



OCTOBER 2007 YOUTH HEALTH BULLETIN

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Cooperative Extension Service

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www.ca.uky.edu/hes/?p=6

October 7-13th is National Fire Prevention Week

Become a fire safety advocate in your home by teaching these fire safety tips to your parents, brothers and sisters, and other family members.



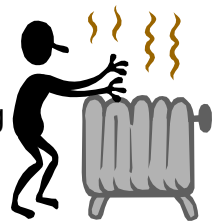
Cooking Safety



- Make sure a grown-up stays in the kitchen while food is cooking on the stove.
- Make sure stovetops and counters are clutter free and clean.
- Make sure pot holders are kept in an easy to reach area.
- Make sure pot handles are turned inward.
- Keep curtains and other fabrics away from stove or heat source.
- Maintain a kid-free zone near the stove during cooking.

Heating Safety

- Make sure portable space heaters are turned off when an adult is not in the room.
- Keep space heaters at least 3 feet from flammable materials such as curtains, rugs, and clothing.
- If your home has a fireplace make sure it has a sturdy fire screen.
- Make sure your family has your chimney cleaned each year.
- Make sure your parents have the furnace inspected each year before beginning to use it.
- Make sure propane and other flammable gases are stored outside.



Electrical Safety

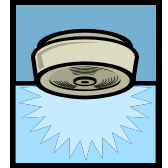


- Keep extension cords in good working condition without frayed ends or cracks.
- Make sure extension cords are not across doorways or under carpet.
- Make sure microwaves, coffee-pots, toasters are plugged into separate outlets.

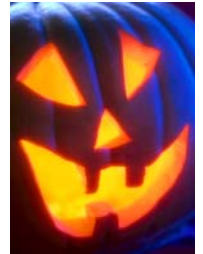


Smoke Alarms/Home Fire Escape Plan

- Make sure your home has smoke alarms outside each bedroom, in the basement, and in the kitchen.
- Make sure the batteries are in working condition.
- Make sure all home exits are clutter free.
- Does your family have a fire escape plan?
- Does your family have a safe place to meet outside in case of fire?
- Make sure your family practices a fire drill regularly.
- Keep your local fire department phone number within easy reach in case of fire.



**Insert your text here



Sources

U.S. Fire Administration for Kids (2007)
Home Fire Safety Checklist. Available
online at
<http://www.usfa.dhs.gov/kids>.



Want to learn more about health in
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You'll be glad you did!

