

Adult Health Bulletin



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THIS MONTH'S TOPIC:

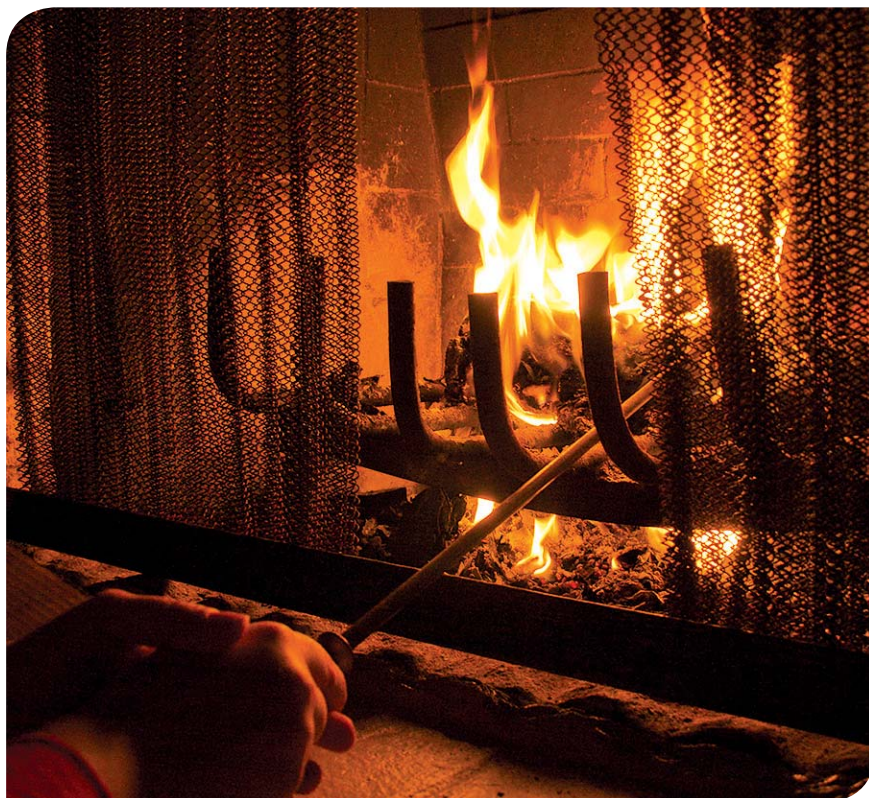
KEEPING WARM AND STAYING SAFE

As the weather is turning cooler, you may be thinking about how to keep your home warm. It is very important to keep yourself and your home warm, but it can also be dangerous. Did you know that one of the leading causes of home fire deaths is heating equipment? By following some home safety measures, you can make sure you are staying safe and warm!

Heating safety tips:

- **Watch where you place heating equipment.** You should keep anything that may burn at least 3 feet away from the heat source – fireplace, furnace, wood stove or portable heater.

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- **Be sure to watch out for your children and grandchildren.** You want to make sure children and grandchildren do not get too close to the heat source.
- **If installing new heating equipment, hire a professional.** When having a furnace or central heating equipment installed, you want to make sure it is properly installed, according to manufacturer's directions, and that all local codes are followed.
- **Make sure your heating equipment is inspected and cleaned.** Because heating equipment can cause fires if not working properly, make sure to hire a professional to clean and inspect the equipment.
- **Get a screen for your fireplace.** If you do not already have one, get a screen for your fireplace so that sparks from the fire do not fly into the room.
- **Do not use your oven to heat your home.**
- **Test smoke alarms.** You should test smoke alarms two times a year. When was the last time that you checked yours?
- **Be a smart shopper.** If you are buying a new space heater, make sure it has been tested and approved for safety.
- **Turn off portable heaters.** You should turn off portable heaters when you leave the room or when you go to bed.

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Heating equipment is the most common reason for home fires. As the weather cools down, you are bound to use your heating equipment more often. Make sure to be safe and prevent fires in your home.



SOURCE:
National Fire Protection Association. *Heating Safety Tips*. Accessed Aug. 2012 from www.nfpa.org/education

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