
Safe Smoking

- Try to quit again.
- Dispose of smoking materials safely. Use sturdy ashtrays or cans containing sand or water. Do not throw in the trash, on the ground, or extinguish in mulch or flower containers.
- Use large ashtrays with center rests so cigarettes fall into the ashtray not on the floor. For health and fire safety reasons, permit smoking outside only.
- Never smoke in bed.
- Keep lighters on your person, not on a table or in a purse where children can find them.
- Never smoke in homes where oxygen is in use.



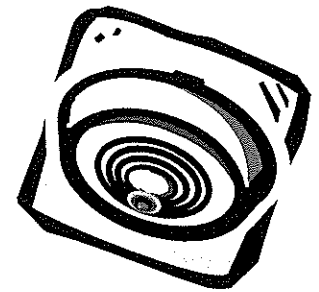
STAND BY YOUR PAN

Cooking Safety

- Put a lid on a grease fire to smother it then turn off the heat.
- Wear short or tightfitting sleeves when cooking. Loose sleeves easily catch fire.
- Never throw water on a grease fire. Water will spread the fire around.
- Never move a burning pan. You can easily ignite your clothes or spill the fire onto someone or something else.
- Stand by your pan! Never leave cooking unattended.

Match and Lighter Safety

- Purchase child resistant lighters.
- Keep all matches and lighters out of reach and sight of children in a high, locked cabinet if possible.
- Teach children that matches and lighters are not toys, they are tools for grown-ups.
- Teach young children to tell a grown-up when they see matches or lighters lying around.
- Never give a lighter to a child as a toy.



Fire Safety Tips



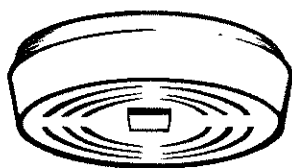
In a typical home fire, smoke, heat and toxic gases build up rapidly.

When a smoke alarm sounds, get out of the building immediately before your escape route is blocked.

To survive a fire: install and maintain smoke alarms and practice an escape plan.

Smoke Alarms

- Install smoke alarms on every level and outside each sleeping area.
- Test them monthly.
- Replace the battery twice a year.
- Never disable your alarms.
- Consider installing alarms with sealed 10-year batteries.



Home Escape Plan

- Practice your home escape plan with the whole family twice a year.
- Plan 2 ways out of each room. The easy way out is probably the door and the second way out might be a window.
- If you plan for a child or a senior to exit a window, make sure they can open it easily.
- If you can't get out, close your door and go to the window and signal for help. Teach children never to hide under beds or in closets.
- If you must go through smoke, crawl low. The coolest, cleanest air will be about 18 inches off the ground.
- Have a meeting place outside for everyone. That way you can tell the fire department that everyone is out safely.
- Stay out; don't go back into a burning building for anything.
- Call the fire department from outside the house using a cellphone, a neighbor's phone or a fire alarm box.

Use this grid to draw a floor plan of each person's bedroom or to show the whole house.

