

Electrical Safety

- Check all electrical cords and replace any that are frayed or cracked.
- Use extension cords for short periods of time and do not overload them.
- Do not run extension cords under rugs or carpets.
- Only use light bulbs that match the recommended wattage on the lamp or fixture.



Matches and Lighters: Tools not Toys

- Use only child-resistant lighters.
- Store matches and lighters up high where children cannot see or reach them.
- Teach children that lighters and matches are tools to be used by adults.



Cool a Burn

- Run cool water over a burn for 5 to 10 minutes to ease the pain.
- Never use butter or any other grease on a burn. It seals in the heat and allows it to continue to burn.
- Seek medical attention immediately if a burn is blistered or charred.



**IN AN EMERGENCY
CALL 9-1-1**



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TIPS FOR FIRE SAFETY





Install and Test Smoke Alarms

- Install at least one smoke alarm on each level of your home where people sleep.
- Interconnect smoke alarms for the best protection.
- Test your smoke alarms once a month and replace the batteries once a year.
- Replace your smoke alarms every 10 years.



Crawl Low Under Smoke

- Crawl on your hands and knees to the nearest exit.
- Keep your head 30 to 60 cm (12 to 24 inches) above the floor.
- Fire will cause smoke and poisonous gases to rise leaving the air near the floor cleaner and cooler.



Stop, Drop and Roll If Your Clothes Catch On Fire

- Stop what you are doing, drop to the ground, cover your face and roll over and over until the fire is out.
- Smother the fire using a blanket, towel or coat if someone is unable to roll on his or her own.



Prepare and Practise Your Escape

- Prepare and practise a fire escape plan with all members of your family.
- Plan two ways out of each room.
- Do not include using an elevator in your fire escape plan.
- Select a safe meeting place outside of your home.
- Plan to call 9-1-1 when you are safely outside.
- Practise your plan.



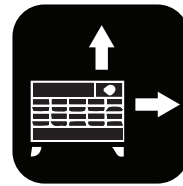
Smoking Safety

- Never smoke in bed or when you are drowsy from alcohol, medication or drugs.
- Smoke outside. Most fire deaths result from fires that started in the living room, family room or bedroom.
- Use a deep sturdy ashtray, even outside.
- Never discard cigarettes in potted plants, landscaping, leaves or other things that could easily ignite.



Be Careful When Cooking

- Stay in the kitchen when you are frying, grilling or broiling food. If you must leave the kitchen, turn the stove off.
- Check your food regularly, remain in the house and use a timer if you are simmering, baking, roasting or boiling food.
- Never wear loose fitting clothing while cooking.
- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.
- Fight small cooking fires by sliding a lid over the pan, turning the stovetop off and leaving the pan covered until it is completely cooled.
- If the fire does not go out, leave your home and call 9-1-1 immediately.



Giving Space Heaters Space

- Keep portable space heaters 1 metre (3 feet) away from anything that can burn, like upholstered furniture, clothing, mattresses or bedding.
- Keep children at least 1 metre (3 feet) away from space heaters.
- Never leave a space heater on when you go to bed or leave the house.