



# News Release

**Sunrise Fire-Rescue Department**  
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For Release: IMMEDIATE

## SPRINGTIME SAFETY TIPS

**(SUNRISE, FL)**- The return of spring brings longer days and warmer temperatures. Sunrise Fire Rescue encourages you to refresh your safety habits with the new season.

**Change your clocks, change your batteries:** Daylight Savings Time begins Sunday, March 13<sup>th</sup>. If your smoke alarms have replaceable 9 volt batteries, now is a good time to put new batteries in. Or consider replacing your old smoke alarms altogether with the new ten-year lithium battery types. All smoke alarms, regardless of which batteries they use, should be replaced after ten years.

While you are tackling your spring cleaning, be sure to tidy up in your kitchen. Remove any greasy buildup on the stovetop and in the oven, and get rid of any nearby clutter. Remember to always pay attention to what you're cooking. Next, make sure your dryer vent - connecting behind the dryer and running all the way to the outside exhaust - is free of lint buildup, or have a vent cleaning company service it for you. These steps will help you avoid our **two most frequent types of house fires – cooking fires and dryer fires**.

If you have any road trips planned over spring break, take advantage of the **Yellow Dot Program**, now available in Broward County. Participants receive a yellow dot decal to be placed in the rear window of their vehicles, informing emergency medical responders that the driver's medical information and emergency contact can be found in the glove compartment. Yellow Dot decals and pamphlets are available at the City of Sunrise Public Safety Complex; located at 10440 W Oakland Park Blvd. Printable pamphlets and more information about the program are available online at [www.broward.org/yellowdot](http://www.broward.org/yellowdot).

As springtime weather returns, people will also be hitting the beach or their neighborhood pool more frequently. In Broward, drowning remains the biggest threat to children under five years old. Fortunately, **swimming and water safety lessons** are also becoming more widely available this month, including **free and discounted options for residents**. Visit [www.sunrisefl.gov](http://www.sunrisefl.gov) to find lessons and enroll your child – or yourself – today!

Ultimately, **supervision** of children is the most important factor wherever water is present. "Parents have to remember that *they* are the first line of defense when it comes to keeping their kids safe around the water," said Sunrise Fire Chief Thomas DiBernardo. Visit [www.watersmartbroward.org](http://www.watersmartbroward.org) for water safety tips and resources throughout Broward County.

Another way to protect young children is to learn about **safe sleep for infants**. Follow the **ABCs**: babies 0-1 year old should always sleep **A**lone, on their **B**ack, in a **C**rib. Please visit [www.hmhbroward.org/safe-sleep](http://www.hmhbroward.org/safe-sleep) for more information.

With these tips in mind, we hope you and your family will be enjoying a beautiful South Florida spring season!

For more information and safety tips, visit the City of Sunrise website at [www.sunrisefl.gov](http://www.sunrisefl.gov), 'Like' us on Facebook at Sunrise-Rescue, and follow us on Twitter@SunriseFRD.

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