

Nikki Brown

Journal 9

This week one of the topics we discussed was a home safety plan for fires. We discussed how it is crucial to keep emergency numbers near the phone for prompt use in an emergency. Please make sure that there is an adequate number of fire extinguishers, and their placement is known. Fire alarms should be on all floors of the home and rooms where people are sleeping. There should be a routine set time to change the batteries in the fire alarms. It is best and safe practice to keep windows and doors closed if able. Cover the mouth and nose with a damp cloth in smoke-filled areas and get down to the ground. Every day seven people die from home fires in the United States (Senthilkumaran et al., 2019). Through 2011 and 2015, the fire departments in the US responded to an average of 358,500 home structure fires per year (Senthilkumaran et al., 2019). Annually there were 2,510 fatalities (Senthilkumaran et al., 2019). Several systematic reviews showed that certain factors were associated with higher rates of experiencing fires. The factors included many residents in one home, male homeowners, children under the age of five, smoking, low-income, buildings in poor conditions, frailty/disability, and young and old age tenants (Senthilkumaran et al., 2019). This week's material was very informative, and I enjoyed learning better ways to keep myself and others safe. Fire safety is taught in elementary school, but sometimes people forget the basics of fire safety when adults. Therefore, it is always a great thing to be reeducated on keeping the home fire safe.

Reference

Senthilkumaran, M., Nazari, G., MacDermid, J., Roche, K., & Sopko, K. (2019). Effectiveness of home fire safety interventions. A systematic review and meta-analysis. *PLOS ONE*, *14*(5). <https://doi.org/10.1371/journal.pone.0215724>