,270 injuries, and \$539 million in estimated direct property damage each year.

Over half (55%) of home candle fires start because the candle is too close to some combustible material.

- More candle fires (38%) begin in the bedroom than in any other room.
- Falling asleep is a factor in 12% of home candle fires and 26% of the associated deaths.
- Half of all civilian candle fire deaths occur between Midnight and 6 AM.
- December is the peak month for candle fires; Christmas is the peak day.
- Young children and older adults have the highest death risk from candle fires.
- The risk of a fatal candle fire appears higher when candles are used for light.

BEE especially careful using candles during the holiday season and during the winter.

Fact: The majority of candle fires result from human error and negligence.

Candle Fire Safety Tips

- Avoid using lighted candles.
- If you do use candles, ensure they are in sturdy metal, glass, or ceramic holders and placed where they cannot be easily knocked down.
- Keep candles out of the reach of children and pets.
- Set a good example by using matches, lighters, and fire carefully.
- Never put candles on a Christmas tree.
- Never leave the house with candles burning.
- Extinguish candles after use.
- Establish a fire-safe home, especially a safe sleeping environment. And NEVER leave burning candles unattended!

Source: United States Fire Association



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The Buzz - Published by Senior Safety Online

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COOKING FIRE SAFETY

MANY FAMILIES GATHER IN THE KITCHEN TO SPEND TIME TOGETHER, BUT IT CAN BE ONE OF THE MOST HAZARDOUS ROOMS IN THE HOUSE IF YOU DON'T PRACTICE SAFE COOKING BEHAVIORS.

COOKING EQUIPMENT, MOST OFTEN A RANGE OR STOVETOP, IS THE LEADING CAUSE OF REPORTED HOME FIRES AND HOME FIRE INJURIES IN THE UNITED STATES.

IT'S A RECIPE FOR SERIOUS INJURY OR EVEN DEATH:

- TO WEAR LOOSE CLOTHING (ESPECIALLY HANGING SLEEVES)
- WALK AWAY FROM A COOKING POT ON THE STOVE
- LEAVE FLAMMABLE MATERIALS, SUCH AS POT HOLDERS OR PAPER TOWELS, AROUND THE STOVE.

PRACTICING SAFE COOKING BEHAVIORS WILL HELP KEEP YOU AND YOUR FAMILY SAFE.

SAFE COOKING BEHAVIORS

- CHOOSE THE RIGHT EQUIPMENT AND USE IT PROPERLY
- ALWAYS USE COOKING EQUIPMENT TESTED AND APPROVED BY A RECOGNIZED TESTING FACILITY.
- FOLLOW MANUFACTURERS' INSTRUCTIONS AND CODE REQUIREMENTS WHEN INSTALLING AND OPERATING COOKING EQUIPMENT.
- PLUG MICROWAVE OVENS AND OTHER COOKING APPLIANCES DIRECTLY INTO AN OUTLET.
- NEVER USE AN EXTENSION CORD FOR A COOKING APPLIANCE, AS IT CAN OVERLOAD THE CIRCUIT AND CAUSE A FIRE.

USE BARBECUE GRILLS SAFELY

- POSITION THE GRILL WELL AWAY FROM SIDING, DECK RAILINGS, AND OUT FROM UNDER EAVES AND OVERHANGING BRANCHES.
- PLACE THE GRILL A SAFE DISTANCE FROM LAWN GAMES, PLAY AREAS, AND FOOT TRAFFIC.
- PUT OUT SEVERAL LONG-HANDLED GRILLING TOOLS TO GIVE THE CHEF PLENTY OF CLEARANCE FROM HEAT

AND FLAMES WHEN COOKING FOOD.

- PERIODICALLY REMOVE GREASE OR FAT BUILDUP IN TRAYS BELOW GRILL SO IT CANNOT BE IGNITED BY A HOT GRILL.
- USE ONLY OUTDOORS! IF USED INDOORS, OR IN ANY ENCLOSED SPACES, SUCH AS TENTS, BARBECUE GRILLS POSE BOTH A FIRE HAZARD AND THE RISK OF EXPOSING OCCUPANTS TO CARBON MONOXIDE.

PROPANE GRILLS

CHECK THE PROPANE CYLINDER HOSE FOR LEAKS BEFORE USING IT FOR THE FIRST TIME EACH YEAR. A LIGHT SOAP AND WATER SOLUTION APPLIED TO THE HOSE WILL REVEAL ESCAPING PROPANE QUICKLY BY RELEASING BUBBLES.

- IF YOU DETERMINED YOUR GRILL HAS A GAS LEAK BY SMELL OR THE SOAPY BUBBLE TEST AND THERE IS NO FLAME: TURN OFF THE PROPANE TANK AND GRILL.
- IF THE LEAK STOPS, GET THE GRILL SERVICED BY A PROFESSIONAL BEFORE USING IT AGAIN.
- IF THE LEAK DOES NOT STOP, CALL THE FIRE DEPARTMENT.
- IF YOU SMELL GAS WHILE COOKING, IMMEDIATELY GET AWAY FROM THE GRILL AND CALL THE FIRE DEPARTMENT. DO NOT ATTEMPT TO MOVE THE GRILL.

ALL PROPANE CYLINDERS MANUFACTURED AFTER APRIL 2002 MUST HAVE OVERFILL PROTECTION DEVICES (OPD). OPDs SHUT OFF THE FLOW OF PROPANE BEFORE CAPACITY IS REACHED, LIMITING THE POTENTIAL FOR RELEASE OF PROPANE GAS IF THE CYLINDER HEATS UP. OPDs ARE EASILY IDENTIFIED BY THEIR TRIANGULAR-SHAPED HAND WHEEL.

- USE ONLY EQUIPMENT BEARING THE MARK OF AN INDEPENDENT TESTING LABORATORY. FOLLOW THE MANUFACTURERS' INSTRUCTIONS ON HOW TO SET UP THE GRILL AND MAINTAIN IT.
- NEVER STORE PROPANE CYLINDERS IN BUILDINGS OR GARAGES. IF YOU STORE A GAS GRILL INSIDE DURING THE WINTER, DISCONNECT THE CYLINDER AND LEAVE IT OUTSIDE.

WATCH WHAT YOU HEAT

THE LEADING CAUSE OF FIRES IN THE KITCHEN IS UNATTENDED COOKING.

- STAY IN THE KITCHEN WHEN YOU ARE FRYING, GRILLING, OR BROILING FOOD.
- IF YOU LEAVE THE KITCHEN FOR EVEN A SHORT PERIOD OF TIME, TURN OFF THE STOVE.

IF YOU ARE SIMMERING, BAKING, ROASTING, OR BOILING FOOD, CHECK IT REGULARLY, REMAIN IN THE HOME

WHILE FOOD IS COOKING, AND USE A TIMER TO REMIND YOU THAT YOU'RE COOKING.

STAY ALERT! TO PREVENT COOKING FIRES, YOU HAVE TO BE ALERT. YOU WON'T BE IF YOU ARE SLEEPY, HAVE BEEN DRINKING ALCOHOL, OR HAVE TAKEN MEDICINE THAT MAKES YOU DROWSY.

KEEP THINGS THAT CAN CATCH FIRE AND HEAT SOURCES APART

- KEEP ANYTHING THAT CAN CATCH FIRE - POTHOLDERS, OVEN MITTS, WOODEN UTENSILS, PAPER OR PLASTIC BAGS, FOOD PACKAGING, TOWELS, OR CURTAINS - AWAY FROM YOUR STOVETOP.
- KEEP THE STOVETOP, BURNERS, AND OVEN CLEAN.



KEEP PETS OFF COOKING SURFACES AND NEARBY COUNTERTOPS TO PREVENT THEM FROM KNOCKING THINGS ONTO THE BURNER.

WEAR SHORT, CLOSE-FITTING OR TIGHTLY ROLLED SLEEVES WHEN COOKING. LOOSE CLOTHING CAN DANGLE ONTO STOVE BURNERS AND CATCH FIRE IF IT COMES INTO CONTACT WITH A GAS FLAME OR ELECTRIC BURNER.

How and When to Fight Cooking Fires

WHEN IN DOUBT, JUST GET OUT. WHEN YOU LEAVE, CLOSE THE DOOR BEHIND YOU TO HELP CONTAIN THE FIRE. CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER AFTER YOU LEAVE.

IF YOU DO TRY TO FIGHT THE FIRE, BE SURE OTHERS ARE ALREADY GETTING OUT AND YOU HAVE A CLEAR PATH TO THE EXIT.

- ALWAYS KEEP AN OVEN MITT AND A LID NEARBY WHEN YOU ARE COOKING. IF A SMALL GREASE FIRE STARTS IN A PAN, SMOTHER THE FLAMES BY CAREFULLY SLIDING THE LID OVER THE PAN (MAKE SURE YOU ARE WEARING THE OVEN MITT).



- TURN OFF THE BURNER. DO NOT MOVE THE PAN. TO KEEP THE FIRE FROM RESTARTING, LEAVE THE LID ON UNTIL THE PAN IS COMPLETELY COOL.
- IN CASE OF AN OVEN FIRE, TURN OFF THE HEAT AND KEEP THE DOOR CLOSED TO PREVENT FLAMES FROM BURNING YOU OR YOUR CLOTHING.
- IF YOU HAVE A FIRE IN YOUR MICROWAVE OVEN, TURN IT OFF IMMEDIATELY AND KEEP THE DOOR CLOSED. NEVER OPEN THE DOOR UNTIL THE FIRE IS COMPLETELY OUT. UNPLUG THE APPLIANCE IF YOU CAN SAFELY REACH THE OUTLET.

AFTER A FIRE, BOTH OVENS AND MICROWAVES SHOULD BE CHECKED AND/OR SERVICED BEFORE BEING USED AGAIN.



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NUISANCE SMOKE ALARMS

MOVE SMOKE ALARMS FARTHER AWAY FROM KITCHENS ACCORDING TO MANUFACTURERS' INSTRUCTIONS AND/OR INSTALL

A SMOKE ALARM WITH A PAUSE BUTTON.

IF A SMOKE ALARM SOUNDS DURING NORMAL COOKING, PRESS THE PAUSE BUTTON IF THE SMOKE ALARM HAS ONE.

- OPEN THE DOOR OR WINDOW OR FAN THE AREA WITH A TOWEL TO GET THE AIR MOVING.
- DO NOT DISABLE THE SMOKE ALARM OR TAKE OUT THE BATTERIES.
- TREAT EVERY SMOKE ALARM ACTIVATION AS A LIKELY FIRE AND REACT QUICKLY AND SAFELY TO THE ALARM.

SOURCE: US FIRE ADMINISTRATION



Senior Safety Online welcomes any ideas or suggestions that you want to share with us. Go to www.seniorsafetyonline.com and use the contact form to contact us.

We work with Housing Service Coordinators and community activists to improve our program.

Become a Star! We will feature you in our newsletter.

Protect Yourself and Your home from electrical hazards

By recognizing electrical hazards that may be present in your home, you can protect your family, home and assets from damage caused by electrical surges.

To prevent such damage, consider using lightning protection systems and surge protection devices and investing in Arc Fault Circuit Interrupters (AFCIs), and follow some general prevention tips.

Where do electrical surges come from? Electrical surges happen in storms when:

- Electric utility lines touch one another
- Power grid switching occurs
- Air conditioning units, furnaces, refrigerators or vacuum cleaners turn on and off.
- Lightning strikes within two miles of a home

Lightning Protection Systems

- Provide a direct path for the lightning to follow to the ground
- Prevent destruction, damage, injury or death as it travels that path

Surge Protection Devices

Properly installed surge protection devices (SPDs), combined with a good grounding system, should protect your electronic and electrical appliances from all but the most severe electrical surges. An SPD does not suppress or arrest a surge; it actually diverts the surge to the ground.

Each time a surge occurs, the damage to the electronic or electrical appliance accumulates, weakening the appliance components until they finally fail.

Things to consider when looking for SPDs:

- The surge protector should be listed to UL Standard 1449.
- The surge protector must be capable of protecting all power and signal lines that are connected to the protected equipment.
- Examples of signal lines: phone lines and coaxial cable from satellite, cable TV or external antenna.
- Select a surge protector that has an indicating light and/or audible alarm to show when it needs replacement.

Arc Fault Circuit Interrupters (AFCIs)

AFCIs are able to detect certain types of dangerous arcing conditions. They look and work just like conventional circuit breakers and fit into electrical panels in the same way. Not only do they protect against overloads and short circuits, but they also electronically sense arcing.

Consider using AFCIs in older homes that may have aged or damaged electrical wire insulation. It may also be wise for newly constructed houses to have an AFCI due to electrical wires that may have been damaged by nails and screws that are concealed inside walls and ceilings.

Electrical Cords

- Extension cords are a temporary, not permanent, wiring solution.
- Avoid overheating by using extension cords of the proper size for the load they will carry and by using cords as short as practical.
- Regularly check cords for damage and never repair by splicing.
- Avoid using "octopus plugs" which allow many cords to be plugged into a single receptacle.

Electrical Appliances and Tools

- Hire a qualified electrician to replace two prong outlets with three prong GFCI outlets if your appliances have three prong plugs. Never remove the grounding prong on an appliance cord.
- Unplug any appliance or tool that gives even the slightest shock (i.e. tingling sensation) and have it checked by a qualified electrician or repair person.

