

# Hold On To Dear Life

National Fire Prevention Week Oct. 6-12, 2019



## Be Safe with Fire Tips from Salt Lake City Fire

Did you know that according to the [National Fire Protection Association](#) (NFPA) a home fire occurs almost every minute in the US? Fire departments (like [Salt Lake City Fire](#)) are very good at fighting fires and protecting life and property. Our job is to help on what is possibly the worst day of your and your family's life. We take pride in our service and the fact that we prepare effectively, respond professionally, and impact positively. But the very best tool in the toolbox to fight fires is prevention. And prevention is a job we can all do. (Also see [Home Safety for People with Disabilities](#).)

Each year, the importance of fire prevention is stressed during [National Fire Prevention week](#). Joining the NFPA, SLC Fire offers some valuable actions you can take around your house for fire prevention. For kids, check out [Sparky.org](#)

**Let's start in the kitchen.** NFPA research tells us that cooking fires are the #1 cause of home fires and injuries.

- Stay in the kitchen while cooking food.
- Wear tight fitting clothing.
- Have a 3 ft. [safety zone](#) around stoves and grills.
- Never hold a child while cooking or carrying hot liquids.
- Keep the stovetop clear of combustibles (wood, paper, cloth fibers, or anything that can burn).
- Turn pot handles towards the wall.
- Keep a pot lid nearby to smother a grease fire.

**Next, let's talk [smoke alarms](#).** Smoke alarms save lives by raising the alarm and allowing you to escape.

- Put smoke alarms on every floor of your house and in every bedroom. (See [Deaf or Hard of Hearing](#) alarms)
- Install on ceiling or on walls 6-8 inches below the ceiling.
- Test smoke alarms monthly to make sure they're working and keep them free from dust.
- Replace batteries at least once a year. Use the time change as a good reminder. Replace alarms every 7-10 years.

### If the smoke alarm goes off, have a plan of action.

- Make a [Home Fire Escape Plan](#). Draw the layout of your home and plan two ways out of each room.
- Get out without stopping to get anything and stay out.
- Use the back of your hand to test the door. If it is hot, go another way, even through a window.
- Crawl low to avoid breathing smoke.
- Designate a person to assist younger, older, or disabled family members.
- Everyone should meet at a pre-determined place.

### Around the house:

- Keep all [heat sources](#) like stove, water heater, lamps, and furnace away from combustibles.
- Don't overload electrical outlets, run cords under carpet or furniture, and always replace frayed cords.
- Don't leave lit [candles](#) unattended.
- Don't leave a space heater unattended or near combustibles.

### Outside:

- [Open burning](#) is prohibited in Salt Lake City. Check [air.utah.gov](#) to see what is allowed in your area.
- Clear debris from structures.
- Keep your [landscape](#) free of dead and dying plants and trees and clear out overgrowth.
- Fire pits should be 25 ft. away from structures.
- Make sure a fire in a pit is out and cold to the touch before leaving.
- Follow manufacturer's instruction for [grills](#) and operate at least 15 ft. away from structures in combustible free space.
- Have a bucket of sand or a water source near-by when cooking.
- Observe all posted fire restrictions in the area.

If your family or neighbors should ever need a fire department, the response will be timely and effective. Even better, however, are the steps we can all take that would prevent your need to call. "Not Every Hero Wears a Cape" is the theme of this year's Fire Prevention Week. Be a hero. Prevent fires before they start.





## 6 Ways to Help Your Kids Cut Back Screen Time by Karlee Kump, Intermountain Community Health Specialist

It's no secret – we know that too much screen time isn't good for us and it isn't good for our children. According to the American Academy of Pediatrics, too much screen time in children can be detrimental to their developing minds. So, how do we help our kids cut back?

- **Set the example:** We've all heard the age-old adage "actions speak louder than words" - So if you say you're going to limit screen time and then don't limit yours, it's going to be a lot harder to enforce the rules.
- **Learn together:** Face to face time is huge! Choose an activity you and your kids can do together. Take this opportunity to put screens away and take a trip outside, to the library, learn a new skill or play a game together.
- **Make screens work for you:** Watch with your children and talk about the story unfolding on the screen. When the show is over, turn it off. Encourage a \*motion-controlled game or promote your child in being the creator of their content by making their own movies or stories.
- **Define your expectations and give your child some accountability:** Define what you mean and why putting limits on screen time is important. Give your child some accountability in how they use their allotted screen time if they stay within your defined guidelines.
- **Help your kids find fun:** The transition to limit screen time isn't going to be easy – and finding alternative activities can be difficult. Create an environment that offers a variety of options for your kids to choose from. Make

sure there is ample access to non-screen activities like books, art supplies, boardgames and outdoor fun (balls, bikes, jump ropes, bubbles, chalk).

- **Get input from your children:** What are your kids interested in besides glowing rectangles? Get input on things they want to do, learn, or try – you might be surprised.

Don't forget - no plan is going to be perfect. If you feel your plan isn't working, you can adjust to make sure it best fits your family and your lifestyle.

References:

- [JAMA Network](#)
- [The Very Real Health Dangers from Virtual Reality – CNN Health](#)
- [Set Limits on Kids' Screen Time](#)



**\*Motion controlled games and virtual reality goggles** come with their own set of safety issues. Make sure there is clear space to play and discuss with your kids about motion sickness and eye strain as those are two factors for virtual reality games. Our brains and especially developing minds can't decipher between reality and virtual reality so avoid games that are frightening and violent. Focusing on fun, educational, and inspiring can really optimize the experience.

### Upcoming Events:

**Sept 30 - Oct 5 - Utah Walk Week.** UDOT and Move Utah is raising pedestrian safety awareness and encouraging walking. Go to [MoveUtah.gov](http://MoveUtah.gov) to learn how to join the Strava Challenge during October for great prizes. #beseenbesafe

**Oct 12<sup>th</sup>, Primary Children's Gun Safety Event:** C-A-L Ranch, 862 N Main, Tooele, UT. 11 am – 2 pm. Come learn about locking up guns to keep your family safe.

