

# VitaMin



Vital health information in a minute

## STAY COZY AND SAFE

As you gather around the fireplace, light candles and use your ovens for holiday baking, it's important to remember fire safety. One of the most important parts of fire safety is prevention. How can you protect your loved ones? Follow these tips.

- › **Deck the halls with care.** Festive decorations may help put you in the holiday spirit, but they can also pose hidden dangers. Check all light strands for frayed wires, broken sockets or loose connections.
- › **Use caution with candles and fireplaces.** Lighters and matches should be kept out of reach of children. Don't leave the room when candles are burning. Be sure the flames are out completely before leaving the house or going to bed.
- › **Get a furnace tune-up.** Any appliance that gives off heat should be cleaned and maintained regularly, including fireplaces, furnaces, ovens and wood stoves.
- › **Keep an eye on your kitchen.** Cooking is the number one cause of house fires in the United States<sup>1</sup> Never leave your stove unattended while it's on. Keep flammable items, such as dish towels and paper packaging, away from the stove top.



- › **Install fire extinguishers.** Be sure to have one on every floor of the house, especially in the kitchen.
- › **Test smoke alarms.** Make sure your smoke alarms are in working order. Many models have a test button you can push to make sure they're working properly. If it doesn't sound the alarm, replace the batteries immediately.

If you follow these tips, you're on your way to preventing a fire in your home. If you do experience a fire emergency, be sure to call 911 once you're safely outside of your home.

### Source:

1. MedlinePlus. "Fire Safety." <http://www.nlm.nih.gov/medlineplus/firesafety.html> (accessed June 10, 2015)

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