



NSW RURAL FIRE SERVICE

OVER 55'S FIRE SAFETY – CHECKLIST

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FACT

Being over 55 can significantly affect your ability to survive if unfortunate enough to be caught in a home fire.

ARE YOU FIRE SAFE?

The NSW Fire Brigades recommends this simple safety checklist to help keep over 55's fire safe:

- Have an adequate number of smoke alarms installed and test them regularly
- Have an escape plan that all occupants understand in case of fire and practice it at least once a month
- Where possible know two safe ways out of every room in your home
- Don't fight the fire – get out and stay out and dial 000 immediately
- Close internal doors when leaving your home to reduce fire spread
- Leave a key in the deadlock while at home, providing it cannot be seen from the outside, to enable a quick exit
- Smoking in bed can be dangerous. Never ever smoke in bed
- Have an approved electrical safety switch (residual current device) installed
- Don't overload power points
- Switch off small appliances when not in use

SENIORS FIRE SAFETY TIPS

For assistance with the installation of smoke alarms and changing their batteries contact your local fire station.

