



LET'S TALK FIRE SAFETY

Valdosta Fire Department

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Older Adults

Older Adults Facts:

Adults age 65 and older make up about 12 percent of the total U. S. and Canadian population.

People over the age of 65 face the greatest risk of dying or becoming injured in a fire at a rate of 2 ½ times that of the general population.

Statistics from the CDC show that falls are the leading cause of death from unintentional injury in the home for older adults.

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.

Local Statistics

As of the July 2016 census report, Valdosta had a population of 56,474 and of which 6,100 are persons 65 and older.

Of the older adults in Valdosta, which accounts for 10.8% of the population, 9.4% are disabled.

Safety Tips

- If living arrangements permit, consider sleeping in a room on the ground floor in order to make emergency escape easier.



- Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.

- Stay in the kitchen while cooking making sure not to leave food unattended.
- If you smoke, smoke outside. Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if medical oxygen is used in the home.
- Wear sturdy well-fitting shoes to prevent falls.
- Exercise regularly to help improve balance and build strength.

National Fire Protection Association

<https://www.nfpa.org/Public-Education/By-topic/People-at-risk/Older-adults>

<https://www.nfpa.org/Public-Education/Resources/Education-Programs/Remembering-When>

Photo from poamn.org

Solve the Fire Wuzzles

WUZZLES are word puzzles consisting of combinations of words, letters, figures or symbols positioned to create disguised words, phrases, names, places, sayings, etc.

For example, the solution to NOON GOOD is "Good afternoon" and LINE READ LINE is "Read between the lines."

B FA LL

Answers to last month's wuzzles are buy online & feeling under the weather.

Fire Safety Quiz

1. If a fire occurs in your home, stop, drop and roll.
 - A. True
 - B. False
2. By age 75, older adults are _____ times as likely to be injured or killed in a fire.
 - A. two
 - B. five
 - C. ten
 - D. three

Answers to last month's quiz are 1. B. & 2. B.

Getting older is no problem. You just have to live long enough.—Groucho Marx

Always remember to take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

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.

Have a fire safety question you would like for the Fire Department to answer? Please contact Ms. Tangela Rowe at 229-333-1835 or you can send an email to: valdostafire@valdostacity.com



Freddie D. Broome, Fire Chief