



News Release

Sunrise Fire-Rescue Department

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For Release: IMMEDIATE

Happy New Year from Sunrise Fire-Rescue

(SUNRISE, FL) – It's the beginning of 2016 and the time when many people are looking to start fresh by making New Year's resolutions. As you revamp your own lifestyle, it's the perfect opportunity to put an **emphasis on safety** in your routine. Be sure to include the following habits in your resolutions for the happiest & healthiest New Year possible!

Fire Safety

Cooking fires are the leading cause of house fires in Sunrise. Now that the holidays are behind us, it's a great time to clean any grease and food remnants from the stovetop and inside the oven, and remove any surrounding clutter that could catch fire. Remember these rules whenever cooking:

- Never leave your stove top cooking unattended, not even for a moment. Watch what you heat!
- Keep a lid handy when cooking on the stove, and slide it over the pot or pan if you see any flames.
- Never store items inside the oven, and remain nearby when using it. Keep the oven closed and turn it off if something is burning inside.

Dryer fires are the second-leading cause of house fires in Sunrise due to failure to clean them. The lint that builds up in the exhaust duct is very flammable.

- Clean the lint trap screen every time you use the dryer, and be sure it's in place before using the dryer.
- Each year, completely clean the lint out of the dryer exhaust tubing and vent, or hire a qualified company to do it for you.
- Turn the dryer off before going to bed or leaving your home.

Smoke alarms save lives – *if* they are maintained in good working order.

- Test your smoke alarm monthly. Replace batteries every 6 months unless otherwise indicated, and replace the entire unit every ten years.
- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of your home.
- When a smoke alarm sounds, get outside and stay outside.

Home and Health Safety

Falls and the resulting injuries account for as much as 14% of emergency medical calls in Sunrise. However, these occurrences are largely preventable when folks take proper precautions:

- Eliminate common trip hazards - remove clutter from your home and walkways, and keep them well-lit.
- Wear stable footwear in the home, and avoid walking around in socks.
- Review all medications and supplements with your doctor, checking for side effects or interactions that could result in dizziness or drowsiness.
- Participate in regular physical activities that promote strength, flexibility, and balance. Classes such as Tai Chi, A Matter of Balance, and Chair-Yoga are available through the Sunrise Senior Center, (954)572-3670.

For on-going safety tips, 'Like' us on Facebook at Sunrise Fire-Rescue and follow us on Twitter@SunriseFRD.

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