



# Senior Citizen Safety

Seniors, age 65 and older are more than twice as likely to die in a fire. Older adults are also at a higher risk of injury from fire. The top three causes of fire deaths among our senior population in New York City are smoking, heating equipment and cooking. The following are some tips to keep the senior population safe.



## DO

- Do make sure you have working smoke and carbon monoxide alarms.
- Do put out your cigarette butts if you smoke. Put them in water or sand until completely cool.
- Do be alert when cooking. Keep easy to burn items like dishtowels and pot holders away.
- Do place space heaters at least 3 feet away from anything that burns.
- Do use equipment with the Underwriters Laboratories (UL) Mark to show it has been safely tested.



## DON'T

- Don't smoke in bed or while lying down. Especially when you are drowsy or taking medication.
- Don't leave burning candles unattended. Be sure to put candles out before going to bed.
- Don't use an oven, stovetop, dryer or grill to heat your home.
- Don't use water to put out a kitchen fire. It can cause splashing and spread the fire.
- Don't wear loose fitting clothing like a nightgown or robe when cooking.
- Don't use damage or frayed cords, especially for warming equipment like an electric blanket.



A smoke alarm is the single most valuable life saving device you can have in your home.

Install a smoke alarm outside and inside each bedroom or sleeping area and on every level of your home.

Many seniors do have trouble hearing. There are special smoke alarms that shake their beds and flash bright light to let them know there is a fire. Install these alarms if you or a family member is hard of hearing.



**Don't Be Scared, Be Prepared!**  
**Knowing what to do during a fire can be the difference between life and death. Do you have an escape plan?**

