

# Critical Days of Summer Safety Campaign 2020



Week 11 of 16

## Home Safety and Fire Prevention

*Many accidents and injuries happen in the home. However, there are many steps you can take to prevent these injuries and keep you and your family safer at home.*

### Reducing Risk at Home

- Always keep a safe separation distance between flammable objects (papers, curtains, plastics, etc.) and fire sources (oven, stove top, portable heater, BBQ's, fire pits, etc.).
- Use caution and follow all safety instructions when using harmful chemicals and flame producing items (cleaning solutions, lighters) and always keep them out of the reach of small children.
- Never leave knives or other sharp tools or utensils where they may have the tendency to cause harm. Always ensure these objects are out of reach of children.
- Leave space around appliances for proper ventilation and keep them away from water. Ensure electrical cords aren't draped across appliances, through wet surfaces or across hot objects.
- If you have young children, take additional steps to guard against accidents by installing cabinet locks, electrical outlet guards. Home childproofing tips can be found at [www.verywellfamily.com](http://www.verywellfamily.com) or on [www.google.com](http://www.google.com).



- Keep steps clean, dry, clutter free and well lit.
- Check that the stair rail is sturdy and secure. If the railing is loose, contact the Family Housing Office.
- Don't overload electrical outlets. If the circuit breaker "trips" the power in your home, call the trouble desk or Family Housing Office to ensure that there is not an electrical issue in the home.
- You're most vulnerable when you sleep. Keep a phone and flashlight within reach, in the event of an emergency or power outage.

**More than 18,000 Americans die every year from injuries that take place in the home. Of those, 2,300 are children under 15. The most common causes are falls, poisoning, suffocation, and drowning.**



## Fire Prevention

- Test smoke alarms every month and replace batteries every six months.
- Never leave cooking unattended. Keep towels, pot holders, and curtains away from flames.
- Keep matches and lighters away from children.
- Make sure electrical equipment is in proper working order.
- Have a fire extinguisher in your home and learn how to use it.
- Learn how to put out kitchen fires.
- Clean your clothes dryer lint trap and never leave it running when sleeping or away from your home.

***Per MCASO 11300.5F, space heaters are prohibited in bachelor and family housing. A space heater found in these quarters will be removed and the proper authorities will be notified.***

**Fire is FAST.** In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.

**Fire is DARK.** Fire produces thick, black smoke and gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

**Fire is HOT.** Heat and smoke from fire can be more dangerous than the flames. Inhaling the superhot air can sear your lungs.

## Plan and Practice

- Talk with all family members about a fire escape plan and practice the plan twice a year.
- Draw an evacuation map so that it's easy for your little ones to understand what their route will be to get outside. Keep it on the fridge year-round so it's always top of mind.
- Assign one person (an adult or parent) to keep track of the cat or dog, so that everyone isn't looking for a beloved pet during an emergency.
- Identify two ways out of each room in your home and make sure the exits are always free of furniture or clutter.
- Establish a family meeting spot outside the home – and remind everyone where it is.
- If a fire occurs in your home, **GET OUT, STAY OUT and CALL FOR HELP.** Never go back inside for anything or anyone.



**Questions? Contact the MCAS Iwakuni Station Safety Center**