



News Release

Sunrise Fire-Rescue Department

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For Release: IMMEDIATE

NEW YEAR RESOLUTIONS FOR SAFETY

(Sunrise, FL) - Happy New Year! If you're like many people, you're resolving to make changes toward a healthier lifestyle in 2017. Don't forget that **safety** is an integral part of "preventative medicine". With this in mind, here are some the most important habits to include in your New Year's resolutions:

Home Fire Safety

- Pay attention when **cooking** – especially on the stovetop!
- Clean your **dryer lint** trap with each use, and have the entire duct to the exterior vent cleaned annually.
- Have working **smoke alarms** on all levels of your home – especially in/near the bedrooms. Test them monthly & replace batteries annually.

Fall-injury Prevention

- Declutter your home - **remove trip & fall hazards**.
- Maintain balance and ability with **Tai Chi or yoga** classes.
- See your **doctor** regularly for routine check-ups, to review current medications & interactions, and to have your eyesight checked.

Traffic Safety

- Always wear your **seat belt**.
- No **speeding**.
- Never **drink & drive**.
- Never **text & drive**.
- Look out for **motorcycles, bicyclists & pedestrians**, being especially cautious around bike lanes and crosswalks.

Children

- Water Safety - ALWAYS provide **constant adult supervision**, in addition to using multiple **layers of protection**: swim lessons, door locks & alarms, pool fences & gates, pool-side rescue equipment & phone, and learning how to perform CPR.
- Safe Sleep ABC's: **infants** should sleep **Alone**, on their **Back**, in a **Crib**.
- Heatstroke: Never leave a **child/pet/vulnerable adult** alone in a parked car. Call 911 if you see it.

"For a truly healthy and happy New Year, make resolutions to help keep you and your loved ones safe," said Sunrise Fire-Rescue Chief Thomas DiBernardo.

For ongoing safety tips and news from Sunrise Fire-Rescue, please visit www.sunrisefl.gov/fire, 'Like' us on Facebook, and follow us on Twitter @SunriseFRD.

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