



Hampton Fire / Rescue Prevention News

October 2009

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Bureau of Fire Prevention

Improving life safety in Hampton through education and code enforcement

2009 Fire Prevention Theme — “Stay Fire Smart! Don’t Get Burned”



- Remember young children and older adults skin burns more easily.
- Never leave young children alone in the tub, shower or near a sink.

Cool a Burn

- Treat a burn right away. Put it in cool water for three to five minutes. Cover with a clean, dry cloth.
- If a burn is bigger than your fist or if you have any questions, get medical help right away.
- Remove all clothing, diapers, jewelry and metal from the burned areas.

Cooking with Caution

- The leading cause of fires in the kitchen is unattended cooking.
- When you cook, wear clothing with tight fitting or short sleeves.
- Never hold a child in your arms while preparing hot food or drinking a hot beverage.

The Heat is On...

- Use a fireplace screen to keep sparks inside the fireplace.
- Turn portable space heaters off when you go to bed or leave the room. Make sure they have an auto shut-off in case it gets tipped over.
- Keep things that can burn at least 3 feet from heaters.
- Have heating equipment and chimneys cleaned and inspected yearly by a professional.

Take it Outside

- Ask smokers to smoke outside and make sure they use deep sturdy ashtrays.
- Never smoke if you are tired, have taken medication, drugs, or alcohol that makes you sleepy.
- Keep smoking materials away from things that can burn like bedding, furniture, and clothing.

Each year fire departments across America help promote public awareness campaigns in the month of October sponsored by the National Fire Protection Association (NFPA) that highlight the importance of fire safety education.

During the month of October Hampton Fire / Rescue will be promoting the 2009 theme “**Stay Fire Smart! Don’t Get Burned**” for Fire Prevention Week to our local school children. We also want to remind our adult community to remember the following precautions:

Don’t Get Burned

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.
- Have a 3-foot “kid-free” zone around the stove, open fires and heaters.
- Teach children that hot things hurt.
- Be careful when using things that get hot such as curling irons, ovens, irons, lamps and heaters.
- When using heating pads only use for 15-20 minutes at a time and don’t lay, sit or place anything on the pad.

Just Right?

- Avoid scalding, set the thermostat setting in your water heater no higher than 120 degrees F.

2009 Fire Prevention Theme — “Stay Fire Smart! Don’t Get Burned” (continued)

Stay Grounded

- Keep lamps, light fixtures, and light bulbs away from anything that can burn such as lamp shades, bedding, curtains, and clothing.
- Replace cracked and damaged electrical cords. Use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.
- If you have young children in your home have tamper-resistant electrical receptacles.
- Call a qualified electrician or landlord if you have recurring problems with blowing fuses or tripping circuit breakers, discolored or warm wall outlets, flickering lights or a burning or rubbery smell coming from an appliance.

Neighborhood Watch

- Keep trash from collecting on your property.
- Remove abandoned vehicles from your property.
- Remove dead branches that could be a fuel source.

Hampton Fire / Rescue Open House — Sunday October 25, 2009 10 a.m. — 2 p.m.

Please join Hampton Fire / Rescue Local 2664 and Local 3017 for our department Open House. If you have not made an open house here at the Fire Department—please come and experience some of the items that we will be providing during this event. It’s a time for us to share important information and you to learn about some of the things we do:

- Automobile Extrication Event
- Fire Prevention Trailer Presentations
- Fire Extinguisher Demonstration
- Junior Fire Fighters Agility Course
- Giant Inflatable Fire Truck Slide
- Refreshments / Giveaways for the children

2-1-1 NH

Did you know Governor John Lynch issued a proclamation in celebration of the First Anniversary of 2-1-1 NH this past June? “What is it?”, you say. It is a statewide, comprehensive, information referral helpline. An important resource for many New Hampshire citizens, providing a one-stop resource for people to get the information and help they need immediately. Providing callers with free information and referrals to thousands of health and human service programs and other community resources statewide. Any New Hampshire resident who does not know where to turn for help can call. A trained specialist will direct you to the appropriate programs. For more information you can simply call 2-1-1 or visit the website at:

www.211nh.org

Fire Safety Basics

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection, interconnect all smoke alarms throughout the home. When one sounds, they all sound.
- For best protection use both photoelectric and ionization detector technology. You can use individual ionization and photoelectric smoke alarms or combination units that contain both technologies in the same unit.
- Test smoke alarms at least once a month using the test button.
- Replace smoke alarms every 10 years.
- Make sure everyone can hear the sound of the smoke alarms.
- Have a home fire safety escape plan. Know at least two ways out of every room, if possible, and a meeting place outside. Practice your escape plan twice a year.
- When the smoke alarm sounds, get out and stay out.
- If you are building or remodeling your home, consider a home fire sprinkler system. Make sure appropriate permits are pulled with the Town or Fire Department.

Special Points of Interest:

Hampton Fire / Rescue has teamed up with a representative from Liberty Mutual to participate in a first-ever Be Fire Smart Fire Safety Pledge program. Liberty Mutual will be giving away ten \$10,000 grants to fire departments across the United States that display a commitment to fire safety and we would like to achieve that honor with your help!

Liberty Mutual has created an excellent interactive program for parents, children, and educators to learn more about fire safety. It's definitely worth a peak!

If you're interested in helping Hampton / Fire Rescue earn this recognition, all you have to do is visit the website listed below and take a 10 question quiz on fire safety.

At the end of the quiz you will have to enter your name and email information. Entry is limited to one completed per email address. This will generate three emails to you for verifications. Please note your email address will not be used for any other purpose and will not be shared with outside parties. This program runs now through December 21, 2009.

Get started today and help spread the word!

www.BeFireSmart.com/DanielLeone

- Did you know we will come to your home for Home Fire Safety Inspections or to help celebrate a Birthday? We also offer Child Car Seat Inspections by certified technicians! Call us a few days in advance to schedule any of these items with the department secretary or on duty shift officer at: 926-3316
- We offer the following training classes for: CPR, First Aid, Defibrillators & Fire Extinguishers. CPR classes, both new and recertification for individuals, families, or groups will be held every third Wednesday of the month at Station 1 located at 64 Ashworth Avenue (Beach Station) from 1830—2100. Preregistration is required. For more information about this or other CPR classes contact Captain David Mattson at 926-3316 or dmattson@hamptonfirerescue.com
- Kids can have some fire safety fun by visiting our website and clicking on the link: "[Just for Kids](#)"
- Help keep your family safe by checking product recalls

Prevention News

Have this newsletter emailed directly to you. Sign up on our website under the "[News & Events](#)" link at:

www.hamptonfirerescue.com

**Do you have suggestions?
Email us at:**

bfp@hamptonfirerescue.com