

# PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



## FIRE AND LIFE SAFETY TIP SHEET

### GET OUT, STAY OUT AND CALL 9-1-1

**FIRE is FAST!** In less than **30 seconds** a small flame can turn into a MAJOR fire. It only takes minutes for thick black smoke to fill a house and to be engulfed in flames.

**Fire is HOT!** Heat is more threatening than flames. Room temperatures during a fire can reach upwards of 100 degrees at floor level and 600 degrees at eye level. Inhaling this super hot air will scorch your lungs.

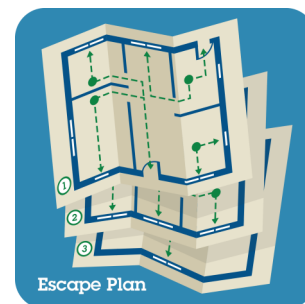
**Fire is DARK!** Fire starts bright, but quickly produces thick black smoke and complete darkness.

**Fire is DEADLY!** Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy.\*

**EVERY SECOND COUNTS! IN THE EVENT OF A FIRE: GET LOW, GET OUT, CLOSE THE DOOR BEHIND YOU, CALL 9-1-1**

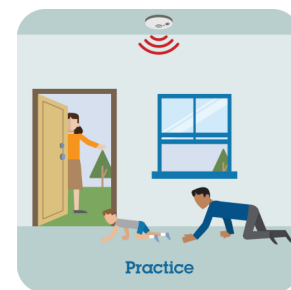
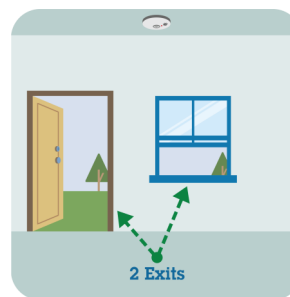
### ESCAPE PLANNING

- Ensure doorways, hallways, and stairs are clear of furniture/clutter that could obstruct an exit or be a tripping hazard during an emergency.
- Practice and implement a fire escape plan with members of your family. Know 2 ways out of every room!
- Ensure that all exit doors can be unlocked from the inside, **without** needing a key.



### HEAT AND ELECTRICAL SAFETY

- **Cooking and Heating are the leading causes of home fires.**
- Keep anything that can burn at least 3 feet from any heat source, including bedding, mattresses, and curtains.
- Do not allow anyone to use lighters and matches in an unsafe manner.
- Never leave cooking unattended or cook wearing loose clothing.
- Never overload outlets and plug strips. Inspect your extension cords!



### SMOKE ALARM SAFETY

- Install 10 year sealed smoke alarms on every level in your home near the bedrooms. Check your smoke alarms once a month.
- Carbon monoxide detectors should be present in any home that uses gas, oil, or wood burning appliances.
- Placement: 5-20 feet from furnaces and fuel burning appliances.

### HOME FIRE LIFE SAFETY

- Three out of five home fire deaths result from fires in properties without a working smoke alarm.\*
- Teach children how to dial 9-1-1 in an emergency.
- Never leave your home while the dryer is running.

\* statistics provided by Ready.gov and NFPA.org/ images from U.S Fire Administration

# PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT

## TIPsheet

### ESCAPE PLANNING FOR SENIOR ADULTS



NEED ADDITIONAL INFORMATION? PLEASE CONTACT THE  
PGFD/EMS COMMUNITY OUTREACH OFFICE AT 301-883-5250



# FIRE ESCAPE PLANNING FOR SENIOR ADULTS IN AN EMERGENCY



*Once the smoke alarm sounds, you may only have a few minutes to get to safety. Everyone needs to have a fire escape plan. Fire escape plans should be updated regularly, however, to address changes that can occur as we age, such as decreased mobility, hearing or eyesight. Use these tips to help ensure your plan is up-to-date.*

Involve all family members in revising/updating your fire escape plan. Know two ways out!

Walk through your home and note any possible exits - including windows. Know how many doors it takes you to get to the stairwell in a building if you live in a Condo/Apartment building.

Draw a floor plan of your home and mark two ways to escape from each room.

Consider whether older adults should sleep in a room on the ground floor to make escape easier. Make sure that doors and windows leading to the outside can be opened easily by everyone.

If an older adult uses a walker or wheelchair, check all exits to be sure they can fit through doorways.

Make any necessary accommodations such as providing exit ramps and widening doorways to facilitate an emergency escape.

Ensure doorways, hallways, and stairs are clear of furniture/clutter that could become an obstruction or tripping hazard during a fire emergency.

Utilize battery-powered lights to illuminate paths of exit, or have flashlights readily available and accessible.

When possible, a responsible family member (and a backup person) should be assigned to assist the elderly or persons with mobility issues who will need assistance to escape.

Check to make sure your house number is easy to see from the street so emergency personnel will be able to find you quickly.

Practice your fire escape plan at least twice per year.

**PGFD/EMS Project ID.** Project ID allows us to help identify those who will require additional services in case of an emergency. This is a private form of notification. It will be directly given to the responding units in case there is a need when a fire occurs at the location. This is not made public in any manner.

Review and revise your fire escape plan as necessary to accommodate new health or mobility concerns.

**AND REMEMBER to dial 911 In all EMERGENCIES.**

# PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



## TIPsheet

### FILE OF LIFE

NEED ADDITIONAL INFORMATION? CONTACT THE PGFD/EMS DEPARTMENT  
COMMUNITY OUTREACH OFFICE AT 301-883-5250



This “File of Life” is an effective, efficient and intelligent way to have your medical information on hand and readily available in the event of an emergency. Everyone should have a “File of Life” form completed and strategically located for quick access.

Prince George’s County Fire/EMS responds to numerous emergency medical situations each and every day. This “File of Life” program is designed to give the first responders your medical information in an expedited, yet simplistic manner.

Once completed, please place this “File of Life” on your refrigerator. Doing so will make it conspicuous and allow for quick access by the arriving first responders.

#### Fill out the “File of Life” form

- First and foremost, fill out the “File of Life” form. It is recommended that each family member have their own form. These should be in separate containers and clearly marked with their name on the file.
- Answer all questions as thoroughly as possible.
- Keep blank copies of this form to allow for updates of your evolving medical circumstances.
- Additional suggested locations to place a copy of your “File of Life”, are in your vehicle as well as in your wallet/purse.

**Remember...**

**This “File of Life” speaks for you when you are unable to do so.**

FIRST NAME		INITIAL		LAST NAME			SOCIAL SECURITY NUMBER	
STREET			CITY		STATE		ZIP	TELEPHONE
DATE OF BIRTH	MALE/FEMALE	HEIGHT	WEIGHT	HAIR COLOR	EYE COLOR	BLOOD TYPE		RELIGION
List hearing difficulties						DENTURES	UNABLE TO SPEAK	
						UPPER LOWER	<input type="checkbox"/>	
List vision difficulties						NATIVE LANGUAGE IF NOT ENGLISH		
<b>Identifying Marks</b>								
<b>Current Medical Conditions</b>								
<b>Past Medical Conditions</b>								
<b>Current Medications: Dosage and Frequency</b>								
<b>Allergies to Medications</b>								
<b>Doctors Name and Telephone Number</b>								
<b>Last Hospitalization</b>								
<b>Special Instructions such as health directives, etc...</b>								
<b>Health Insurance Policy</b>								
<b>Emergency Contact Notification - Name - Address - Phone - Relationship</b>								

# PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



## TIPsheet

### Seguridad contra incendios en el hogar

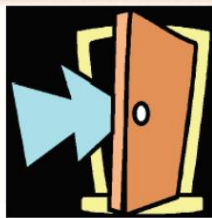
NEED ADDITIONAL INFORMATION? CONTACT  
PGFD COMMUNITY RELATIONS AND PUBLIC INFORMATION AT 301-883-5250

SAFETY FIRST!

PGFD

EVERYONE GOES HOME

#### TENGA UN PLAN DE ESCAPE DE LA CASA



- Identifique dos maneras para salir de cada cuarto en su hogar
- Practique su plan de escape por lo menos dos veces al año (cuando cambie su reloj)
- Identifique un lugar para reunirse afuera con su familia
- Nunca regrese a un edificio encendido por ninguna razón
- Recuerde siempre llamar el 911 desde un lugar seguro



#### ENSEÑE A SUS NIÑOS:

- Fósforos y encendedores no son para niños. Guárdelos fuera del alcance, o en gabinetes cerrados
- Que hacer cuando suena la alarma de humo
- Dos maneras para salir de cada salón - Practique con sus niños el plan de escape
- Manténgase lejos de objetos calientes. Enseñe a los niños a tener cuidados cuando están cerca de cosas que pueden quemarles



#### ¡ALARMAS CONTRA INCENDIOS SALVAN VIDAS!

- Instale alarmas contra incendios en cada nivel de su casa, especialmente en los pasillos próximos a las puertas de cada dormitorio
- Para un mejor nivel de protección, instale alarmas respaldadas por baterías, así se mantendrá seguro aun cuando falte la electricidad
- Pruebe sus alarmas de humo mensualmente
- Nunca desconecte o remueva las baterías de las alarmas
- Reponga las alarmas de humo con más de diez años
- Recuerde: "Cambiar su reloj y cambiar sus baterías" durante el día salva vidas



#### CONSEJOS DE SEGURIDAD PARA PERSONAS DE LA TERCERA EDAD

- Cuando cocine, vista ropa con manga corta o ajustada
- Apague la estufa si sale de la cocina mientras usa la estufa
- Use barra para agarrarse, carpetas antideslizantes de hule en la bañera o tina.
- Use alfombras que no sean lisas
- Ponga nombre a todas las medicinas
- No bloquee las salidas con muebles, ni cierre las ventanas con barras de hierro que no permitan escapar
- Mantenga información de emergencia y números telefónicos sobre o cerca de los teléfonos

**INFORMACIÓN IMPORTANTE:** Las alarmas de humo deben cambiarse cada 10 años. El estado requiere unidades de alarma de humo selladas de 10 años. Las baterías están selladas y son a prueba de manipulaciones. Por favor, compruebe la fecha de alarma de humo si es mayor de 10 años de edad debe actualizarla.



# PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



## TIPsheet



## WINTER SAFETY

NEED ADDITIONAL INFORMATION? PLEASE CONTACT THE PGFD/EMS COMMUNITY OUTREACH AND RISK REDUCTION OFFICE AT 301-883-5250



### STAYING SAFE AND WARM THIS WINTER FIRE SEASON

*Colder temperatures are in our immediate forecast and the first responders of the Prince George's County Fire/Emergency Medical Services (EMS) Department (PGFD) want you to stay safe while staying warm. The National Fire Protection Association (NFPA) and the United States Fire Administration (USFA) are joining us in reminding everyone that home fires are more common during colder months.*

"Temperatures drop and fires increase," According to NFPA statistics, space heaters account for about one third of the home heating fires yet more than 80 percent of the home heating fire deaths.

The Winter Residential Building Fires report released by USFA in 2016, reports an estimated 108,200 winter residential building fires occur annually in the United States, resulting in an estimated average of 980 deaths, 3,875 injuries, and \$1.9 billion in property loss.

#### **The majority of winter fires are caused by cooking and heating.**

The winter season brings the highest volume of home fires.

- In order to be safe, never leave food unattended on the stove
- Be mindful of leaving items in the over, even if covered.
- Stay sober and don't wear loose clothing while cooking.

#### **SPACE HEATERS NEED SPACE**

- Buy only heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make sure it has a thermostat control mechanism, and will switch off automatically if the heater falls over.
- Heaters are not dryers or tables; don't dry clothes or store objects on top of your heater.
- Space heaters need space; keep combustibles at least three feet away from each heater.
- Always unplug your electric space heater when not in use. Turn off at night or whenever you sleep.

#### **General Heating Tips**

- Furnaces, fireplaces and chimneys should be cleaned and checked periodically by an appropriate professional prior to using.
- Only use seasoned, non pine, non pressure treated wood in fireplaces, and never use ignitable liquids to start a fire.
- The **3-foot rule** applies to furnaces, space heaters, and fireplaces. No combustible items are to be within **3** feet of these heating appliances.
- Dispose of fireplace ash into a metal container and store outdoors away from structures on a non combustible surface.

#### ***Colder weather also increases the potential to carbon monoxide (CO) exposure. To help prevent illness and possibly death from exposure to CO:***

- Have a certified technician inspect all heating related equipment, kitchen appliances and vent pipes.
- Purchase and install a CO alarm that has a 10 year, sealed battery.

Finally, having a working smoke alarm dramatically increases your chances of surviving a fire. Remember to practice a home escape plan, including 2 ways out of every room, frequently with your family. Ensure that you have a charged, non expired fire extinguisher in your kitchen as well as near any fire place.