

Safety Educator



2017



K9 Molly



CARBON MONOXIDE AWARENESS MONTH

CARBON MONOXIDE (CO) POISONING

CAN'T BE SEEN **CAN'T BE SMELLED** **CAN'T BE HEARD** **CAN BE STOPPED**

Carbon monoxide, also known as CO, is called the "Invisible Killer" because it is a colorless, odorless, poisonous gas. Carbon monoxide poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages. At its worst, carbon monoxide can cause severe side effects or even death.

Young children are especially vulnerable to the effects of carbon monoxide because of their smaller bodies. Children process carbon monoxide differently than adults, and may show signs of poisoning sooner.

Symptoms of carbon monoxide poisoning include:

- * Headache
- * Fatigue
- * Nausea
- * Dizziness
- * Shortness of Breath
- * Loss of Consciousness



Safety Tips:

1. **CO alarms should be installed outside each sleeping area and on every level of the home.** It is best to use interconnected alarms; when one sounds, all CO alarms in the home sound.
2. **Follow the instructions** on the package to properly install the CO alarm.
3. **Test** CO alarms, when you test your smoke alarms, at least once a month.
4. **Know the sounds** the CO alarm makes. It will sound if CO is detected. It will make a different sound if the battery is low or if it is time to get a new CO alarm.
5. **Replace** the battery if it is low.
6. **If the CO alarm sounds, you must get fresh air.** Move everyone in the home outdoors. Once outside, call 9-1-1. **STAY OUTSIDE** until help arrives.

Prevent CO Poisoning:

- ▶ When warming a vehicle, move it out of the garage. **NEVER** run a fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked. Clear any snow away.
- ▶ During and after a snow-storm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.
- ▶ Clear all debris from dryer, furnace, stove, and fireplace vents.
- ▶ Gas or charcoal grills can produce CO. Use them outside and away from the home.
- ▶ Have heating equipment and chimneys inspected by a professional every year.
- ▶ Open the damper when using a fireplace for adequate ventilation.
- ▶ Never use your oven or stove to heat your home.

LEARN MORE >>

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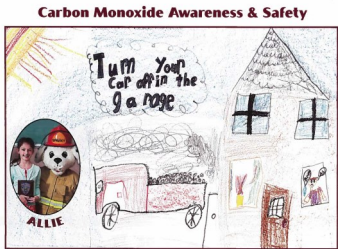
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NOVEMBER: CARBON MONOXIDE AWARENESS & SAFETY

By Allie Kelly, New Boston Central School, New Boston



NH mornings are getting colder and the urge to warm up the car IN the garage is there. Carbon monoxide is known as an "Invisible Killer" because it is a colorless, odorless, poisonous gas. It can be caused from faulty furnaces/heating appliances, cars left running in garages or misplaced portable generators. Kelly reminds us that cars should not be left running in the garage. **BE SAFE this winter season with this important reminder from Kelly!**



KITCHEN COOKING SAFETY

Cooking brings family and friends together especially during the holidays. Did you know that cooking fires are the number one cause of home fires and home injuries? Actually, three times as many cooking fires occur on Thanksgiving than on any other day. By following a few safety tips you can prevent these fires.

- ♥ Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- ♥ Stay in the kitchen when you are frying, grilling, boiling or broiling dinner.
- ♥ If you are simmering, baking or roasting food, check it regularly. Stay in the kitchen while food is cooking.
- ♥ Keep anything that can catch fire~ oven mitts, wooden utensils, food packaging, towels, curtains, and/or clothing away from the stovetop.
- ♥ Keep children away from the stove. The stove will be hot and kids should stay 3 feet away

IF YOU HAVE A COOKING FIRE:

- Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- For an oven fire turn off the heat and keep the door closed.

IF YOU HAVE ANY DOUBT ABOUT FIGHTING A SMALL FIRE....

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 from outside the home.



TURKEY FRYER SAFETY

COOK the TURKEY, NOT your HOME.

The NH State Fire Marshal's Office strongly discourages the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil. The use of turkey fryers can lead to devastating burns as well as property damage.

5 DANGERS OF FRYING A TURKEY:

1. Turkey fryers can easily tip over, spilling hot oil over a large area.
2. An overfilled cooking pot will cause oil to spill when the turkey is put in. A partially frozen turkey will also cause cooking oil to splatter when put into the pot.
3. Even a small amount of cooking oil spilling on a hot burner can cause a large fire.
4. Without thermostat controls, deep fryers can overheat oil to the point of starting a fire.
5. The sides of the cooking pot, lid, and pot handles can get dangerously hot.

Please take the time to visit the links below to learn more about the dangers of turkey frying, cooking alternatives and turkey fryer safety tips.

WWW.CPSC.GOV

WWW.USFA.GOV

WWW.NFPA.ORG



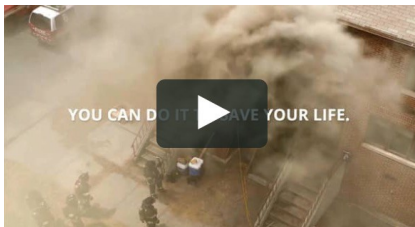
CLOSE BEFORE YOU DOZE

In the **October Safety Educator Newsletter**, everyone read and learned about the importance of this year's fire safety prevention theme: **Every Second Counts: Plan 2 Ways Out**. This theme discussed the importance of having:

1. An [Escape Plan with Two Ways Out of Every Room](#)
2. [Creating an Escape Plan Map](#) of your residence
3. Having a [Meeting Place](#)
4. [Practicing your escape plan](#) during the day AND evening times.
5. Understanding the importance of [Get Out, Stay Out](#) once you exit the home.

If you missed last month's edition, please visit this link:

[LEARN MORE!](#)



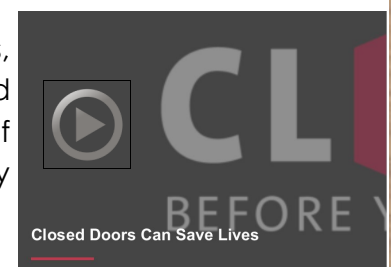
This month we want to bring this escape planning one more step and share this important message, **CLOSE BEFORE YOU DOZE**. UL Firefighter Safety Research Institute (UL FSRI) researched home fires for over 10 years, finding that due to home construction materials and furnishings, fire is spreading faster than ever before.

UL FSRI **has proven that a closed door could potentially save lives in a fire**. We are committed, along with UL FSRI, in sharing this finding with you! By making this simple behavioral change, closing the door, you could have a potentially life-saving impact during a fire.



Why is the close your door message so important now? Because fires have become more dangerous than ever. Modern synthetic construction materials, home furnishings and the contemporary floor plans all allow fire to spread and become toxic much faster—like three minutes or less to get out faster!

A closed door can slow the spread of fire, reduce toxic smoke levels, improve oxygen levels and decrease temperatures dramatically—and that could make a life saving difference in your home. See for yourself what a closed door can do. The bedrooms in this video are side by side, adjacent to the burning living room.



PROTECT YOUR FAMILY... CLOSE BEFORE YOU DOZE!

Please contact your local fire department if you have any questions.

J. William Degnan
NH State Fire Marshal



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Message from Fire Marshal Degnan:



'Tis the season for gatherings, gratitude and get-togethers! I need to take this opportunity to remind citizens throughout the State of New Hampshire to take a moment to create a safer home environment. I realize that in the **October Safety Educator** we shared the fire prevention theme: **"EVERY SECOND COUNTS. HAVE TWO WAYS OUT"**. It discusses the importance of having a home escape plan that includes two ways out of every room, having an escape plan map showing two ways out, and the family meeting place. This month we **need** to share the importance of **"CLOSE BEFORE YOU DOZE"**. Fires have become more dangerous than ever because of construction materials, home furnishings and open floor plans that allow fire to spread rapidly. Families used to have 17 minutes to exit a home in the event of a fire, today it is only 3 minutes or less. A closed door can slow the spread of fire and smoke. So close your doors when you go to sleep at night, it could make a lifesaving difference in your home!

May your holiday be filled with family and friends enjoying great food and friendship for a safe holiday gathering. Should you have friends or family staying for the night, please be sure to share your home escape plan with them.

J. William Degnan
NH State Fire Marshal



Student & Parent Approved Websites

K9 MOLLY encourages students to disconnect and enjoy safe outdoor play. However, this dog understands that sometimes the weather just doesn't cooperate. So when it comes to computer time...



try one of these family fun fire and life safety websites! Just click a picture below to open the link and play. Have fun and be safe!



Any questions or comments regarding this newsletter please feel free to contact:

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Find Us on the Web:

www.nh.gov/safety/divisions/firesafety/

