

If Your Clothes Catch on Fire

and you are unable to *Stop, Drop and Roll...*



Stop, do not run.



Smother the flames on your clothing with a blanket or towel.



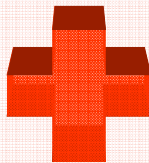
Cool the burn with plenty of cool (not cold) water.



Call 911, or your local emergency number.

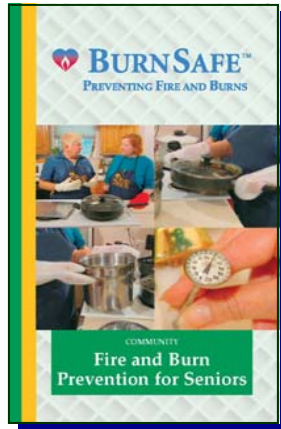
If you are burned:

- + After cooling with water, gently dry the burned area.
- + Remove jewelry near the burn.
- + Do NOT use butter, ice or first aid creams.
- + Wrap it with a clean bandage.
- + Seek medical help when necessary.



Project BurnSafe™

The *BurnSafe™* digital media library provides the tools and knowledge needed to prevent fire and burn injury for children, families, firefighters, healthcare professionals, teachers, employers and the community-at-large.



The mission of the Burn Foundation is to serve the greater Philadelphia region in the prevention of burns; in the support of the burn care community; and in enhancing the quality of life for burn survivors and their families.. If you would like to help us in this work, please send your tax-deductible contributions to the address below or visit our website.



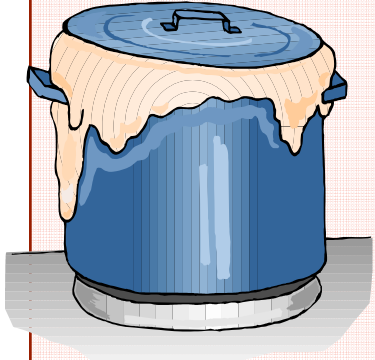
1520 Locust Street, Suite 401
Philadelphia, PA 19102
Tel: (215) 545-3816 • Fax: (215) 545-3818
www.burnfoundation.org



Fire and Burn Prevention for Seniors

COOKING is the leading cause of **burn** injury to older adults

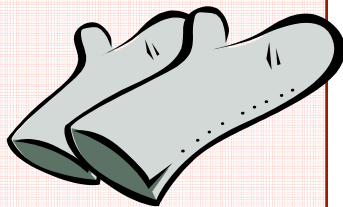
Cooking Safely



- Never leave the stove unattended when cooking.
- If you must

leave the kitchen; take a reminder with you or set a timer.

- Turn pot handles away from the stove front. Cook on rear burners.
- Avoid clothing with loose sleeves.
- Use long oven mitts
- Avoid burns from steam: vent and open microwaved foods away from your face.
- Keep towels and other flammables away from burners.



Extinguishing Grease Fires



1. Never use water.
2. Slide a lid or cookie sheet over the burning pan.
3. Turn off the stove.
4. Let the pan cool before moving it.

SMOKING

Is the *Leading Cause* of home fire fatality:

- Smoke Outside.
- Never smoke in bed.
- Avoid alcohol and medications that make you sleepy.
- Use large deep ashtrays.
- Wet butts before throwing them away.
- Check for stray cigarette butts around furniture.



HOME SAFETY

- ▶ Install and maintain smoke alarms on every level of your home and in every sleeping area.

- ▶ Have a home escape plan and keep escape routes clear of clutter.

- ▶ Get Out and Stay Out as soon as you discover a fire. Then call 911. Keep emergency numbers by the phone.



- ▶ Keep a flashlight, money and keys by the door.

- ▶ Don't overload electrical outlets.

Make sure cords and appliances are in good condition.

- ▶ Follow the 3-foot safety rule: no combustibles within 3 ft. of space heaters or candles.

- ▶ Choose to live in a building with fire sprinklers.

Know how to get out of every room in your home.