



News Release

Sunrise Fire-Rescue
Department (954) 746-3400
www.sunrisefl.gov
For Release: IMMEDIATE

SPRINGTIME SAFETY

(SUNRISE, FL)- As March arrives, the weather will soon be warming up in South Florida. Chilly mornings will quickly fade away, like increasingly vague details remembered from the previous night's dream.

With spring comes a sense of renewal and a fresh start. If you're one of the many people for whom it's also the time of year for a ritualistic purge - 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. Clean the **lint trap** screen every time you use your dryer. These steps will help you avoid our **two most frequent types of house fires** - **cooking fires and dryer fires**.

Speaking of fire-safety, keep in mind that smoke alarms save lives - **if** they are powered by a fresh battery. **Test** yours each month to make sure they work, and replace the **battery** at least once a year. If the alarm makes a "chirping" sound, replace the battery immediately. Or better yet, **replace** the smoke alarm entirely with one powered by a long-life lithium battery. If your smoke alarms are **10 years** old or more, they're due to be replaced.

This time of year, rising temperatures will once again prompt locals and visitors alike to flock to our local pools and beaches. 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 to find lessons and enroll your child - or yourself - today!

Ultimately, dedicated **adult supervision** of children is the most important factor wherever water is present, including near neighborhood lakes and canals, and even small bodies of water around the home - such as tubs and toilets - where small children are 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 for more water safety tips and resources available throughout Broward County.

Even if we're fortunate enough to have more moderate temperatures linger, be aware that it is **never safe to leave a child, vulnerable adult, or pet alone in a car**. Though it may be "nice outside", they still are too vulnerable to **heatstroke** (amongst other dangers). The risk of unintentionally leaving a loved one behind in the car increases when their caretakers are tired, stressed, or distracted. **Look before you lock** - always check the back seat before closing your car door. **Use reminders**: place a needed object in the back seat, such as your cellphone or purse. **Teach children** not to play in cars. **Lock** car doors and the trunk, and **keep car keys away** from where kids can find them. **Call 911 immediately** if you see a child, vulnerable adult, or pet left alone in someone's car. Visit www.broward.org/LOVE for more information.

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 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,
'Like' us on Facebook at Sunrise-Rescue, and follow us on Twitter@SunriseFRD.

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