

Though not as common as falls, fires are a serious threat to older persons. Here are some important safeguards:

- Wear tight fitting clothing when cooking. Droopy sleeves catch fire quickly.
- Never leave cooking unattended. If a pan of food catches fire, slide a lid over it, and turn off the burner.
- If your clothing catches on fire: stop, drop and roll.
- Test smoke alarms monthly.
- Smokers should use large, deep ashtrays and never smoke in bed.
- Give space heaters lots of room.
- Plan and practice escaping from your home.
- Know your local emergency number.