

8 Cool a Burn



- Run cool water over a burn for 5 to 10 minutes to ease the pain.
- Never use butter or any other grease on a burn. It only seals in the heat and continues to burn.
- If the burn is blistered or charred, seek medical attention immediately.

9 Crawl Low Under Smoke



- During fire, smoke and poisonous gases rise with the heat. The air near the floor is cleaner.
- If you must escape through smoke, crawl on your hands and knees to the nearest exit. Crawl with your head 30 to 60 cm above the floor.

10 Stop Drop and Roll



- If your clothes catch on fire roll don't run; running will only fan the flames.
- **Stop** where you are,
- **Drop** to the ground, **Cover** your face and
- **Roll** over and over until the fire is out.
- If someone is unable to roll on his or her own, smother the fire using a blanket, towel or coat.

In an emergency, call 9-1-1,



For more information
contact Community Relations
at 975-2574



Ten Tips For Fire Safety



1 Install and Test Smoke Detectors

- Smoke detectors alert you to fire and give you time to escape.
- Install a smoke detector on each level of your home and near sleeping areas.
- Test your detectors once a week and replace the batteries once a year.



2 If There Is A Fire

- Prepare and practise a fire escape plan with each member of the family.
- Plan two ways out of each room- windows and doors.
- Select a safe place outside for everyone to meet after the escape.
- Practise your plan.
- If you live in a multi-storey building, never use the elevator in the event of a fire.

3 Give Space Heaters Space

- Keep portable space heaters 1 metre (3 feet) away from anything that can burn.
- Never leave heaters on when you leave the house or go to bed.
- Keep children away from heaters.



4 Smoking Materials are Hazardous

- Never smoke in bed or when feeling drowsy.
- Use a deep non-tip ashtray.
- Check under and around furniture before going to bed.

5 Be Careful when Cooking

- Never leave cooking unattended.
- Enforce a “kid-free zone” **3 feet** around the stove.
- Turn pot handles inward on the stove where children cannot grab them.
- **Do not** wear loose fitting clothing while cooking.
- If a pot catches fire, **slide** a lid over the pot, **remove** it from heat, **and do not** remove the lid until the pot is completely cool.



6 Matches and Lighters-Tools Not Toys

- Use only child-resistant lighters.
- Store matches and lighters up high where children cannot see or reach them.
- Teach children that lighters and matches are tools to be used by adults.



7 Use Electricity Safely

- If an appliance smokes or smells like it is burning, unplug it immediately and have it repaired.
- Check all electrical cords and replace any that are cracked or frayed.
- Do not overload electrical outlets.
- Do not run extension cords under rugs or carpet.
- Do not tamper with your fuse box. Ensure that the fuses being used are the correct size and voltage.

