



**Martin County Board of County Commissioners
Fire Rescue Department-Fire Prevention Division**



Residential Readiness

Your guide to a safer home

Important Contact Information

Dial 9-1-1 for an Emergency or Life Safety Issue

Martin County Fire Prevention	772-288-5633
Community Information Hotline	772-287-1652
Martin County Emergency Management Agency	772-287-1652
Martin County Crime Tip Line	800-273-8477
Martin County Fire Rescue (Non-Emergency)	772-288-5710
Martin County Sheriff (Non-Emergency)	772-220-7000
Jupiter Island Public Safety (Non-Emergency)	772-545-0112
Ocean Breeze (Non-Emergency)	772-220-7170
Stuart Fire Department (Non-Emergency)	772-288-5300
Stuart Police Department (Non-Emergency)	772-287-1122
Florida Forest Service	863-467-3220
FL State Assistance Information Line (Active During Disasters)	800-342-3557
Florida Power and Light (Report an Outage)	800-468-8243
Florida Price Gouging Hotline (To Report)	866-966-7226
Florida Highway Patrol (From Any Cell)	*FHP
Florida Department of Environmental Protection	850-245-2118
Florida Fish and Wildlife Conservation Commission	850-488-4676
Federal Emergency Management Agency (FEMA)	800-621-3362



Social Media



Like "Martin County Board of County Commissioners" and "Martin County Fire Rescue" on Facebook

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Online Resources

The websites listed below will help you be safe and better prepared:

Martin County Fire Prevention	www.martin.fl.us/FirePrevention
Martin County Emergency Management Agency	www.martin.fl.us/EM
National Fire Protection Association	www.nfpa.org/Public-Education
Florida Forest Service	www.floridaforestservice.com
Firewise USA	www.firewise.org
US Fire Administration	www.usfa.fema.gov
Federal Emergency Management Agency	www.ready.gov
Center for Disease Control	www.cdc.gov

Fire Prevention-The Facts

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

NFPA statistics show that in 2017, U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 deaths and 10,600 injuries. On average, between 2012 and 2016 seven people died per day in home fires.



How to Prevent Fires

- **Smoke alarms save lives**

- Have smoke alarms installed on every level of your home, inside each bedroom and outside each sleeping area.
- For the best protection, make sure the alarms are interconnected so when one sounds, they all sound.
- Test your smoke alarms once a month by pushing the test button.
- Replace all alarms that are 10 years old or older.
- Make sure everyone in your home can hear the smoke alarm.
- If you are hard of hearing or remove your hearing aids to sleep, consider purchasing a strobe alarm and/or bed shaker.
- Install carbon monoxide alarms outside each sleeping area and on every level of your home.

- **Plan and practice your escape from fire and smoke**

- If possible, plan two ways out of every room in your home and two ways out of your home.
- Make sure windows and doors open easily.
- If the smoke alarm sounds, get outside and stay outside.

- **Plan your escape around your abilities**

- Keep a land line telephone or a cell phone with a charger near your bed, and post the local emergency number nearby in case you are trapped by smoke or fire.
- Consider subscribing to a medical alert system which will provide you with an emergency button to wear around your neck or wrist.
- Have other necessary items near your bed such as medications, glasses, wheelchair, walker, scooter or cane.
- Keep a flashlight and whistle near your bed to signal for help.

- **If you smoke, smoke outside**

- Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out. Never smoke in bed and never smoke if oxygen is used in the home.

How to Prevent Fires

- **Stay in the kitchen when frying food**
 - If you leave the kitchen, even for a short time, turn off the burner.
 - Use a timer when cooking and if you leave the room, take a timer, oven mitt or wooden spoon as a reminder that you have something cooking.
 - If a pan of food catches fire, slide a lid over it and turn off the burner.
 - Don't cook if you are drowsy from alcohol or medication.
 - Wear tight-fitting or short sleeves when cooking.
 - Use lightweight, manageable pans and oven mitts.
- **Give space heaters space**
 - Keep space heaters at least three feet away from anything that can burn-including you.
 - Shut off and unplug heaters when you leave your home or go to bed.
 - Always plug space heaters directly into a wall outlet, and never into an extension cord or power strip.
- **If your clothes catch fire: stop, drop and roll**
 - Stop, drop gently to the ground and cover your face with your hands.
 - Roll over and over or back and forth to put out the fire.
 - If you cannot drop and roll, use a blanket or towel to smother the flames.
 - If you use a wheelchair, scooter or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out.
 - If you are a bystander, consider grabbing a rug or blanket to help extinguish the flames.
 - Use cool (not cold or ice) water for three to five minutes to cool any burns and seek medical attention immediately.

Fire Safety Checklist

A fire can occur in any part of your home. Use the checklist below to perform a safety check of your house or apartment. Review it with everyone in your household.

Put a check in front of every item below that is true for your home.



Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Cooking Safety

- Cooking area has no flammable items.
- People stay in the kitchen when frying, grilling, broiling or boiling food.
- Pot handles are always turned toward the back of the stove.

Electrical and Appliance Safety

- All electrical cords are in good condition and are not broken or cut.
- The lint filter in the dryer is cleaned after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call an electrician)

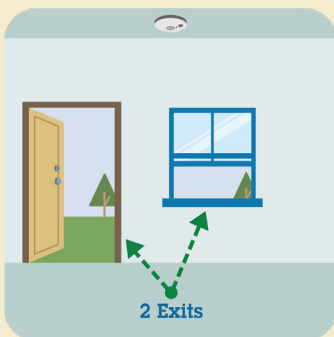
Fire Safety Checklist

Candle Safety

- Candles are in sturdy, fire-proof containers that won't tip over.
- Adults blow out all candles when leaving a room or going to bed.
- Candles are kept out of reach from children and pets.

Escape Plan

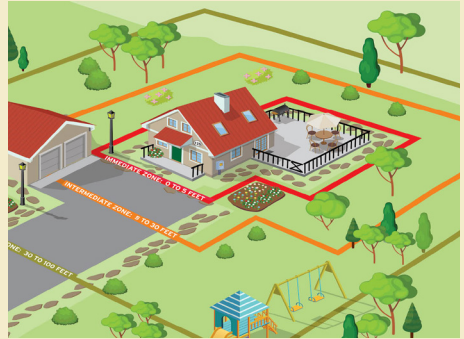
- There is an escape plan that shows two ways out of every room in the home.
- Everyone knows where the safe meeting place is outside the home.
- Everyone living in the house practices the escape plan twice a year.
- Children know how to escape on their own in case an adult can't help them.
- The escape plan works for everyone, including people who use a wheelchair, hearing aid or glasses.
- Exits are always clear and not blocked with furniture or other items.
- There is a phone near the bed to call a local emergency number in case of a fire.



Wildfire Safety Checklist

Fire season is a year round reality in Florida, requiring firefighters and residents to be on heightened alert for the threat of wildfire throughout the year. Fuel reduction is an effective way to reduce wildfires.

Prepare your home to protect it from wildfire by using the checklist below.



- Create a defensible space (buffer) of 30 feet around structures.
- Clean roofs and gutters of dead leaves, debris and pine needles.
- Trim branches that overhang the home, porch and deck, and prune branches of large trees up to 6-8 feet from the ground.
- Remove anything underneath decks and porches.
- Move any flammable material away from wall exteriors-mulch, flammable plants, leaves and needles, firewood piles-anything that can burn.
- Create an evacuation plan in case you may have to relocate.



Firewise Communities/USA is a National Fire Protection Association recognition program that empowers individuals to make homes and neighborhoods safer from wildfires. Communities, in partnership with Florida Forest Service and Martin County Fire Rescue, develop plans to reduce wildfire risk. Learn more about creating a Firewise Community at www.firewise.org.

Fall Prevention-The Facts

At age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population—and to four times by age 85.

Fires and burns are not the only hazards that threaten our older citizens. Statistics from the Center for Disease Control show that falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in falls each year. Some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

By focusing attention on these two serious issues, we can make a measurable improvement in the health and well-being of older adults, who are a rapidly growing segment of the population.



Common Myths About Older Adult Falls

Muscle strength and flexibility can't be regained

- *While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program!*

Using a walker or cane will make me more dependent

- *Walking aids are very important in helping many older adults maintain or improve their mobility.*

If I limit my activity, I won't fall

- *Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from being active.*

How to Prevent Falls

- **Exercise regularly**
 - Exercise will help you build strength and coordination.
 - Ask your doctor about the best physical exercise for you.
- **Take your time**
 - Get out of chairs slowly.
 - Sit a moment before you get out of bed.
 - Stand and get your balance before you walk.
 - Be aware of your surroundings.
- **Keep stairs and walking areas clear**
 - Remove electrical cords, shoes, clothing, books, magazines and other items that may be in the way of foot traffic.
- **Improve the lighting in and outside your home**
 - Use night lights or a flashlight to light the path between your bedroom and the bathroom.
 - Turn on the lights before using the stairs.
 - See an eye specialist once a year-better vision can help prevent falls.
- **Stairways should be well lit**
 - Lighting from both the top and the bottom of stairways is critical.
 - Have easy-to-grip handrails installed along the full length on both sides of the stairs.
- **Be aware of uneven surfaces**
 - Make sure indoor flooring is safe.
 - Use only throw rugs that have rubber, non-skid backing.
 - Always smooth out wrinkles and folds in carpeting and rugs.
 - Be aware of uneven sidewalks and pavement.
 - Always use hand rails, if available, and step carefully.

How to Prevent Falls

- **Use non-slip mats**

- Non-slip mats increase safety in the bathtub and on shower floors.
- Have grab bars installed on the wall next to the bathtub, shower and toilet.

Wear sturdy, well-fitting shoes

- Low-heeled shoes are safer than high heels, thick-soled athletic socks, slippers or stockinged feet.
- **Review medications**
 - Review medications with your doctor(s) and pharmacist at each visit, and with each new prescription.

6 SIMPLE STEPS TO PREVENT A FALL

1

Find a good balance and exercise program

Look to build balance, strength and flexibility.
Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling.
Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe.
Falls are not just a seniors' issue.





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During disasters, call the Community Information Line by dialing 772-287-1652.



To register for emergency updates, text AlertMartin to 888777.



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Stuart, FL 34996
772-288-5633

www.martin.fl.us/FirePrevention

August 2019

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