



Marion County Board of County Commissioners

Fire Rescue

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FIRE RESCUE RECOGNIZES EMS MONTH WITH FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Immediate Release

MARION COUNTY, Fla. (May 2, 2011) – More than half of all the traumatic injuries that Marion County Fire Rescue responded to last year were caused by falls. Though being fire- and traffic-safe is important, the 4,679 falls last year account for more trauma injuries than those caused by fires and traffic accidents combined, making slips and trips a serious hazard.

That's why MCFR is focusing on fall and fire prevention during the entire month of May and expanding the National Emergency Medical Services Week into a month-long campaign for the third year in a row. Using the National Fire Protection Association's Remembering When®: Fire and Fall Prevention campaign, MCFR will visit senior citizen communities throughout Marion County in partnership with Marion Senior Services, and highlight the following fall and fire prevention safety tips:

Fall Prevention:

- Exercise regularly to improve balance and coordination.
- Take your time when getting out of chairs. Stand and get your balance before walking.
- Clear stairs and walkways, indoors and out, of clutter and other obstacles.
- Visit an eye specialist once a year and use night lights to light dark paths in your home.
- Prevent slipping by using non-slip mats in the bathtub and shower and install grab bars.
- Safeguard uneven surfaces by using non-skid backings on rugs.
- Tread carefully. Take your time.
- Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.

Fire Prevention:

- If you smoke, use large, deep ashtrays and only smoke outside the home.
- Keep all space heaters and portable heaters at least three feet from anything that can burn, including yourself.
- Unplug electrical cords that run across doorways and rugs and repair any cracked or damaged cords in your home.
- Wear fitted clothing when cooking. Never leave cooking unattended.
- Have at least one working smoke alarm on every level of your home and test it monthly. If you don't have a smoke alarm, MCFR's Get Alarmed! Smoke Alarm program may be able to provide you one. Please call MCFR Headquarters at 352-291-8000 for more information.
- Plan and practice your escape from fire and smoke and take into consideration your physical ability when preparing your plan to make sure you can do it.

For more information about EMS Month events or the NFPA's Remembering When®: Fire and Fall Prevention campaign, please visit MCFR's website at www.marioncountyfl.org or call MCFR headquarters at 352-291-8000.

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