



Bay Roberts Volunteer Fire Department
P.O. Box 585 Bay Roberts, NL A0A 1G0
General Inquires: (709) 786-6951
Cell (709) 683-7366 Fax: (709) 786-6971
Emergency calls: (709) 786-6666
Fire Dept. f6baytc@nf.aibn.com

Seniors and Persons with a disability Fire Safety

If you are a senior or a person with a disability, it is important that you protect yourself from fire. Prevention is the only way to keep your home and your family safe.

The following few steps may help prevent a fire

Cooking:

- ✚ Never leave cooking unattended.
- ✚ Wear clothes with tight fitting sleeves when you cook.
- ✚ Always set a kitchen timer to remind you to turn off the burners and oven.
- ✚ Keep stove surfaces free of clutter and built-up of grease.
- ✚ For a grease fire, simply cover with a lid & turn off the stove.
NEVER TRY TO REMOVE IT. This could result in severe injuries to yourself as well as spreading the fire if you should drop it. If your clothes should catch on fire, STOP where you are, DROP gently to the floor, ROLL back a forth with your hands covering your face.

Smokers:

- ✚ Use a large, deep, non tip ashtray.
- ✚ Empty ashtrays often, wetting the contents before dumping into the trash.
- ✚ Never put paper or other small pieces of garage in the ashtray.
- ✚ Never smoke in bed while consuming alcohol or taking medication that could make you drowsy or disoriented.

Space Heaters:

- ✚ Keep space heaters at least 3-feet from everything—including you!
- ✚ Just brushing against one could set your clothing on fire.
- ✚ Smoke Detectors:
 - ✚ Be sure to have smoke detectors outside all sleeping areas on every level of your home, including the basement.
 - ✚ Test your detectors monthly, and change your batteries once a year.
 - ✚ If you sleep in a room with the doors closed, install a smoke detector inside the room as well.
 - ✚ If you are hearing impaired, use a tested and approved smoke detector that triggers a strobe light.



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Some major points to consider...

If you are a senior, or if you have a disability, you may require special arrangements when escaping your home during a fire. If stairways are a problem for you, a ground floor bedroom would serve you better. Also you must include your special arrangements when making up your escape plan. Be sure to include stairs & hallways in your plan. Always have a meeting place outside where every member of the household would gather. You should designate a member of the household to assist. Make sure their names and duties are included in the escape plan. You should also have a backup person assigned in case the person isn't home. If you live in an apartment building or a multi-story house make sure you have two escape routes. Remember never use elevators during a fire. It is also very important to practice unlocking your doors quickly. If possible have a telephone, whistle, flashlight and your glasses by your bedside. Make sure you have emergency numbers programmed into your telephone or have the numbers taped onto the receiver of you telephone. If you have sight or hearing impaired choose smoke alarms that are loud and have flashing lights. It is important to install the fire alarm outside your sleeping quarters. During a fire you may become trapped, stay close to the ground by the nearest window close as many doors as possible use blankets or other materials to seal all cracks to keep the smoke out, place a wet cloth over your nose/mouth call the fire department and tell them where you are located use your whistle and flashlight to help the firefighters find you.

The Bay Roberts Volunteer Fire Department will be happy to assist you in planning escape routes in case of an emergency. We will come by your home and meet with you and your household members, and based on the information provided; suggest the best possible escape plan. If you need or require assistance please call our office at (709) 786-6951.