



Safety for Seniors

Next to young children, seniors are the next highest risk category in terms of fire deaths. Again the issue is mobility and exiting.

Careless smoking caused one of every 4 senior fire deaths. Avoid smoking when drowsy. Attend to cooking. Use oven mitts when cooking.

Falls can happen at any age, but falls resulting in severe injury and death are greatest among seniors. Each year 7,000 seniors die as a result of a fall. This can happen because of changes in muscle and bone strength, hearing, and vision. Medications can also affect balance and coordination.

There are steps you can take to reduce the likelihood of falling. Remember, most falls can be prevented. Exercise regularly to help maintain balance. Pick up feet when walking. Eliminate rugs and clutter that may be tripping hazards. Use handrails.

For resources for seniors and more ideas on how to prevent falls, including testing your fall IQ go to www.nvipc.org and find the link that says "Senior Falls".

If you are interested in having one of the Fire Prevention Staff/Firefighters to come and do a safety presentation at your location please feel free to contact Shelby Wolf, Fire Inspector at 763 354-7784. We are very flexible and can talk about several different topics.