

For Our Oxygen Customers: Tips on Fire Prevention



When Cooking:

- Never leave a stove unattended. If you need to leave, even for a minute, make sure you turn the stove off. If food or grease catches fire, put a lid on the pan to smother the flames. *Never use water to put out a grease fire!*
- Turn pot handles away from the front of the stove so they cannot be knocked over or pulled down.

When Using Electrical Appliances/Machines:

- Unplug any appliance that begins to smell funny or produce smoke. Never use any appliance that has any exposed wires.
- Never overload extension cords with too many wires.
- Keep all extension cords out of high traffic areas.



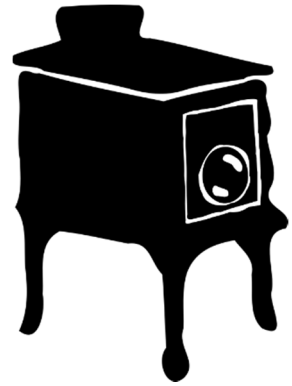
When Smoking:

• Never smoke while using oxygen or in the vicinity of your oxygen system.

- Never smoke in bed.
- Make sure that you never leave smoking materials (i.e., a lit cigarette) unattended.
- Always be alert when smoking cigarettes. Avoid smoking while under the influence of alcohol or prescription drugs that may make you drowsy.
- Soak ashes in water before disposing of them in the garbage can

When Using Heaters or Heating Systems Within Your Home:

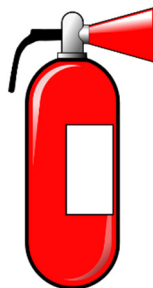
- Make sure there is adequate room surrounding the space heaters.
- Position heaters at least 3 feet away from flammable material.
- Physically, keep a safe distance between yourself and a space heater.
- Have heating systems and chimneys checked and cleaned once a year.
- Do not leave flammable materials such as fuel within your home. It is a good idea to keep materials such as these outside or in a garage area.
- Always have fireplaces covered with the appropriate protective products.



What to do Before a Fire Occurs . . .

Identify and determine the nearest emergency exit or exits within your home. It is important to always know the safest and quickest exit from any location you are in and it should always be based on your physical capabilities.

- **Install heat or smoke detectors throughout your home.** Heat and smoke detectors can reduce the chance of dying in a home fire by approximately 60%. This device is important to have in your home. It is also important to make sure that your smoke alarms are functioning properly. Ensure that your smoke detectors are tested regularly in accordance with manufacturer's specifications
- **Learn how to use a fire extinguisher.** For those who use wheelchairs, you might want to consider mounting a small personal extinguisher in an accessible place. This will be beneficial if you cannot "stop, drop, and roll" if your clothing catches on fire.



What to Do in Case a Fire Occurs . . .

- Always test doors before opening them. To do this safely, use the back of your hand and reach up high and touch the door, the doorknob, and the space between the door and the frame. If the door feels hot, keep it closed and use a second exit if available. If the door feels cool, open the door slowly and exit, staying as low to the ground as possible. If it is impossible for you to stay low to the ground, cover your mouth and nose and safely exit the room as quickly as possible.
- Exit your home as quickly as possible. Leave all personal possessions and belongings inside. These items are not worth your life. Do not use any elevators and ***do not go back inside after exiting your home.***
- If you get trapped in your room close all doors between you and the fire. Fill cracks in all open spaces so no smoke enters the room. If possible, contact the fire department and inform them what room you are in. It is also a good idea to use a light colored cloth and wave it out the window to signal the fire department when they arrive at your location.
- If you own a cell phone, keep it with you at all times. Keeping it next to your bed at night, or even in the bathroom while you are taking a shower gives you a constant means of communication, even if you are trapped in a room and unable to reach a house phone.