



Hampton Fire / Rescue Prevention News

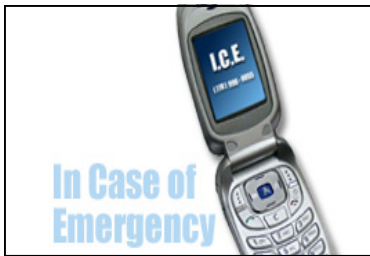
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Bureau of Fire Prevention

Improving life safety in Hampton through education and code enforcement

ICE - "In Case of Emergency"



No we are not talking about the weather related term of ice as in this past seasons ice storm here on the Seacoast. We are talking about cell phones and the acronym ICE (*In Case of Emergency*). A tool that is potentially invaluable

in an emergency situation. What happens if you or a loved one is involved in an accident and you can not communicate? Emergency personnel need to find information to help as soon as possible. Storing ICE contact information in your cell phone helps expedite the process and eliminate a guessing game of who should be called.

As technology changes, we also need to adapt in emergency situations. This in a noteworthy tool that is available with the use of cell phones today. Individuals can now carry important information that emergency personnel need to know right on your cell phone! Note that not all cell phone companies provide this tool or older phones. However, it can be remedied easily enough. Just enter the contact information under the ICE designation with the name and contact information (ICE — John Doe).

Depending on the phone, you may also be able to list other important personal information as well. It would be helpful to emergency personnel to also note things like medical health conditions, current prescriptions, allergies, or organ donors information when speed is crucial to the situation at hand.

Home Fire Sprinklers

The most effective fire loss prevention and reduction measure for both life and property is the installation and maintenance of home fire sprinklers. Fire sprinklers offer the optimum level of fire safety because the control the fire immediately in the room of origin, help limit the spread of fire, and often extinguish it before the fire department arrives.

The combination of working smoke alarms and home fire sprinklers reduces the likelihood of death from fire by more than 80 percent. They automatically contain the fire, preventing it from spreading. Only the sprinklers in the fire area are activated. Home fire sprinklers use narrow piping that requires minimal water pressure to move water from the tap to the source of a fire and require less water to operate than those in industrial or commercial establishments. In general, the cost of installing sprinklers in a new home is approximately 1 percent of the total cost of the home. Older homes can be retrofitted with sprinklers, but the cost may be higher when installing them during the new home construction process.

There are advantages to the homeowner since they can put out or contain a fire even before the fire department arrives. This results in less overall damage to the property from smoke, fire, and water than if the fire had continued unabated or if firefighting hose lines had been used. The can be aesthetically coordinated with any decor and are smaller than commercial and industrial sprinklers.

Families with children, senior citizens, and physically impaired members have special fire protection needs. Home sprinklers provide added protection for these people.

More information can be found with the **U.S. Fire Administration Public Education Campaigns at 202-842-3600**. You could find more information by visiting the following websites:

www.usfa.fema.gov
www.firesafety.com



Floods

Do you remember not long ago in May of 2006 we had four days of torrential downpours? New England residents from Massachusetts, New Hampshire and Maine were driven from their homes because of flooding. It happened here in our own Town of Hampton. Governors were forced to declare a state of emergency. It was described as one of the worst floods in our area since the late 1930s.

Did you also know floods are one of the most common hazards in the United States? Most Americans ignore the risks — assuming they are not within a flood zone. However, floods consist of 90% of all natural disasters that can happen **anytime and anywhere** in the United States.

The National Flood Awareness Week took place during the week of March 15-21, 2009 and the Hampton Fire Department wants to remind residents once again of this potential. Inform yourself on how to better help protect against this disaster by referencing the Federal Emergency Management Agency's U.S. Fire Administrations website at www.usfa.fema.gov for items like: What to do before a flood, during a flood, after a flood or just knowing the terminology. A little information goes along way in protecting you and your loved ones!

Water Safety

Hampton Fire Department wants you to remain safe during the upcoming season when you and your family are around water. Here are some reminders to help prepare your family for a safe water season.

- Supervision is key to keeping children safe. Don't get distracted and keep a portable or cell phone nearby. Children younger than 4 years old are curious, so never leave them unsupervised—even if it's less than a few inches of water. Beaches, lakes, pools, hot tubs, bathtubs, toilets and even a bucket of water can lead to a serious disaster.
- Learn CPR — drowning victims need CPR immediately **before** help is on the way. Brain damage could occur and it could be the difference between life or death. Local health departments, fire departments, hospitals and even American Red Cross offers courses year round.
- **Never** swim alone! Teach children young to observe water safety rules.
- Children are eight times more likely to be at-risk from drowning if they come from non-swimming households. Invest in swimming lessons for children or even if you're an adult.
- Make sure proper rescue equipment or personnel are available and keep CPR instructions posted by pools.
- When boating—wear a life jacket every time you go out or even around dock areas. Boating safety classes are required and available through the Coast Guard or local State Agencies.
- Know and keep emergency phone numbers on hand especially when traveling. Cell phones calling 911 go directly through a central dispatch. Be aware of exactly where you are located, what Town your in, landmarks, etc. Ask for local emergency numbers when traveling different places.
- **At the Beach:** Don't allow children to dig holes or pits deeper than 12". They can quickly collapse burying a child.

H1N1 / Swine Flu:

Keep posted on the latest information and precautions regarding this on the following websites:

www.cdc.gov/h1n1flu/

www.dhhs.state.nh.us/DHHS/DHHS_SITE/default.htm

Have *Prevention News* emailed directly to you!

Sign up on our website by going to the link for "**News & Events**" at:

www.hamptonfirerescue.com

Do you have suggestions for topics you would like information on? Email us at:

bfp@hamptonfirerescue.com

Special Points of Interest:

- Did you know we will go to your home for Home Fire Safety Inspections or to help celebrate a Birthday? Call us a few days in advance to schedule with the department secretary or on duty shift officer at 926-3316.
- We offer the following training classes for: Fire Extinguishers, CPR, First Aid and Defibrillators.
- 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 and safety news at the Consumer Product Safety Commission website at:

www.cpsc.gov