

Residential Safety Initiative

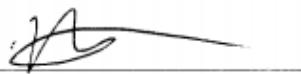
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**CERTIFICATION STATEMENT**

I hereby certify that this paper constitutes my own product, that where the language of others is set forth, quotation marks so indicate, and that appropriate credit is given where I have used the language, ideas, expressions, or writings of another.

Signed:



Vincent William Harris

### Abstract

The problem is that falls from ground level are the leading cause of preventable injury in adults age 65 and older in Henry County, Georgia. The purpose is to create a plan to prevent injuries from ground level falls and raise awareness to adults age 65 and older in Henry County, Georgia. The research methodology that was used for this applied research project was action. This applied research project will take a look at the following research questions to gain a better understanding on this subject. The research questions to be answered include (a) What are the most common causes of falls in the elderly age 65 and older? (b) What measures can be taken to prevent elderly people from falling? (c) What steps have other agencies done to confront this problem in their organization? (d) What current public education programs does the Henry County Fire Department offer to the public? The procedure used was a survey that was sent out to a multitude of emergency service organizations by way of a number of different dissemination techniques. These organizations were surveyed to seek the level of awareness of falls in the elderly and techniques that they have used to mitigate these situations. The results of the survey were surprising in that the vast majority of respondents did not have anything in place to address this problem. Two thirds of the respondents that had a program in place used the NFPA Remembering When program. The literature review fell in line with the guide lines of that program, so the recommendation is that the Henry County Fire Department adopt the Remembering When program, place into affect the policy for home safety surveys that is attached, create a community collation to engage the community in the mitigation of such a large problem, and continue to monitor the new program and study its effectiveness.

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### Residential Safety Initiative

We have come to a time in the history of our country where some very tough issues are beginning to arise. In 2015, we are seeing the Baby Boomers entering the elderly part of their lives while the Silent Generation and the Greatest Generation are hitting their later years in life. These three generations have protected this country through World War 2, The Korean War, Vietnam War and some other conflicts, so now it is our duty to take care of them and protect them the best we can. In the United States, people who are age 65 and over account for approximately 14.5% (United States Census Bureau, n.d, table 1) of the total population, and when people get older, their health tends to decline thus requiring more medical services. When these people get sick or injured, they may not recover fully or as quickly as compared to those who are 65 years old and younger.

Henry County Fire Department is responsible for providing emergency medical services (EMS) to all those citizens located within the county as well as those visitors passing through it. The problem is that falls from ground level are the leading cause of preventable injury in adults age 65 and older in Henry County, Georgia. The purpose is to create a plan to prevent injuries from ground level falls and raise awareness to adults age 65 and older in Henry County, Georgia.

The research methodology that was used for this applied research project was action. This applied research project will take a look at the following research questions to gain a better understanding on this subject. The research questions to be answered include (a) What are the most common causes of falls in the elderly age 65 and older? (b) What measures can be taken to prevent elderly people from falling? (c) What steps have other agencies done to confront this problem in their organization? (d) What current public education programs does the Henry County Fire Department offer to the public?

## **Background and Significance**

It is important understand the dynamics and make up of the county and the organization so as to provide a foundation for understanding of the capabilities of both entities. Henry County, Georgia lies approximately 33 miles (43 minutes) south of the city of Atlanta, Georgia with 20 miles of Interstate 75 cutting through the county running north and south. Henry County is approximately 56 miles north of the city of Macon (54 minutes). The city of Atlanta has two level 1 trauma centers, while the city of Macon has only one level one trauma center. There are no less than 15 hospitals within a one hour transport time from Henry County. The Henry County Fire Department has access to an air ambulance service, which has one base within just a few minutes of the county.

The Henry County Fire Department serves a population of approximately 206,349, which is spread across 324 square miles (United States Census Bureau, n.d, table 1). The Henry County Fire Department is comprised of 13 fire stations, which house two ladder trucks, two squads, one tanker, one quint, two brush truck, 13 engines, ten full time rescues, and two part time rescues when staffing permits. All rescues are Advanced Life Support (ALS), with at least one paramedic and one EMT. All engines are Basic Life Support (BLS), unless there is a paramedic on them then they are considered ALS (Henry County Fire Department, n.d.-c). The annual call volume, according the 2014 Annual Report, was 23,197 responses of which 17,829 (77%) responses were EMS (Henry County Fire Department, 2015). Those EMS responses do not account for lift assists, because they are categorized under service calls if there were no injuries. The Henry County Fire Department is compromised of 281 personnel. The Henry County Fire Department runs three 24 hour shifts, with approx 86 uniformed employees per shift, one PIO/ Fire Prevention and Education Captain, one Fire Prevention and Education

Lieutenant, five Inspectors/Investigators, one Plan Reviewer, two Fire and EMS Instructors, one Paramedic Instructor, two administrative officers, two administrative assistants, three EMS Billing Clerks, two administrative staff, two Fire Equipment Mechanics, and administrative personnel, one Fire Chief, one Training Chief, one Operations Chief, and one Fire prevention Chief/ Fire Marshal (Henry County Fire Department, n.d.-c). The Henry County Fire Department is set to open 3 new stations in the next 3 years, due to the passage of a Special Purpose Local Option Sales Tax or S.P.L.O.S.T. This S.P.L.O.S.T, passage will add 3 engines, 3 ambulances, and approximately 50 new employees (Henry County Fire Department, 2015). This information is pertinent, as it sets the table for the level of service that the Henry County citizens receive.

Henry County has a large number of assisted living, nursing homes, and 55 and older communities. Recently, there has been a trend for many residential homes being turned into nursing/assisted living facilities but not being marked as such. As it stands currently, they are not required to be marked as a facility if the occupancy is below a certain number of residents. These houses can be found in normal everyday subdivisions, and may not be identified until emergency crews are called to that location. Piedmont Henry Hospital is the local community hospital, which has been recently brought into the Piedmont Network of hospitals. This hospital offers 215 beds with a 24 hour emergency care, staffed by more than 400 physicians and 500 nurses (Piedmont Healthcare, n.d.) This hospital offers care for cancer, wound, orthopedic, women's care, and heart care, in addition to the emergency room (Piedmont Healthcare, n.d.).

The reason that this topic was chosen over any other is that the Captain of Fire Prevention and Education/ PIO identified fall prevention in the elderly as a huge need based on the past call volume and the future aging of generations. Another big reason for the significance of this problem, not just for the Henry County Fire Department but for all departments across the

country, is that budgets have tightened and departments are being expected to do more with less. With the trend of increasing call volume without the direct correlation of increased personnel, stations, and apparatus means that Henry County Fire Department will have to be doing more with less. If there is a way to prevent the call volume from increasing, without adding to the fiscal budget, that would create a big priority not with just the department but with the citizens as well. In this case, if the prevention of falls will reduce the amount of calls for Henry County Fire Department's emergency system then that is matter of great significance. Most Fire and EMS agencies will charge for their services, which are usually reimbursed by health insurance companies, but when people reach the age of 65 then they are eligible to receive Medicare. Medicare does not reimburse a medical service at the same rate that a private insurance company will. There are already concrete reimbursement rates that Medicare will pay out for each service level. This can impact the medical service, in that if it costs the service \$400 to run a call where an elderly patient falls and Medicare will only pay out \$300, then that can be shown as a loss for the service. In reality, most agencies are supported by taxes, so there is not really a huge financial loss but it can be seen as a negative opportunity cost. One issue that could arise is when multiple calls go out in a zone during a very taxing time. This may require another agency being called in to pick up a call where a patient has private health insurance, which pays out very well, while a Henry County Fire Department rescue is taking an elderly fall injury patient to the hospital for treatment and they have Medicare. In this scenario Henry County Fire Department would "lose" the revenue above the Medicare reimbursement. Preventing issues like this or even having to send a further rescue to a more severe call, because the closest rescue was on a person fallen call, makes this an issue for Henry County Fire Department.

With the housing market coming back with the return of the economy, means that an increase in population and request for services will be forthcoming. Building a new fire station and having it ready to service the public does not happen overnight. First the funds need to be present for the building, employees, and apparatus. Then the building and apparatus need to be sent out for bid on the design being proposed. While this is going on, perspective employees must be screened, hired, trained, and orientated, which can take over a year if they are uncertified. Now, after the bids come back and have been awarded, it can take anywhere from a couple months to build the truck if it is stock or even much longer if it is custom build. The building of a station averages about two years depending on the size and any problems encountered along the way. Many organizations will need to play catch up on stations, personnel, and apparatus because the public wants to see the immediate need to spend money, rather than building something for a future use.

This applied research topic directly correlates with the first operational goal of the United States Fire Administration, by reducing risk at the local level through prevention and mitigation (United States Fire Administration, 2014). By looking at the cause and the possible methods of preventing injuries in people 65 years and older, it ties back to the Executive Fire Officer Program and more specifically the course on Executive Analysis of Community Risk Reduction. The premise of the curriculum in Executive Analysis of Community Risk Reduction is to identify problems and then work to see if they can be prevented prior to occurring as is taught through the Haddon Matrix.

### **Literature Review**

Falls in the elderly demographic are nothing new and have been written about, researched, and studied many times over the years. Many websites, journals, books, and other

Executive Fire Officer applied research projects were reviewed in order to gain a more thorough understanding on the issue and what other organizations have done in response to this topic.

Nationally speaking, falls are a major issue for people age 65 and older with six out of ten falls happening at home (National Institute on Aging, n.d.). According to the Centers for Disease Control, 2.5 million people a year require treatment in an emergency room, and one out five of those will have a serious injury such as broken bones or a head injury (Centers for Disease Control, n.d.). Of those admitted to the hospital for a musculoskeletal injury, half of them fall in the age groups of 65 years and older (Pollak & Watkins-Castillo, n.d., p. 1). Of the approximate 2.5 million that require a visit to the emergency room, 700,000 of them will require hospitalization for injuries like a hip fracture or head injury (Centers for Disease Control, n.d.). Finally of the 700,000 hospitalized yearly, at least 250,000 of them will be from hip fractures, and 95% of those hip fractures that are admitted into hospitals are directly related to falls (Centers for Disease Control, n.d.). Overall speaking, falls account for the primary cause of musculoskeletal injuries in the total population, falls also account for more than 80% of nonfatal unintentional injuries in the population 85 years and older (Pollak & Watkins-Castillo, n.d., p. 1). Falls end up being a very costly incident for patients, families, and insurance companies as they are estimated at ringing up a medical bill of \$34 billion annually, of which two-thirds is hospital costs (Centers for Disease Control, n.d.).

When looking at why older people go to the emergency room, one can assume from statistics that at least 10% of the time it is for a fall, and in the same age demographic about 6% of the time they are quickly admitted to the hospital due to a fall (Tinetti, 2003). The top 10 leading causes of death among adults age 65 and older is heart disease (488,156), followed by malignant neoplasms (407,558), chronic low respiratory disease (127, 194), cerebrovascular

accidents (109,602), Alzheimer's disease (83,786), diabetes mellitus (53,751), influenza and pneumonia (48,031), unintentional injury (45,942), nephritis (39,080), and finally septicemia (28,815) (Centers for Disease Control, 2013, table 1). What sticks out about those 10 leading causes of death are that the first 7 and then 9 and 10 all revolve around medical issues. You can then look harder at those statistics and see that many times while people are in the hospital they have a higher percentage of developing influenza & pneumonia (number 7) and sepsis from infection (number 10).

Many people remember the TV commercial with the old women yelling "Help, I have fallen and cannot get up" and they chuckle at it, but in reality it is nothing to laugh at. When looking at the outcome of elderly patients that have fallen, "1 in 10 falls is a serious injury, such as hip fracture, other fracture, subdural hematoma, other serious soft-tissue injury, or head injury" (Tinetti, 2003, p. 42). Out of people age 65 and older there will be an approximate number equal to 1/3<sup>rd</sup> of them that will fall with a subsequent figure of 50% of those that fall will have at least one reoccurrence (Tinetti, 2003). You can imagine that if a person falls multiple times and continues to hit the same spots over and over again then eventually a more serious injury such as a fracture will occur. According to a study in Olmstead County, Minnesota, found that for those people who suffered a hip fracture that within seven days 10.4% (116 participants) suffered a myocardial infarction and 3.7% (41 participants) suffered subclinical myocardial ischemia (Edwards & Watkins-Castillo, n.d., p. 1). Of those two groups suffering cardiac emergences post hip fracture surgery, there was a 22% mortality rate within one year (Edwards & Watkins-Castillo, n.d., p. 1).

Many people have conducted studies in an effort to reduce falls or identify ways to prevent injuries in the elderly demographic. One such study conducted by a group of physicians,

was to find out if introducing Vitamin D and exercise into a demographic of 70 to 80 year old females, who had previously fallen within the year, would reduce falls (Uusi-Rasi et al., 2015). This study revealed that, “The rate of injurious falls and injured fallers more than halved with strength and balance training in home-dwelling older women, while neither exercise nor Vitamin D affected the rate of falls. Exercise improved physical functioning” (Uusi-Rasi et al., 2015, p.1). The study concluded that neither Vitamin D nor exercise affected the rate of falls, but exercise did improve physical functioning (Uusi-Rasi et al., 2015). According to Dr. James Judge, if the serum levels for Vitamin D can reach a normal level, then falls and fractures could be greatly reduced (Barclay, 2014, p. 1).

It is important to try and pinpoint the exact circumstances that exist, which allow falls to happen. Risk factors can be classified as intrinsic (attributes possessed by the individual), extrinsic (factors from the surrounding environment), or exposure to risk (World Health Organization, 2004). According to their research, intrinsic factors appear to be more of a factor than the other two categories (World Health Organization, 2004).

After conducting extensive research on the topic of falls in the elderly, it appears that this problem affects organizations and families all across the world, and that there is no one size fits all solution to fixing this problem. The literature reviewed showed many preventative steps that can be passed along to citizens, their families, and health care providers. However, the bigger problem is that people are going to continue to get older, decline in health, and become less active thus creating the prime situation for falls. After conducting the literature review, one can see that falls in the elderly age 65 and older are a serious problem, and it takes more than just a conversation with an elderly person to fix it. This problem will not go away with just any single mitigation technique, but more of a cultural change where the community identifies this is a

serious problem and it actually can be prevented. Nobody wants to loose their mobility or their freedom, so that is what must be emphasized to them in order for it to hit home.

### **Procedures**

The purpose of conducting this research was to assess the causes and possible methods of prevention for ground level falls in the elderly 65 years and older who are served by the Henry County Fire Department. Although much of the research conducted was descriptive in nature the primary method of this project was action in that a plan and policy will be developed. The action method allows for something to be developed or implemented, which would be the desired outcome for this problem.

The initial effort to research this subject matter was conducted on campus of the National Fire Academy during the attendance of the Executive Analysis of Community risk Reduction. On the campus of the National Fire Academy is a Learning Resource Center that has magazines, internet access, published Executive Fire Officer papers, books, videos, and other sources of scholastic information on a variety of topics for public safety. In an effort to understand what others in the Executive Fire Officer program have found out about this specific problem, the online database for applied research projects on injury prevention was visited. This database delivered a plethora of applied research projects on the same issue, but in a different community or context. This exhibits that there are other organizations out there that see this as a prominent issue that they feel needs to be mitigated.

Four research questions were developed, of which the first and second research question would be answered through literary research, while the third and fourth research questions would be answered through the use of a survey. The survey (Appendix A) was first sent out through a couple of Executive Fire Officer related Facebook pages, these had been set up by current and

previous EFO students. The link for the survey, and a small description, were posted to the pages for members of those pages to participate in the attached survey. Next, the survey was sent to EFO@iafc.org, the International Association of Fire Chiefs Executive Fire Officers Section, who then distributed it to all of their members via email. By sending out the survey in this manner, it gave the researcher access to organizations that the researcher was unaware of, and also to people who understood the importance of completing such a survey for the advancement of research on this given topic. Subsequently, the survey was directly sent via email to the Henry County Fire Department Fire Safety/Public Education Captain.

Finally, emails and phone calls were placed to the following agencies: Division of Aging Services (Georgia), Georgia Department on Aging and Elderly Services, Office of Insurance and Safety Fire Commissioner, and the Henry County Senior Services. These organizations were contacted due to them having a direct influence or direct interaction with the elderly and possible fall prevention. The Henry County Fire Department was also contacted in reference to the data that had been collected on falls in their elderly population along with any efforts to prevent them in the future.

## **Results**

The first research question, “What are most common causes of falls in the elderly age 65 and older?” was centered around identifying the most common reasons this age group falls, and to identify if they are truly preventable. This question was also developed in an attempt to identify key factors that lead to the elderly falling. If a list of identifiable risk factors can be compiled, then it allows for mitigation strategies to be developed. The research found that there can be both extrinsic and intrinsic reasons that lead to falls in the elderly. Throw rugs in general, can create a trip or slip hazard if not properly installed. Something as simple as the

corner of a rug being curled up could lead to a disastrous fall in an elderly person. Clutter on the floor or stairs, can create very hazardous pathways that may lead to falls (Centers for Disease Control, n.d.). Another extrinsic issue that can create a trip or fall hazard are animals both big and small, such as cats and dogs. Large dogs can knock over an elderly person, while cats and small dogs can get under the feet of people, making them off balance and thus fall. Some other extrinsic factors that could cause falls are uneven walkways, loose handrails, slippery floors or showers, poor lighting, footwear or clothing, and inappropriate walking aids or assistance devices (World Health Organization, 2004).

Every person is different, but they may share similar intrinsic factors that may lead to falls. One such intrinsic factor is the quality of their vision. As a person's vision decreases, they are more prone to have a fall incident. According to the World Health Organization, the older a person gets the more probable they are to fall, and then the probability of subsequent incidences will increase after the first fall (World Health Organization, 2004). It has been reported that in the older population, that just being a woman makes you more likely to fall and suffer an injury (World Health Organization, 2004). In the United States and The United Kingdom, being an older Caucasian puts you at a higher risk for falls compared to any other ethnicity (World Health Organization, 2004, p. 7).

The health of the individual can put them at risk for falls by having such conditions as congestive heart failure, circulatory disease, chronic obstructive pulmonary disease, depression, arthritis, and diabetes (World Health Organization, 2004). Other intrinsic factors for falling are poor gait, fear of falling, sedentary lifestyle, impaired cognition, foot problems, nutritional deficiency, and visual impairments (World Health Organization, 2004).

The second research question, “What measures can be taken to prevent elderly people from falling?” was asked in order to gain a base foundation of what has been identified as step used to prevent these injuries from happening. First, people have to learn to take care of themselves. This step must be started before people get older. This needs to be a total cultural change in order to get people to stay in shape and eat healthy. When a person is healthy, they are less likely to have medical problems, excluding congenital issues. When people are active, they develop muscle and maintain it which is acts as a shock absorber for the bones and joints. When people are less active or sedentary, they develop adipose tissue which tends to droop and hinder joints rather than protect them (World Health Organization, 2004). People also need to eat healthy and intake the proper amount of vitamins and minerals as suggested by the Nutrition.gov under the seniors section. This web site allows for seniors to see what they need to be eating throughout their life as their needs will change based on their age.

Outside of changing nutrition and activity levels, the immediate environment around the elderly needs to be addressed. Where the elderly live will need to be assessed for potential hazards that can create falls. Each residence is going to be different, but there should be common things to initially look for such as the pathways they walk. The daily life of that person should also be looked at, to see if the risk exposure can be reduced through just a simple act. Many of the elderly living in their own residence or in an assisted living facility still live their normal lives, and do such activities like cooking and cleaning. By moving pots and pans from top shelves to more of an even level with their torso, can reduce the risk of falling in the elderly (National Institute on Aging, n.d.). If an elderly person has to get on their tip toes, a chair, or even a ladder to get something down, it will increase the risk exposure for a fall (National Institute on Aging, n.d.). Anything that is requiring an elderly person to leave a the ground level

and climb, such as getting things down out of an attic, cleaning gutters, replacing smoke detector batteries, changing light bulbs, cleaning fan blades, and so on needs to be reduced if not eliminated completely. The elderly are more likely to fall when they are extended and having to do a task above their head level due to decreasing abilities to balance when one ages (National Institute on Aging, n.d.).

According to the Centers for Disease Control, there are four main categories that need to be addressed in order to prevent falls in the elderly. First, you should talk to your doctor about your risk for falls, your current medicines, and about the benefits of taking Vitamin D with calcium (Centers for Disease Control, n.d.). Second, you should begin or continue to do strength and balance exercises such as yoga or Tai Chi (Centers for Disease Control, n.d.). Third, have your eyes checked (Centers for Disease Control, n.d.). Finally, make your home safer (Centers for Disease Control, n.d.).

The third research question was aimed at being answered through the use of the eight question survey. The first question was “What is your organization name and location? What is your email address for follow up questions?” The survey was answered by 23 people representing 22 agencies. The respondents were from the Baugo Fire Department (Elkhart, Indiana), Bayside Fire Department (Kodiak, Alaska), Birmingham Fire and Rescue (Birmingham, Alabama), Bossier City Fire Department (Bossier City, Louisiana), Bourne Fire/Rescue (Bourne, Massachusetts), Buckley Fire and Emergency Services (Aurora, Colorado), City of Green Fire Division (Green, Ohio), City of Gulfport Fire Department (Gulfport, Mississippi), Columbia Southern University (Orange Beach, Alabama), Copper Mountain Fire Department (Frisco, Colorado), Gwinnett Fire and Emergency Services (Gwinnett County, Georgia) (two respondents from this agency), Henry County Fire Department (Henry County,

Georgia), Palm Beach Gardens Fire Rescue (Palm Beach Gardens, Florida), Kingman Fire Department (Kingman, Arizona), Mt. Lebanon Fire Department (Pittsburgh, Pennsylvania), Norfolk Fire Rescue (Norfolk, Virginia), Okeechobee County Fire Rescue (Okeechobee, Florida), Rincon Valley Fire District (Vail, Arizona), Shawnee Fire Department (Shawnee, Kansas), Wyomissing Fire Department (Wyomissing, Pennsylvania), and Germantown Fire Department (Germantown, Wisconsin). The results of this question showed that respondents ranged from all parts of the United States, and this gives a very diverse look at what is going on within the industry in those regions. The second question on the survey was “The leading cause of injuries in adults age 65 and older are falls from a standing position. Does your organization have a program that addresses this with the public?” This question was used to help answer research question number three. The third survey question asked was “If you answered “Yes” to number 2 please explain your program below. You can paste a website or information that may explain it if there is a webpage. Enter N/A if not applicable”. This question will be further answered inside of research question three.

The fourth survey question was “If your organization has a program to address falls in the elderly, then who delivers the program? Example: Company Officer, Fire Prevention, etc. Answer N/A if not applicable.” This question will further answered inside of research question three. The fifth survey question was “If your department does not have a program to address fall prevention, then do they have another program that gets the fire department into residential homes for prevention purposes? Please explain. Example-lock box installation, smoke detector installation, etc. Please enter N/A if not applicable.” The results showed that eight of the 23 departments have no program that gets them into residential homes delivering fire prevention methods. The results also showed that 15 of the 23 organizations have at least one program that

can get them into residential homes already in place which could be smoke detector installations, safety inspections, CO alarm installations, Knox box installations, CPR instructional classes, and community paramedicine programs. This question was asked to see what other programs or services these departments delivered to their public. The sixth survey question was “If your organization has a program did they pilot the program first?” This question was asked to see if piloting the program was essential to its success, or if they adjusted the program as needed. The results showed that 13 of the organizations had no applicable response to this question, while seven organizations did not pilot their programs, and one organization conducted a pilot of their program before releasing it on a full scale.

The seventh survey question was “If your organization has a program, did you see any results from it, if so what did you notice and how did you evaluate the program? Enter N/A if not applicable.” Of the respondents, 13 replied with not applicable, while one replied with not having true data to report. One of the organizations reported that their program results are still too early to know and another organization said that they never have kept data on it at all but plan to beginning in 2016. One of the organizations has seen two documented saves in an area where they installed smoke detectors via a smoke detector blitz. The Baugo Fire Department does have a general residential inspection program has seen a decrease by 5% in that target population. Other organizations answers will be further explained within the results for research question three. The eighth and final question was “Enter any other information, comments or ideas here.” The results of this question were not pertinent to the findings of the research.

The third research question, “What steps have other agencies done to confront this problem in their organization?” was asked in order to see what other agencies have developed as a program in order to deal with these injuries and identify if their programs have had measure

results. This question was answered through use of the survey sent out to numerous agencies. There were 23 responses to the survey that had reached hundreds of people for participation. Of the 23 responses, only four responses showed that an agency had made an attempt to address fall prevention in the elderly. Of the four responses, two were from the same agency. The survey revealed that the Gwinnett Fire and Emergency Services of Gwinnett County, Georgia, the Bourne Fire/Rescue organization of Bourne, Massachusetts, and the Germantown Fire Department of Germantown, Wisconsin, have addressed fall prevention in the elderly.

The Gwinnett Fire and Emergency Services in Gwinnett County, Georgia use the Remember When program within their overall program of SeniorBSafe. The Gwinnett Fire and Emergency Services, is a very large metro Atlanta fire and EMS department, which delivers their program through their Community Risk Reduction Educators. This program that the Gwinnett Fire and Emergency Services delivers is newer, and they did pilot it first, but their datum is still too small to provide a big enough sample size. Gwinnett Fire and Emergency Services did provide some information that was of note, in that they will conduct residential home inspections, which have to be scheduled through their Senior Services department for Gwinnett County.

The Bourne Fire/Rescue organization of Bourne, Massachusetts has implemented the National Fire Protection Association's (NFPA) program entitled Remembering When (Appendix C). This program was developed by NFPA in conjunction with the Centers for Disease Control, as a fire and fall prevention program to help older adults live safely at home for as long as possible (National Fire Protection Association, n.d., p. 1). This program is a complete program and endorsed by the United States Fire Administration as trusted and reliable source (United States Fire Administration, n.d.).

The Germantown Fire Department takes a little different route than the previous two organizations, as they primarily visit all care facilities twice a year and give fire and life safety education. The Germantown Fire Department conducts their program through their on duty companies, and they did not pilot their program first. The Germantown Fire Department stated that they have seen an increase in community relations and support for the fire department.

The fourth research question, “What current public education programs does Henry County Fire Department offer to the public?” was asked in order to gain a perspective of what the organization currently offers to its citizens. According to the Henry County Fire Department, they are offering a Citizens Fire Academy, Community Emergency Response Teams (C.E.R.T.) program, and their longest running program is Get Alarmed Henry (Henry County Fire Department, n.d.-b). The Citizens Fire Academy, is held one night a week for three hours for eight weeks (Henry County Fire Department, n.d.-a). This class is open to the public and teaches them how the fire department works and what they do (Henry County Fire Department, n.d.-a). Get Alarmed Henry, is a free smoke detector inspection and installation program provided to the citizens. The C.E.R.T. program, allows citizens in the county to be trained as volunteers to assist in making the community safer, stronger, and better prepared for terrorism, crime, public health issues, or other disasters (Community Emergency Response Team, n.d.).

### **Discussion**

This applied research project was intended to delve into the causation of falls in the elderly population, and develop a strategy to mitigate such incidents. During the research, the Centers for Disease Control stood out as a foremost expert on the subject that many other researchers referred back to. One big thing to note about the Centers for Disease Control, is that

they are a government organization, so they inherently have a very large budget at its disposal to use when it comes to studying such topics like this that many individuals may not have access to.

The literature review reveled that this problem is a very widely known problem within the medical community (Centers for Disease Control, n.d.; Tinetti, 2003; Pollak & Watkins-Castillo, n.d.). In the fire and EMS services, it may be known problem but organizations are not directly confronting it according to the results of the survey. The research revealed, that a larger organization like the Gwinnett Fire and Emergency Services has been very proactive on this topic. The Gwinnett Fire and Emergency Services have an entire Community Risk Reduction Division; this division has numerous people dedicated to topics such as this. The well known speaker Gordon Graham has a very famous saying on risk management that states “If it is predictable, then it is preventable (Bishoff, 2009).” This is a very true statement, and it can be applied to just about every aspect of an organization. The point here for fire and EMS services is that they should look at all preventable health issues for their citizens and seek out a way to reduce those risks, which in turn will reduce the demand on their services.

The literature review revealed that the Centers for Disease Control recommends Vitamin D be taken, in order to prevent falls and contribute to a healthy lifestyle (Centers for Disease Control, n.d.). In contrast, a study conducted by Uusi-Rasi et al. showed that Vitamin D played no factor in preventing falls (Uusi-Rasi et al., 2015). Dr. James Judge conducted another study, which showed that it depends on the serum level of the Vitamin D in the blood as to reducing falls (Barclay, 2014). It would appear Vitamin D is just a piece of a much larger puzzle. Anytime that a body is deficient outside of its homeostatic state, it would make sense that by placing it back into that homeostatic state it would function more efficiently thus preventing falls.

Vitamin D may not directly prevent a fall, but it will actually strengthen the body, which could reduce injuries and that can be seen as a win.

One thing that stood out during this research was the importance of proper data reporting, proper data entry, and proper data recovery. All of the literature reviewed pieces had lots of data to back them up, so this obviously shows why the numbers and proper reporting are critical for problem identification and effectiveness of mitigation techniques. While attempting to gather research data on falls from the Henry County Fire Department, it was apparent that this was something more than just clicking a couple buttons on the computer. The researcher made several attempts to three different members of the Henry County Fire Department that could pull the datum requested regarding falls in the elderly. The question that the researcher was attempting to answer was “Of the 17,829 medical calls from 2014, \_\_\_\_\_ % or \_\_\_\_\_ of those calls applied to the age group 65 years and older. Then of the \_\_\_\_\_ calls in that age group \_\_\_\_\_ % or \_\_\_\_\_ calls involved falls.” This was an important question for this research project in that it gave a more complete picture as to the problem and strain that it presents on the emergency system. Without this question being able to be answered by physical data it did not however stop the research project from being completed. Even without the true numbers of the problem, having the organization acknowledge that the problem exists was enough for the research project to progress and ultimately be completed. First, the Henry County Fire Department acknowledged that pulling the data was a problem for a couple of reasons. First, the Henry County Fire Department had switched over from one software company to another two years prior. Second, The Henry County Fire Department was unaware of how to narrow down the query to ages or type of call.

Another problem experienced during this research project was the cooperation from other agencies. For the most part, the agencies that were contacted did not respond very promptly and some did not respond at all. The Division of Aging Services (Georgia) and Georgia Department on Aging and Elderly Services were both contacted, and neither responded. These two organizations may have had quality information to add to this research project as they both are centered on the elderly and their health. Two of the organizations that responded did so promptly and with the requested information such as Henry County Senior Services and the Gwinnett Fire and Emergency Services. Two other organizations that were contacted responded but were limited on what they provided. The Henry County Fire Department was unable to provide some important statistics and the Office of Insurance and Safety Fire Commissioner took several months to respond and when they did respond they did not have any data to contribute to this research project.

### **Recommendations**

The purpose of this research was to understand what causes falls in the elderly and what the Henry County Fire Department can do to prevent them. After extensive research, it appears that a comprehensive multifaceted approach is necessary. The Henry County Fire Department needs to adopt a plan that will allow them to reach the entire community, and be preventative in nature rather than reactionary. With recommendations by the National Fire Protection Association, Centers for Disease Control, United States Fire administration, the Gwinnett Fire and Emergency Services, and Bourne Fire/Rescue organization, it appears that a successful, all in one, program is the Remembering When program developed by the National Fire Protection Association and the Centers for Disease Control. This program has been adopted by the Gwinnett Fire and Emergency Services, which is a metro Atlanta organization similar to the

Henry County Fire Department. With this large organization already having this program in place and seeing positive results in the metro area, it may lend the same results for the Henry County Fire Department as well. Prior to implementing this program, it is imperative that the Henry County Fire Department administration shows the importance of this program and its potential impact to the line personnel. Without buy in from the line personnel, this program could fall flat before it ever really has a chance to make a difference. The administration needs to refer back to the data shown by the Centers for Disease Control that if you can prevent the first fall then you can prevent subsequent falls in a patient, thus decreasing your call volume and increasing the quality of life on the citizens of Henry County.

In addition to adopting the Remembering When program the Henry County Fire Department should adopt a policy (Appendix D) that addresses how the program will work. The Henry County Fire Department should adopt a home safety survey form (Appendix E) that is more conducive to the needs of the Henry county Fire Department, with the Remembering When program serving as the guide. The Henry County Fire Department should also put into use the forms located in Appendix F, G, and H. These three forms will be used for fall incidents (Appendix F), home safety survey requests (Appendix G), and home safety survey door hangers for blitzes (Appendix H). With the Henry County Fire Department not having a very large prevention and education division in relation to the size of the population, they should seek outside assistance in addressing this problem.

It is recommended that the Henry County Fire Department creates a Henry County Senior Safety Coalition. This coalition should consist of the Henry County Fire Chief, Henry County Fire Department Medical Director, an administrator from Piedmont Henry Hospital, the head of the Henry County Senior Services, a representative from the Centers for Disease Control located

in Atlanta, a representative from the Georgia Department of Aging and Elderly Services, a couple civic leaders, and a couple church leaders. The Henry County Fire Department should use this coalition to show the importance of preventing falls in the elderly and how the community can help. This coalition can help spread the word and give it credibility having so many important figures and organizations helping to mitigate this problem. Once this coalition gets traction, a second coalition should be formed with the metro Atlanta fire departments to help share ideas and strategies on this issue. The Henry County Fire Department should continue to gather data to determine the effectiveness of this program along with the possible foresight of mitigating other preventable issues within the community with the help of these two coalitions.

In addition to adopting the Remembering When program, the Henry County Fire Department should instruct every level within the fire department about the importance of accurate reporting of incidents and data entry. Incorrect data entry can lead to missed financial opportunities through grants if a need cannot be proven. If data and statistics cannot be easily extracted from a software program, then the program either needs to be further developed, a different program sought out, or training the users on how to correctly extract information from the program should happen. Another recommendation is that the Henry County Fire Department assigns at least two dedicated fire safety educators to the topic of community risk reduction.

Currently the Henry County Fire Department has one Captain and one Lieutenant in the Education Section, which is responsible for reaching the entire community on all subjects. This move would allow for the new positions to concentrate on delivering and evaluating the Remembering When program along with the home safety surveys. This problem will not be an easy one to fix, but with hard work and dedication strides in the right direction can be accomplished.

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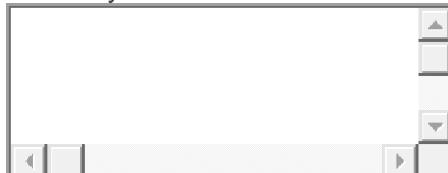
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**Appendix A**

# Community Risk Reduction- Fall Prevention Initiative

1. What is your organizations name and location?

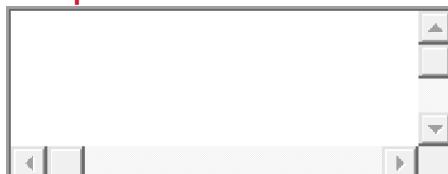
What is your email address for follow up questions? **\*This question is required.**



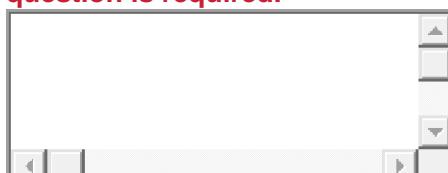
2. The leading cause of injuries in adults age 65 and older are falls from a standing position. Does your organization have a program that addresses this with the public? **\*This question is required.**

- Yes
- No

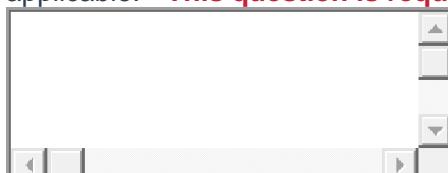
3. If you answered "Yes" to number 2 please explain your program below. You can paste a website or information that may explain it if there is a webpage. Enter N/A if not applicable. **\*This question is required.**



4. If your organization has a program to address falls in the elderly, then who delivers the program? Example: Company Officer, Fire Prevention, etc. Answer N/A if not applicable. **\*This question is required.**



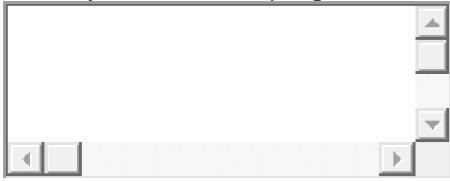
5. If your department does not have a program to address fall prevention, then do they have another program that gets the fire department into residential homes for prevention purposes. Please Explain. Example- lock box installation, smoke detector installation, etc. Please enter N/A if not applicable. **\*This question is required.**



6. If your organization has a program did they pilot the program first? **\*This question is required.**

- Yes
- No
- Not applicable

7. If your organization has a program did they see any results from it if so what did notice and how did they evaluate the program? Enter N/A if not applicable. **\*This question is required.**



A text input field with a vertical scroll bar on the right. At the bottom left are two small square buttons with arrows pointing left and right. At the bottom right is a larger square button with a right-pointing arrow.

8. Enter any other information, comments, or ideas here.



A text input field with a vertical scroll bar on the right. At the bottom left are two small square buttons with arrows pointing left and right. At the bottom right is a larger square button with a right-pointing arrow.

Next

0%

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## Appendix B

# New Summary Report 26 October 2015

1. What is your organizations name and location? What is your email address for follow up questions?

Count Response

- 1 Baugo Fire Department, Elkhart, In chad.carey@baugofire.com
- 1 Bayside FD Kodiak AK andrewdevries52@hotmail.com
- 1 Birmingham Fire and Rescue
- 1 Bossier City Fire Department Bossier City, LA Jasonsanchez@bellsouth.net
- 1 Bourne Fire/Rescue, Bourne, MA dpelonzi@townofbourne.com
- 1 Buckley Fire & Emergency Services Michael.anderson.41@us.af.mil
- 1 City of Green Fire Division, Green Ohio Jfunai@cityofgreen.org
- 1 City of Gulfport Fire Dept, MS teregan@gulfportms.gov
- 1 Columbia Southern University
- 1 Copper Mountain Fire Department rcole@cmcmdi.com
- 1 Gwinnett Fire and Emergency Services Lawrenceville, Georgia Brian.wolfe@gwinnettcounty.com
- 1 Henry Co. Fire Department 110 S. Zack Hinton Parkway McDonough Ga 30253
- 1 James Ippolito Palm Beach Gardens Fire Rescue Jippolito@pbgl.com
- 1 Kingman Fire Department Kingman, AZ. keaton@cityofkingman.gov
- 1 Mt. Lebanon Fire Department Pittsburgh, PA slane@mtlebanon.org
- 1 Norfolk Fire Rescue Norfolk VA Jarrod.Sergi@norfolk.gov
- 1 Okeechobee County Fire Rescue, FLorida RFranklin@co.okeechobee.fl.us
- 1 Rincon Valley Fire District 14550 E. Sands Ranch Rd. Vail, Az 85641 jbisnar@rinconvalleyfd.org
- 1 Shawnee FD sscarpa@cityofshawnee.org
- 1 Wyomissing Fire Department, aeholmes08@live.com
- 1 Germantown Fire Department N115 W18752 Edison Drive Germantown, WI 53022 gweiss@germantownfiredept.com

2. The leading cause of injuries in adults age 65 and older are falls from a standing position. Does your organization have a program that addresses this with the public?

Yes 14.3% 3

No 85.7% 18

Total 21

Statistics

Total Responses 21

3. If you answered "Yes" to number 2 please explain your program below. You can paste a website or information that may explain it if there is a webpage. Enter N/A if not applicable.

Count Response

11 N/A

2 N/a

2 NA

1 We go to all care facilities and provide fire and life safety program at least twice a year.

2 n/a

1 na

1 It is part of our SeniorBSafe program which can be pulled off our website at [www.gwinnettcounty.com](http://www.gwinnettcounty.com) under fire

department and community risk reduction.

1 We have recently started the Remembering When program from NFPA. Currently, we only conduct the public education part. We are not yet conducting home safety surveys.

4. If your organization has a program to address falls in the elderly, then who delivers the program?

Example: Company Officer, Fire Prevention, etc. Answer N/A if not applicable.

Count Response

12 N/A

1 N/a

2 NA

1 On duty Fire/EMS companies

1 Our Community Risk Reduction educators

2 n/a

1 na

1 We have a group of personnel at all ranks who have gone through public fire and life safety educator programs. They are hired as a paid detail to conduct programs.

5. If your department does not have a program to address fall prevention, then do they have another program that gets the fire department into residential homes for prevention purposes. Please Explain.

Example lock box installation, smoke detector installation, etc. Please enter N/A if not applicable.

Count Response

1 N/A

1 NA

1 No program, N/A

1 Not yet we are in the process of developing home inspections for all residents

1 Recently applied for a FP&E grant to install combination detectors. Waiting word on that grant

1 Residential KNOX Boxes and smoke detector installation/battery maintenance.

1 Smoke alarms

1 Smoke detector program, after the fire program, home safety visits

1 Smoke detectors as requested. home inspections as requested.

1 We conduct private dwelling inspections upon request from the homeowner

1 We do a free smoke detector and fire safety program annually with the Village.

1 We have installed smoke alarms in the past, and we do conduct Knox Box installations

1 Yes smoke alarm and CO alarm installations and home fire safety visits.

1 Yes, general inspections are offered.

1 na

1 smoke detector and safety visits

1 We are beginning the Community Paramedicine Program to address this as well as other chronic diseases.

1 The only thing we have right now for getting into residential homes is a smoke detector install program.

1 We are able to gain access to residences on EMS calls and fire prevention provides smoke detector installation when

requested by the homeowner

1 We have a policy to assist the public in any manner possible, however the best opportunity we have is when we

respond to private swellings for incidents. This is when we provide insight on additional concerns which have been observed.

1 We also perform other fire prevention activities at the company level in conjunction with CRR. We will perform home

inspection and smoke detector installations.

## 6. If your organization has a program did they pilot the program first?

Yes 4.8% 1

No 33.3% 7

Not applicable 61.9% 13

Total 21

Statistics

Total Responses 21

## 7. If your organization has a program did they see any results from it if so what did notice and how did they evaluate the program? Enter N/A if not applicable.

Count Response

9 N/A

1 NA

1 Na

1 No true data kept

1 Too early to tell, and I don't believe we have an evaluation method in place.

1 We have never evaluated the program, however we will begin monitoring effectiveness in 2016.

1 n/a

1 na

1 We have seen some results but limited to date. We have had two documented saves in our smoke alarm blitzes in

mobile home parks. Still more data to pull and monitor.

1 During past fire prevention campaigns we received feedback regarding the performance of our services and inquiries

about extending our public relations/public education capabilities.

1 Yes. More than 38% of our homes do not have a functioning smoke detector, and we have made a significant dent in

that figure in the past three years. After structure fire we try to blitz the entire neighborhood about a week or so afterward with the offer of free smoke detectors & installation. During our visit we talk with the residents and try to "spread the gospel" so to speak. We ask them to encourage friends and family to check and/or replace their detectors.

1 Better community relations and support for the fire department. In a previous department that I was Chief at, we had a

smoke detector give a away program. We did a large and installed over 50 detectors within 7 days we had a trailer fire and all seven were alerted In the middle of the night of the fire and got out safely.

1 We have seen results from providing general inspections, where are run volume has decreased by 5% in our older population.

## 8. Enter any other information, comments, or ideas here.

Count Response

2 N/A

1 N/a

1 We have curriculum teaching Fire Administrators the importance of such programs

1 na

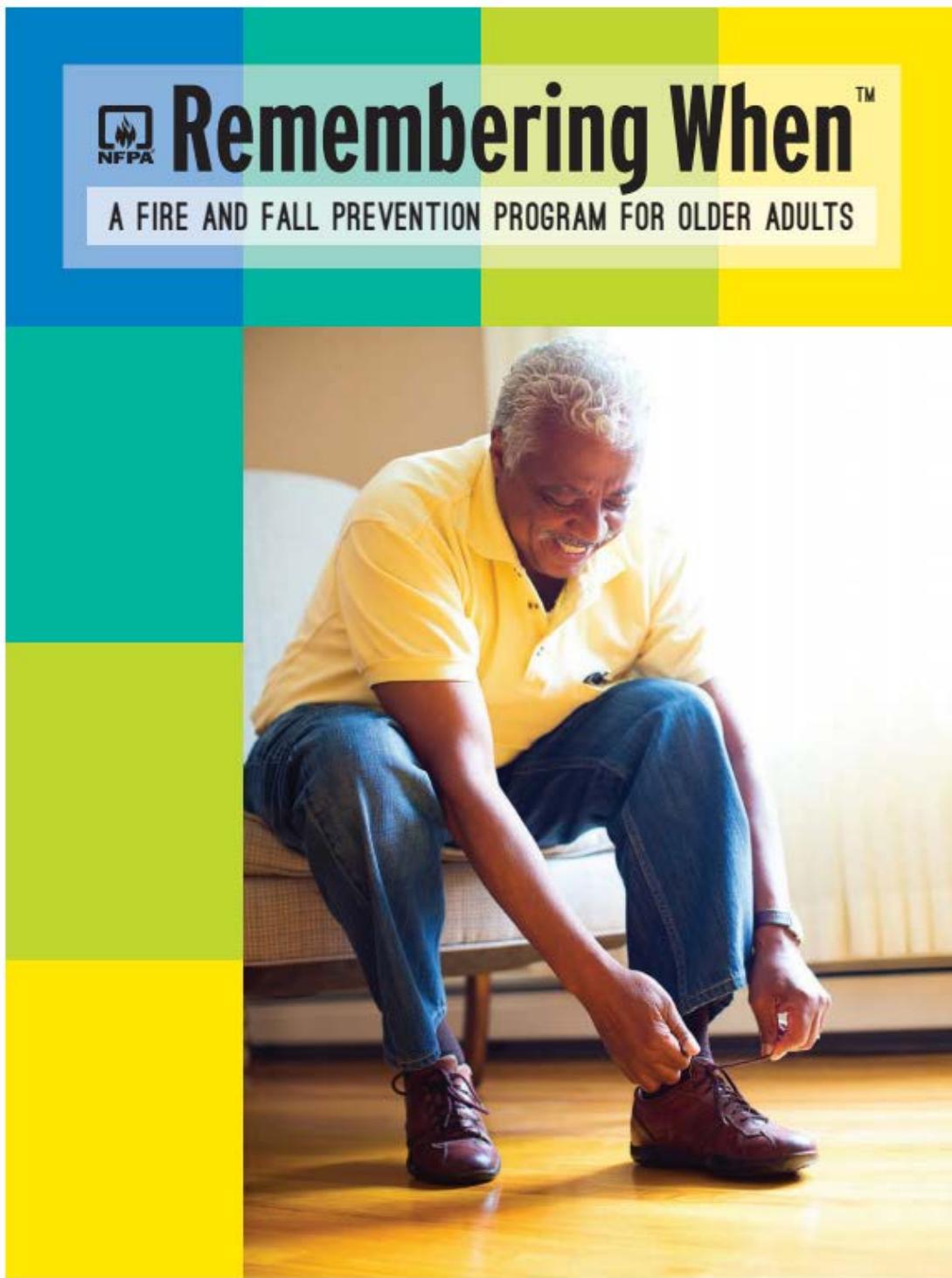
1 According to Florida law, we have no fire safety jurisdiction over a single family home. In the construction phase that power is with the building official

1 We are only populated by 10,000 people, so it is very easy for us to provide general knowledge and inspections.

1 I am currently on a Fall Prevention Coalition and we are having a "Fall Event". Very excited to participate and include our community.

1 We experience over 800 calls for service for fall victims. Any other data that you need please let me know. Good Luck

## Appendix C





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Welcome to **Remembering When**™, a program developed by the National Fire Protection Association (NFPA). The program contains everything you will need to conduct a comprehensive fire and fall prevention program for older adults in your community.

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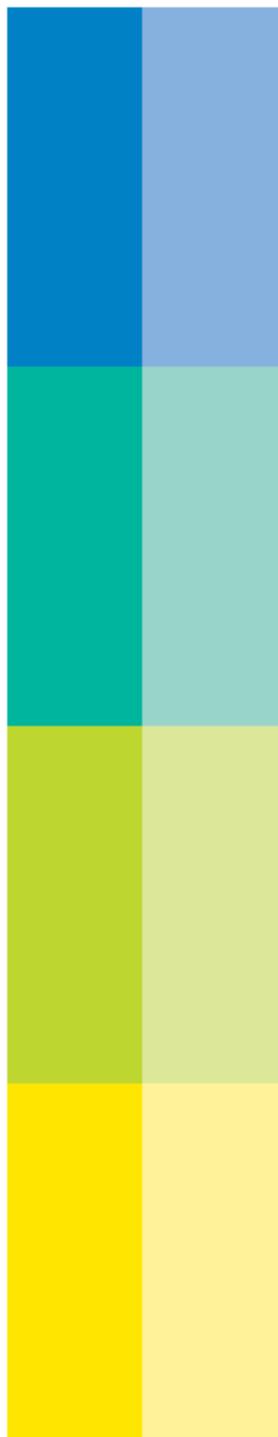


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## The Facts

**A**t age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population—and to four times by age 85.

Fires and burns are not the only hazards that threaten our older citizens. Statistics from the CDC show that falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in

falls each year—some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

By focusing attention on these two serious issues, we can make a measurable improvement in the health and well-being of older adults, who are a rapidly growing segment of the population. *Remembering When* is designed to prevent injuries among older adults and help them live safely at home.

## The Answer

**T**he approach and the content of *Remembering When*, centered around 16 key messages, were developed by a technical advisory group comprising experts and practitioners from national and local safety organizations as well as through focus group testing in the high fire-risk states of Alaska, Arkansas, and Mississippi and in the cities of Cleveland and Atlanta, where the program was also field tested.

Focus group research shows that older adults prefer a fun and interactive program. *Remembering When* has adopted a nostalgia theme that has safety messages presented through discussion, trivia games, and handouts.



## Key Messages

Following are the 16 key messages contained in this program.

Please emphasize these messages during your group presentations or home visits.

### Fire Prevention

**1** **If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.

**2** **Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave your home, or go to bed. Always plug space heaters directly into a wall outlet, and never into an extension cord or power strip.

**3** **Stay in the kitchen when frying food.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, oven mitt, or wooden spoon as a reminder that you have something cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.

**4** **If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

**5** **Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, make sure the alarms are interconnected so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms. Replace all alarms that are 10 years old or older. If you are hard of hearing or remove your hearing aids to sleep, consider purchasing a strobe alarm and/or bed shaker. Install carbon monoxide alarms outside each sleeping area and on every level of the home.

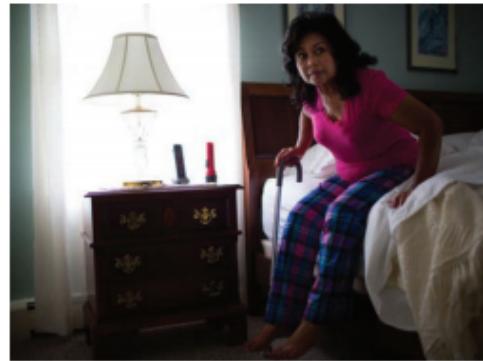


**6** **Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.

**7** **Know your local emergency number.** Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, have other emergency contact numbers (neighbor, family member) near the phone to call for assistance while waiting for first responders to arrive.

## Key Messages (continued)

**8** **Plan your escape around your abilities.** Have a land line telephone or a cell phone with a charger near your bed and post the local emergency number nearby in case you are trapped by smoke or fire. Consider subscribing to a medical alert system, which will provide you with a button you wear around your neck or wrist. If you have an emergency, just push the button and the service will send emergency responders. Have other necessary items near your bed, such as medications, glasses, wheel chair, walker, scooter, or cane. Keep a flashlight and a whistle near your bed to signal for help.



### Fall Prevention



**1** **Exercise regularly.** Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.

**2** **Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

**3** **Keep stairs and walking areas clear.** Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic.

**4** **Improve the lighting in and outside your home.** Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.

**5** **Use non-slip mats.** Non-slip mats increase safety in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

**6** **Be aware of uneven surfaces.** Make sure indoor flooring is safe. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use hand rails, if available, and step carefully.

**7** **Stairways should be well lit.** Lighting from both the top and the bottom of stairways is important. Have easy-to-grip handrails installed along the full length on both sides of the stairs.

**8** **Wear sturdy, well-fitting shoes.** Low-heeled shoes with non-slip soles are best. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

## Getting Started



No single agency should be responsible for reaching all the older adults in your community with fire and fall prevention messages. Identify existing groups that already work with older adults and team up to work together. *Remembering When* offers two approaches to teaching fire and fall prevention to older adults: group presentations and home visits. Decide which of the two approaches—or combination of approaches—is most appropriate for your community. Each approach has a section in the *Remembering When* program.



### Group Presentations

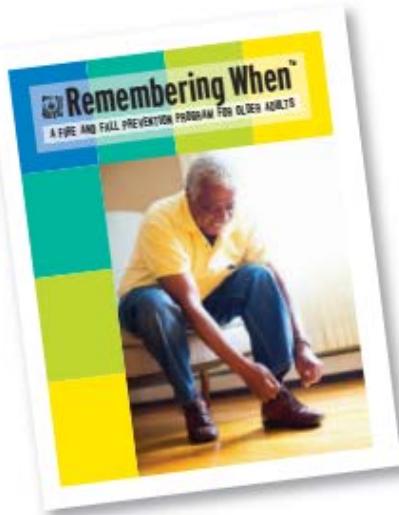
Many social organizations, retirement communities, and religious groups can offer the ideal target audience for your safety messages. You may want to coordinate your group presentations with local service agencies, service clubs, or fire departments. This section includes organizing tips, a sample presentation with a variety of activities, a presentation checklist, and a sample news release.



### Home visits

The best way to reach older adults at home is through local service agencies that already provide home care. This section contains presentation ideas and suggestions for training home visitors.

**Remembering When** includes everything you'll need to help older adults evaluate their safety needs and make your fire and fall prevention messages fun and easy to remember. Whether you're working in a group setting or one-on-one in the home, winning people's trust and establishing open and friendly communication with the people you're trying to help is important. Being respectful is equally important.



## Support Materials

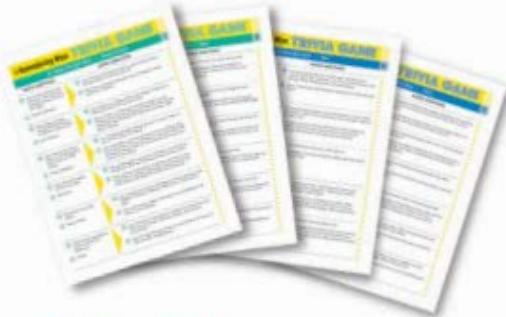


We provide a wealth of teaching aids, handouts you can copy, and other materials to make *Remembering When* a success in your community.



### Message Cards

Message cards will help you present the 16 key *Remembering When* messages. For group presentations, use the cards as handouts. For home visits, review each message card with your client.



### Trivia Game Cards

Print these cards for fun trivia and bonus questions on fire and fall prevention. The game can be played in large groups or during home visit presentations.

### Home Safety Checklist

This reproducible checklist can be used by older adults to check their homes for hazards. It can also be used by a home health care worker, visiting nurse, volunteer, relative, or friend to help an older adult identify hazardous situations in the home and discuss possible solutions.



### Fire and Fall Prevention Flyers

These flyers reinforce the 16 key *Remembering When* messages. Make copies to leave with a client during a home visit or as a handout during a group presentation.

# Fall Prevention & Safety Tips

## Action Steps:

1. Keep trip hazards out of the pathways you use frequently.

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5. Smile! You are taking steps to improve your health and safety.



[www.nfpa.org/rememberingwhen](http://www.nfpa.org/rememberingwhen)

- 1 **Exercise regularly** to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- 2 **Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- 3 **Keep stairs and walking areas free** of electrical cords, shoes, clothing, books, magazines, and other items.
- 4 **Improve the lighting** in and outside your home. Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.
- 5 **Use non-slip mats** in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.
- 6 **Be aware of uneven surfaces** indoors and outdoors. If you must have scatter rugs, make sure they lay flat and do not slide when you step on them. Smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.
- 7 **Stairways should be well lit** from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.
- 8 **Wear sturdy, well-fitting, low-heeled shoes with non-slip soles.** They are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



# Fire Prevention & Safety Tips

**Action Steps:**

1. Test smoke alarms once a month.

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- 2.

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- 3.

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- 4.

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5. Smile! You are taking steps to improve your health and safety.

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**1 If you smoke, smoke outside.**

Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts before throwing them out or bury them in sand. Never smoke in bed or if oxygen is used in the home.

**2 Give space heaters space.**

Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off heaters when you leave or go to bed.

**3 Stay in the kitchen when frying food.**

Never leave cooking unattended. Wear form-fitting or short sleeves when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.

**4 Stop, drop, and roll.**

If your clothes catch on fire stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over to put out the fire. If burned, use cool water for 3–5 minutes to cool the burn. Get medical help.

**5 Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, use interconnected alarms. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.

**6 Plan and practice your escape from fire and smoke.** Know two ways out of every room. Make sure you can open all windows and doors in the plan. In a fire, get outside quickly. If there is smoke, stay low and go. Once outside, call the fire department. Wait for help outside.

**7 Know your local emergency number.** Ask if it is 9-1-1 or a different number. Have a telephone near your bed in case you are trapped by smoke and fire.

**8 Plan your escape around your abilities.** Determine if anyone in the home will need assistance to get out safely. Practice the plan twice a year both during the day and night. Have necessary items near your bed, such as glasses, your walker, or your cane.

**Remembering When™**

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

[www.nfpa.org/rememberingwhen](http://www.nfpa.org/rememberingwhen)

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

## **Home Safety Checklist**

### **Prevent Falls**

**1**

Yes  No

**Do you exercise regularly?**

 Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes  No

**Do you take your time getting up to answer the phone or doorbell?**

 Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes  No

**Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?**

 Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes  No

**In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?**

 Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes  No

**Have you had your eyes checked?**

 See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes  No

**Do you have nightlights along the path between your bedroom and the bathroom?**

 Use nightlights to light the path between your bedroom and the bathroom.

Yes  No

**Do you turn on the lights before you use the stairs?**

 Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes  No

**Does every room have a light switch that can be reached from the doorway?**

 Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes  No

**Are there non-slip mats in and outside bathtubs and showers?**

 Use non-slip bath mats in the bathtub and on shower floors.

Yes  No

**Do you have grab bars in tubs, showers, and near all toilets?**

 Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

## Home Safety Checklist

### Prevent Falls

2

Yes  No

**Do you wipe up spilled liquids right away?**

 Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes  No

**Do your throw rugs have rubber, non-skid backing?**

 Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes  No

**Is your carpeting in good condition?**

 Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes  No

**Are there sturdy, easy-to-grip handrails on both sides of the stairs?**

 Have easy-to-grip handrails installed along the full length of both sides of the stairs

Yes  No

**Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?**

 Wear sturdy, well-fitting, low-heeled shoes with non-slip soles, which are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Yes  No  N/A

**Have you contacted your doctor or pharmacist if your medication affects your balance and coordination?**

 If not, have your doctor or pharmacist review all your medications, including over-the-counter drugs. Some medications can affect your balance and coordination.

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

# Home Safety Checklist

## Prevent Fires

1

Yes  No

**If there are smokers in your home, do they smoke outside?**

 Ask smokers to smoke outside. Never smoke in bed or when drowsy.

Yes  No  N/A

**Do smokers use deep, sturdy ashtrays?**

 Use deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand.

Yes  No  N/A

**Are space heaters at least 3 feet**

**(1 meter) from things that can burn?**

 Keep space heaters at least 3 feet (1 meter) away from anything that can burn—including you. Follow this rule for woodstoves and fireplaces, too. Shut off and unplug heaters when you leave the room or your home or go to bed. Always plug space heaters into wall outlets and never into extension cords or power strips.

Yes  No

**Do you inspect electrical cords in your home for damage?**

 Check electrical cords often. If cords are cracked or damaged or you have loose electrical or extension cords, stop using the cords immediately and replace them. Do not try to repair them.

Yes  No

**Are electrical cords kept from running across doorways or under rugs?**

 If not, unplug them at once. Avoid putting cords where they can be damaged or pinched by furniture, under rugs and carpets, or across doorways.

Yes  No

**Do you know how to put out a pan fire on the stovetop?**

 If a pan of food catches fire, slide a lid over it and turn off the burner. When in doubt, get outside and call the fire department.

Yes  No

**Do you stay in the kitchen when you cook?**

 Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. Don't use the stove if you are drowsy from alcohol or medication and do not cook while taking new medication until you know how it will affect you.

Yes  No

**Do you allow food cooked in a microwave oven to cool before eating?**

 Remember that while microwave ovens stay cool, the food inside can become very hot. Open microwaved food slowly, away from the face. Allow food to cool before eating.

Yes  No

**Do you wear tight-fitting clothing or short sleeves when you cook?**

 Wear tight-fitting, rolled-up, or short sleeves when cooking. Use oven mitts to handle hot pans.

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

## **Home Safety Checklist**

### **Prevent Fires**

**2**

Yes  No

#### **Do you know what to do if your clothes catch fire?**

 Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

Yes  No

#### **Do you know what to do if you burn yourself?**

 Treat a burn right away by putting it in cool water. Cool the burn for 3 to 5 minutes. Get medical help if needed. Do not apply creams, ointments, sprays, or other home remedies.

Yes  No

#### **Do you have at least one smoke alarm on every level of your home, outside each sleeping area, and inside each bedroom?**

 Have smoke alarms installed outside each sleeping area, on every level of your home, and inside each bedroom. Make sure alarms are interconnected so that when one sounds they all sound. If you are deaf or hard of hearing, special alarms are available.

Yes  No

#### **Do you test your smoke alarms monthly?**

 Have someone test your smoke alarms once a month by pushing the test button. Batteries should be changed at least once a year or whenever the alarm "chirps" to tell you that the battery power is low. Replace all smoke alarms when they are 10 years old

Yes  No

#### **If there was a fire in your home, would you know how to get outside?**

 In a fire, get outside as quickly as you can and stay outside. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone.

Yes  No

#### **Do you know two ways out of every room?**

 If possible, know two ways out of every room in your home and two ways out of the home. Make sure windows and doors open easily. Windows with security bars, grills, and window guards should have emergency release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, stay low and go under the smoke to your way out.

Yes  No

#### **Have you included anyone with a disability in your home in your escape planning and determined what assistance they would need to get out of the home in case of an emergency?**

 Include everyone in your home in the planning process. Develop your escape plan around their abilities. Practice the plan at least twice a year both during the day and at night.

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

## **Home Safety Checklist**

### Prevent Fires

3

Yes  No  N/A

**Have you provided smoke alarms and alert devices called accessories (strobe lights or bed/pillow shakers) for people in your home who are deaf or hard of hearing?**

 Smoke alarms and alert devices, called accessories, are available for people who are deaf or hard of hearing. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high-intensity strobe light along with a pillow/bed shaker can wake them up and alert them to fire conditions so they can escape. This equipment is activated by the sound of a standard smoke alarm. Smoke alarm alert devices also are available for people who are hard of hearing. These accessories, which are activated by the sound of the smoke alarm, produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm. People who are hard of hearing also may find that a pillow/bed shaker is helpful in waking them up.

Yes  No

**Do you know the emergency number to call in case of fire?**

 Memorize your local emergency number. It may be 9-1-1 or the fire department's phone number. Once you escape, you will need to call from a neighbor's phone or a cell phone

Yes  No

**Do you have a telephone in your bedroom?**

 Have a telephone in your bedroom or close to where you sleep and post the local emergency number nearby in case you are trapped by smoke or fire.

Yes  No

**Do you have a medical alert button?**

 Consider having this device for access to help in an emergency.

Yes  No

**Do you have carbon monoxide alarms in your home?**

 Install a carbon monoxide alarm outside each sleeping area and on every level of your home. Test the alarms monthly. If you cannot reach the alarm safely, ask for help.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • Television &amp; Movies

1

**TRIVIA QUESTIONS**

Q Name one of the original correspondents on the CBS Show 60 Minutes.

A Harry Reasoner, Mike Wallace

Q Name the three lead actors in the movie Guess Who's Coming to Dinner?

A Katharine Hepburn, Sidney Poitier, and Spencer Tracy

Q This 1957 British-American film is a work of fiction, but it borrows from the construction of the Burma Railway for its setting.

A The Bridge on the River Kwai

Q What epic Cecil B. DeMille film tells the story of Exodus? It is still shown on television at least once a year.

A The Ten Commandments

Q What television show featured a couple (married in real life) living in the same apartment building with their best friends and landlords in Manhattan?

A I Love Lucy

**BONUS QUESTIONS**

Q Late in the evening, your friend remembers that she left a shopping bag in the trunk of her car. You know that the area outside her home is not well lit. What do you suggest that she do?

A Use a flashlight when walking in unlit areas and use handrails where available.

Q How often should you change the batteries in your smoke alarms?

A Change smoke alarm batteries once a year or when the alarm "chirps", indicating that battery power is low. If you are unable to safely reach the smoke alarm, ask for help.

Q Your friend is on oxygen and his wife smokes in the home. What safety advice can you give them?

A Never smoke in a home where medical oxygen is used. Smokers should smoke outside the home. Provide a sturdy ashtray for cigarette butts. Wet cigarette butts before disposing.

Q Your granddaughter asks you to talk about your home fire escape plan. What are the important parts of your plan?

A Have working smoke alarms. Know two ways out of every room. Plan an outside meeting place where everyone will meet. Practice the home fire escape drill twice a year.

Q Your spouse keeps stacks of newspapers and magazines in the hallway outside your bedroom. What can you do to make it safer?

A Pick up the clutter. Always keep objects out of walkways and stairs to avoid tripping.

 Remembering When **TRIVIA GAME**

The Older Older Adults Edition • Television &amp; Movies

2

**TRIVIA QUESTIONS**

Q What was the name of the television show that starred Adam, Hoss, and Little Joe who lived with their father on a 600,000+ acre ranch?

A Bonanza

Q In 1940, Hattie McDaniel was the first black person to win an Oscar. She won Best Supporting Actress for her role as Mammy in what movie?

A Gone With the Wind

Q Name the Hispanic actor who was nominated for 4 Best Actor Academy awards in the 1950's, including one for the lead role in "Zorba the Greek".

A Anthony Quinn

Q Who was the nosy and tactless neighbor always trying to prove Samantha was a witch in Bewitched?

A Gladys Kravitz

Q Who is the actress who was married eight times, was known for her blue eyes, and starred in movies such as A Place in the Sun and Cat on a Hot Tin Roof?

A Elizabeth Taylor

**BONUS QUESTIONS**

Q Your friend had a new bathtub installed in her home, but you think the tub surface looks very slippery. What do you recommend?

A Use non-slip bath mats inside and outside the tub to prevent slips and falls. Install grab bars.

Q You are visiting a neighbor and she cuts her hand badly while making dinner. What number will you call to summon help?

A 911 OR your particular local emergency number. If 911 is not available in your area, be sure participants know the local number.

Q Where should smoke alarms be installed in your home?

A On every level of the home (including the basement), inside each bedroom, and outside each sleeping area. For the best protection, interconnect all smoke alarms so when one sounds, they all sound.

Q Your sister likes to wear socks around the house, which has all hardwood floors. What would be a better choice?

A Wear sturdy, well-fitting, flat, non-slip slippers or shoes.

Q The electricity is out in your community. How should you light your home?

A Use flashlights or battery operated lanterns. Always have extra batteries on hand. A headlamp is a good idea because it allows you to have use of both hands. Never use candles.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • Famous People

3

**TRIVIA QUESTIONS**

Q This famous person was born in Brookline, Massachusetts, and eventually moved to a large house on Pennsylvania Avenue in Washington, DC.

A John F. Kennedy

Q Which astronaut in 1962 circled the earth three times in "Friendship 7," later became a U.S. senator, and returned to space in 1998?

A John Glenn

Q What is the name of the first Hispanic woman to be honored with a U.S. postage stamp? She was an artist famous for painting self-portraits.

A Frida Kahlo

Q This pediatrician wrote the manual for parents of Baby Boomers.

A Dr. Benjamin Spock

Q This American painter and filmmaker created images of dollar bills, Campbell's Soup cans, Coca-Cola bottles and Marilyn Monroe.

A Andy Warhol

**BONUS QUESTIONS**

Q Your sister complains that she stubs her toe when she gets up in the middle of the night for the bathroom because she can't see where she is going. What do you tell her?

A Install nightlights or use a flashlight to light the path between the bedroom and the bathroom.

Q Your friend says she's felt stiff lately so she tends to sit in her chair most of the day reading or watching television. What do you say to her?

A Suggest that she talk to her doctor about beginning an exercise program, which can help build strength and improve coordination.

Q While walking up the stairs to your apartment, you notice that the handrails are shaky. What can you tell the building supervisor about making the stairs safer?

A Loose handrails should be secured to the wall, or new handrails should be installed along the full length of both sides of the stairs.

Q How often should you replace your smoke alarms?

A Every 10 years.

Q Your sister is trying to stop smoking and now smokes only late at night. What can you tell her to keep her safe from fire?

A If you smoke, smoke outside. Use a large, deep, non-tip ashtray. Never smoke when you are lying down, drowsy, or in bed. Wet cigarette butts before disposal.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • Famous People

4

**TRIVIA QUESTIONS**

Q Who was the first female Prime Minister of Israel?  
A Golda Meir

Q Name the man who hosted a long-running variety show from 1948 until 1971.  
A Ed Sullivan

Q Name the pop and jazz singer who recorded songs for over 60 years and received the Presidential Medal of Freedom from George Bush in 1992.  
A Ella Fitzgerald

Q Who is the creator of the comic strip about Charlie Brown and his friends that debuted in 1950?  
A Charles. M. Shulz

Q Who was the First Lady during the New Deal President's time in the White House?  
A Eleanor Roosevelt

**BONUS QUESTIONS**

Q Your friend fell when the scatter rug in the kitchen slid out from under him as he was walking near the sink. What should he do to prevent falling in the future?  
A Use only scatter rugs with non-skid backing. Smooth out all wrinkles and folds in your rugs and carpets.

Q You have area rugs in your home that slide when you walk on them. What can you do to be safer?  
A Use a rubber pad under the rug to prevent slipping.

Q Your friend cooks on the stovetop wearing a long-sleeve bathrobe. What advice would you give her about cooking in this type of clothing?  
A To avoid catching your clothes on fire, wear clothing with tight-fitting, rolled-up, or short sleeves.

Q You are cooking bacon for breakfast and the grease in the pan catches on fire. How do you put out the fire safely?  
A Slide a lid over the pan, then turn off the burner and let the pan completely cool. If the fire does not go out or you don't feel comfortable sliding a lid over the pan, just get outside the home and call 9-1-1 or the fire department.

Q How does regular exercise help you reduce your risk of being injured in a fall?  
A It helps to maintain muscle strength, flexibility, and balance.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • Music

5

**TRIVIA QUESTIONS**

Q Pat Boone, famed 1950s crooner, is the great-great-great-grandson of this famous American.

A Daniel Boone

Q Who had a 1960s hit titled "Dedicated to the One I Love"?

A The Mamas and the Papas

Q What father and daughter duo recorded "Somethin' Stupid" in 1967?

A Frank and Nancy Sinatra

Q Name the three rock and roll musicians killed February 3, 1959, "The Day the Music Died."

A Buddy Holly, Ritchie Valens, and J.P. "The Big Bopper" Richardson

Q Who had a 1966 hit with the song, "What Becomes of the Brokenhearted"?

A Jimmy Ruffin

**BONUS QUESTIONS**

Q You are in a hurry to get to your exercise class but concerned that you will fall if you run. What should you do?

A Take your time. Being rushed or distracted increases your chance of falling.

Q Your neighbor insists that his smoke alarm needs to be checked only once a year. What do you say to him?

A Test smoke alarms once a month by using the test button. If you are unable to safely reach the smoke alarm, ask for help.

Q Your friend tells you that he fell in his bathroom. What should he do to prevent falling again?

A Use non-slip mats in the bathtub and on shower floors. Grab bars should be installed in all bathrooms.

Q Your friend who smokes uses a bottle cap to flick the ashes. What do you suggest?

A Smoke outside. Use a large, deep, non-tip ashtray. Dampen cigarette butts and ashes before emptying the ashtray into a wastebasket.

Q Your friend gets up in the middle of the night to let the dog out but doesn't want to turn on the lights for fear of waking up everyone else in the house. What do you say to her?

A Use a night light or flashlight to light your path.



# Remembering When TRIVIA GAME

The Older Older Adults Edition • Music

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**TRIVIA QUESTIONS**

Q What were The Supremes originally known as?

A The Primettes

Q "Leaving on a Jet Plane" was a 1969 hit for Peter, Paul, and Mary. Who wrote it?

A John Denver

Q Who is the New Orleans native, nicknamed Satchmo, who found fame as a Jazz trumpet player, singer, and band leader?

A Louis Armstrong

Q Who sang "The Twist"?

A Chubby Checker

Q What singing legend brought rock'n'roll into popular culture?

A Elvis Presley

**BONUS QUESTIONS**

Q You are wearing socks and need to get a dish from your cabinet above the refrigerator. You use a wooden kitchen chair and slip. What should you do to prevent falling?

A Use a sturdy step stool that has an extension to hold and wear shoes.

Q Your friend just purchased a new entertainment center, which she placed in front of one of the living room windows. What do you say to her?

A Know two ways out of every room in your home. Make sure windows and doors open easily and are not blocked by obstacles. When there is a fire, get out and stay out.

Q How often should you test your smoke alarms?

A At least monthly. If you are not able to safely reach the smoke alarm, ask for help.

Q Your cousin asks to borrow your space heater but you notice the room is cluttered with magazines. What do you tell her about using the space heater safely?

A Keep anything that can burn, including you, at least 3 feet (1 meter) from space heaters, portable heaters, and wood stoves. Turn the heater off and unplug it when you leave the room or go to bed.

Q If your clothing catches fire, what should you do?

A Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • History

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**TRIVIA QUESTIONS**

Q Who did John F. Kennedy defeat in the U.S. Presidential election in 1960?

A Richard Nixon

Q What 1964 incident triggered the official start of the Vietnam War?

A Sinking of the USS Maddox by North Vietnamese missiles in the Gulf of Tonkin

Q In what year did Neil Armstrong become the first man to set foot on the moon?

A 1969

Q What vaccine did Jonas Salk develop?

A Polio vaccine

Q Who was the first African American U.S. Supreme Court Justice?

A Thurgood Marshall

Q What was the name of the Russian satellite launched into space in 1957?

A Sputnik

**BONUS QUESTIONS**

Q Your husband smokes while reading. Sometimes the cigarette drops out of the ashtray and burns the table. What can you suggest?

A If you must smoke, smoke outside. Use only large, deep, non-tip ashtrays. Wet cigarette butts before disposal.

Q You use your fireplace throughout the winter. How should you dispose of ashes?

A Allow ashes to cool before disposing. Then dispose ashes in a metal container and keep it a safe distance from the house and other buildings.

Q You are frying on the stovetop and the doorbell rings. What should you do?

A Turn off the stovetop, move the pan from the burner, and then answer the door.

Q What can you do to prevent carbon monoxide poisoning?

A Have your heating system inspected each year; Keep running generators outside and away from windows and doors; remove your car from the garage as soon as you start it.

Q Holes are appearing in your lawn. What can you do to prevent injury from tripping on one of the holes?

A Fill the hole with topsoil and compost, then step on the filled area to compact the mix.

Q You live in an apartment building and your neighbor is piling newspapers in the hallways. What should you do?

A Notify building management that there is a fire and fall hazard.

 **Remembering When TRIVIA GAME**

The Older Older Adults Edition • Sports

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**TRIVIA QUESTIONS**

Q Which baseball team won five consecutive World Series titles?

A The New York Yankees (1949-1953)

Q Who retired as world Heavyweight champion in March 1949 aged 34?

A Joe Louis

Q Who was the Yankee Clipper who retired from baseball in 1952?

A Joe DiMaggio

Q Who was the first African American to be selected for the U.S. Davis Cup team?

A Arthur Ashe

Q What teams played in the first Super Bowl?

A Green Bay Packers and Kansas City Chiefs (1967)

Q Who is the American track and field athlete who won 4 gold medals in the 1936 Summer Olympics in Berlin, Germany?

A Jesse Owens

**BONUS QUESTIONS**

Q Your front walkway is covered with ice. What can you do?

A Spread an ice removal product. Shovel snow before it compacts. If you are not able to treat your walkway, call a family member or a neighbor.

Q Describe an exercise you could perform to strengthen your physical and mental health?

A Exercises such as walking, gardening, swimming, playing golf, exercise classes... Check with your doctor about the best type of exercise for you.

Q Food cooked in a microwave can become very hot. What can you do to avoid a steam burn?

A Use caution when removing covers or plastic from food. Let the food cool for a few minutes.

Q What should you do if you have an oven fire?

A Keep the door closed and turn off the oven. If the fire does not go out, get outside the home and call the fire department.

Q The skylights in your kitchen need to be washed. How can this be done safely?

A Hire a professional window washer to clean the skylights or just let the rain clean them.

Q Explain how regular exercise could help you to reduce your risk of being injured in a fall?

A Maintains muscle strength, flexibility, and balance.



## Pre- and Post-Testing/Icebreaker

The following prompts can be used during the group presentation process. When used at the beginning of the presentation and again at the end, they not only will help with the retention process but will help gauge participants' knowledge gain. The prompts are in a True/False format for easy group answering. Asking questions at the beginning of the presentation gives the participants a sense of the program, shows them the importance of the program, and can be used as an icebreaker!



It is okay to warm blankets by putting them on space heaters.



**False.** Space heaters need 3 feet (1 meter) of space from all objects.



Even in the house, wearing well-fitting, low-heeled shoes with non slip soles will help prevent falls and improve balance.



**True.** House slippers or stocking feet can result in falls.



When frying food, it is important not only to stay in the kitchen but to keep a pan lid nearby to smother the pan in case of a fire.



**True.** Never put water on a grease fire.



It is important to have your vision checked every year.



**True.** Seeing an eye specialist once a year can improve vision and help prevent falls.



Having one smoke alarm in your home or apartment is enough.



**False.** Smoke alarms save lives. They give early warning to get out when there is a fire. Have working smoke alarms installed on every level of your home, inside each bedroom, and outside every sleeping area.



 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS **Waiver Form Smoke Alarm Installation Program**

At my request, \_\_\_\_\_ established to install smoke alarms in  
(name of organization)  
residences in \_\_\_\_\_, have voluntarily installed one or more smoke  
(your community)  
alarms in my home located at \_\_\_\_\_

In consideration for voluntarily providing and installing those battery-powered smoke alarm(s) in my home, I, for myself, my heirs, executors, administrators, or successors, here-by waive any actions or claims of any nature that I have or might in the future have against any and all individual or organizational participants in the above referenced program, including but not limited to the fire department, the municipality and the officers, agents or employees growing out of or resulting from the installation and/or failure of the smoke alarms and/or batteries, and I further agree to hold harmless any and all organizational and individual participants in the above referenced program from and against all damages of any kind, to persons or property, growing out of or resulting from the installation and failure of such smoke alarms and/or batteries in my referenced home.

By signing this document, I certify that the smoke alarms were tested in my presence and are in good working order. Furthermore, I acknowledge that I have received information from the installer regarding proper smoke alarm maintenance and understand that the maintenance is my responsibility.

I acknowledge having read, understood, and agreed to the above waiver, release and indemnity.

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Print name

Signature

Date

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Witness (print name)

Signature

Date

## Appendix D



## Henry County Fire Department Standard Operating Guidelines

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Chapter: VIII – FIRE PREVENTION

Subject: Home Safety Survey

Number: 8004

Originated: October 2015

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**PURPOSE**

The purpose of this document is to establish guidelines for the home safety survey in the home. This program is in accordance with National Fire Protection Association (NFPA 1035) safety messaging with the intent to impart a positive behavioral change related to fire safety and injury prevention.

Henry County Fire Department strives to provide our citizens with the highest quality of protection with the intent of improving their safety and wellbeing through fire and life safety education and prevention programs. The following guidelines focus on policy, procedure, and general guidelines related to the policy, scheduling, and program.

**POLICY**

The Education Section shall provide safety focused outreach efforts to all communities within Henry County. Department personnel shall conduct home safety surveys in accordance with NFPA guidelines.

**RESPONSIBILITY**

- A. It shall be the responsibility of all employees of the Henry County Fire Department to familiarize themselves with and conform to the policies, regulations and procedures contained within the operations Manual.
- B. It shall be the responsibility of all Fire Department Officers to supervise and command their subordinates within the guidelines contained within the Operations Manual.

Henry County Fire Department Standard Operating Guidelines

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**PROCEDURE**

All scheduling shall be completed by the Education Section and an email will be sent to the officers of that shift advising them of the scheduled date, time and location. There will be times line personnel will notice a need for a home safety survey and one will take place. A follow-up email will be sent to the Education Section for records keeping purposes.

- A. Fire Department member assigned for the home safety survey shall contact the resident to confirm home safety survey on their shift prior to the appointment on the Outlook calendar invite.
- B. All home safety surveys will be conducted with a minimum of two people. Crews shall consist of either two staff members or a staff member and a trained volunteer such as a C.E.R.T. member or Citizen's Fire Academy Member.
- C. Fire Department member assigned to the home safety survey is responsible for preparing for the home safety survey visit. The following are items that may be included when conducting a home safety survey.
  - a. Paperwork
    - i. Home safety survey form (Appendix A)
    - ii. Falls survey form ( Appendix B)
    - iii. Home safety survey sign up form (Appendix C)
    - iv. Door hangers (Appendix D)
    - v. Family fire escape plan
    - vi. A few second cards
    - vii. Career brochures for HCFD
    - viii. Some facts you should know forms
    - ix. Blue fire safety bag
  - b. Tools
    - i. Step ladder
    - ii. Complete smoke alarm bag

**COMPLETING HOME SAFETY SURVEY**

- A. Upon arriving at the location, HCFD crew will notify dispatch of their location and assignment. (E1 is at 123 Main for a home safety survey, E1 will remain in service please assign a run number)
- B. Upon meeting the resident, introduce yourself and explain the purpose of the visit. Make sure this is the correct person requesting the service and this is the service they requested. Remind the resident that this is complimentary and that any findings are recommendations of the Henry County Fire Department.

- C. The home survey form (Appendix A) shall be used as a guide while walking through the residence and outside the property. The form is designed to allow a full check of the residence as well as giving the crew talking points during the home safety survey.
  - a. Areas of concern
    - i. Outside the residence (especially pathways)
    - ii. Kitchen
    - iii. Attic and basement
    - iv. Garage
    - v. Additional outdoor structures (sheds, barns, etc)
    - vi. Family room / Living room
    - vii. Bedrooms
    - viii. Fire safety devices (fire extinguishers, CO detectors, smoke detectors, etc.)
- D. If smoke detectors are installed or batteries replaced, refer to the guideline on installing smoke detectors.
- E. During the home safety survey, take time to point out areas of concern as you come across them with the resident.
- F. Advise the resident that the Education Section will mail / email a final copy of the home safety survey for their records.
- G. Provide the resident with a blue fire safety bag

### **POST HOME SAFETY SURVEY**

- A. Upon completion of the home safety survey (Appendix A), the in charge crew member will complete a PDF version of the home safety survey and email that to the Education Section. The PDF will be saved as the run number followed by the address. (15-20555 123 Main Street McDonough, GA)
- B. The Education Section will follow up with the resident within seven days of the home safety survey visit and go over the findings of the survey. The Education Section will advise them that a copy of the findings will be forthcoming via mail / email.
- C. If the survey was conducted for a senior citizen, and the in charge crew member feels there may be a life/fire hazard at the location, an emailed referral to the Henry County Senior Services Department can be made.

### **FOLLOW UPS**

Follow ups will be conducted at the 3, 6, and 12 month marks. Follow ups will be conducted by the Education Section. An event should be created on Microsoft Outlook and saved as a reminder for those time frames. When the reminder pops up, a phone call by the Education Section should be placed to the residence to assess their needs. At the 12 month reminder, call the resident and ask about setting up a follow up home safety survey.

### **DOCUMENTATION**

- A. Proper tracking and documentation shall be followed using the home safety survey form. The form should be **COMPLETED IN PRINT**.

- B. If an a survey visit is scheduled, the Education Section will make arrangements with the resident and email the Shift Commander, Battalion Chief and Lieutenant of the station handling the installation. The home survey form shall be completed and forwarded to the Education Section via interoffice mail and/or scanned as attachment for records keeping purposes.
- C. Surveys conducted by Education Section staff members will be completed and documented for records keeping purposes.

### **FIRE SAFETY BLITZ**

A fire safety blitz is a canvassing of a defined area, street or subdivision. Each home in the defined area is voluntarily checked during the home safety survey for an operational smoke detector, safety hazards, and fall risks. Several days before the blitz is to occur, flyers are placed on each door or hung on the mailboxes in the area. The blitz should be done in an effort to catch as many people at home as possible. If a home is unoccupied, a door hanger (Appendix D) is placed on the door offering for us to come back and check them at their convenience. Each smoke detector is checked in the home to make sure all detectors are functional and are installed correctly. If any are found to be non-functional the problems are fixed or a new detector is installed. These are of no cost to the home owner. The Fire Safety Blitz will be coordinated with the Prevention Dept. Appendix to this SOG are the necessary form to be used for the Blitz.

Appendix E  
*Appendix A (HCFD SOG)*

# Henry County Fire Department



## Home Safety Survey

Date: \_\_\_\_\_ Arrival: \_\_\_\_\_ Departure: \_\_\_\_\_  
 Address: \_\_\_\_\_

**Demographics:**

Adults: \_\_\_\_\_ (Ages : \_\_\_\_\_)

Children : \_\_\_\_\_ ( Ages : \_\_\_\_\_)

Mobility Issues (Y / N) if Y describe issue: \_\_\_\_\_

Other Pertinent information: \_\_\_\_\_

Head of Household name: \_\_\_\_\_

Email: \_\_\_\_\_

Home safety survey completed by: \_\_\_\_\_

Referral: (Y / N) Agency referring: \_\_\_\_\_

**Note:**

Advise Resident if they have a spare key or gate code to call 770-957-5200 (Dispatch) and have them place that information along with their cell number in the hazards section.

**Outside :**

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Address clearly marked on house and mailbox.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting near doors, steps, and pathways.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Trees and bushes clear of electrical lines.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Handrails are installed, tight, and intact.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Steps are sturdy.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Driveway and steps have no tripping hazards.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Outside electrical covers have GFI and moisture covers.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gas and electrical meters are accessible.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grills are located in a safe spot and are in good condition.

## Kitchen:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Potholders and oven mitts (not towels) are used to move hot items from stove and oven.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pot handles are turned inward on the stove when cooking.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident is attentive to stove and oven when in use.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cooking area is free from paper, drapes, or other combustibles by at least 36 inches.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Childproof safety latches or locks on cabinets.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hood above the stove is clean.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fire extinguisher present.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Matches and lighters are stored in a secure location away from children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medical information is stored on the refrigerator door.

## Laundry Room / Furnace:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dryer vent and hose are cleaned regularly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No combustibles located within 36 inches of washer, dryer, furnace, or water heater.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lint trap is clear.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No flammable liquids located in this room.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Furnace is regularly serviced by a licensed professional.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Filters are routinely checked and changed.

## Basement and / or Attic:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Basement door remains closed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Working smoke detectors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All combustibles are more than 36 inches from ignition sources or electrical equipment.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stairs are sturdy

## Garage:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flammable liquids are capped and stored in a secure container away from pilot lights or other ignition sources.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fire extinguisher is present.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Advise resident to always keep garage door open when vehicle is running.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Power tools are unplugged if not in use with cords wrapped up and placed in a safe cabinet.

## Additional Outdoor Structure:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Power tools are unplugged if not in use with cords wrapped up and placed in a safe cabinet.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flammable liquids are capped and stored in a secure container away from pilot lights or other ignition sources.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fire extinguisher is present.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting

## Family Room / Living Room:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Curtains or blinds cords are secured away from the reach of children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chimney has been professionally cleaned and inspected (not by FD).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident understands how to dispose of ashes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fireplace screen in place
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Working smoke detectors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident understand how to use the flu lever
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All combustibles are located 36 inches from candles and lamps.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Electrical outlets are not overloaded and surge protectors are in place.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doors and deadbolts are in working condition

Bedrooms: Total Number: \_\_\_\_\_

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smoke detectors are outside of all sleeping areas.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lamps are within reach of bed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	UL tested and approved night-lights are in use.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident sleeps with door closed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 clear exits out of each room.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Windows easily open by the resident of that room.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Escape ladder present.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smoking materials not located in sleeping areas.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Outlets are not overloaded

Bathrooms:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk ways clear of debris
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small appliances unplugged when not in use.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bathroom vents clear.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	GFI electrical outlets.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grab bars in place.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medicines secured and out of reach of children
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Outdated medicines discarded correctly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bath mats in place.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slip resistant stickers installed in the bath tubs and shower.

Fire Safety Devices:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fire extinguishers are in the home and garage and accessible
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fire extinguishers have a shelf live no longer than 6 years
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents know how and when to use the fire extinguisher (PASS and types of fires)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents are aware of how to maintain their fire extinguisher (reading the gauge, rotating upside down occasionally to loosen agent from clumping).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smoke detectors installed on every level
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All smoke detectors are in working condition
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smoke detectors are no older than 10 years old
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smoke alarms get tested monthly and batteries changed according to manufacturers' recommendations.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Carbon monoxide alarms are tested monthly and batteries changed according to manufacturers' recommendations.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Carbon monoxide detectors are correctly installed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents are aware of symptoms of carbon monoxide poisoning (Flu-like symptoms, headache, nausea, vomiting, cherry red skin, fatigue, drowsiness, confusion, fast heart rate).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents have an E.D.I.T.H. (Exit Drills in The Home) Plan and practice it.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents know how and when to call 911.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Residents know CPR.

## Fall Prevention:

Yes	No	N/A	Item of Concern
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stairways are clear of objects and debris.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Handrails are firmly anchored.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stairwells are properly lit.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Throw rugs have kid-proof backing and lay flat on the floor.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All carpet is firmly stretched and anchored correctly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Canes, walkers, and wheelchairs are in good condition.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident understands what proper footwear is to prevent falls.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Electrical cords are clear of walking areas .
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Furniture is arranged as to provide clear and wide walking paths.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resident owns a step stool with a raised bar handle for reaching higher objects.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The floor is kept clear of magazines and other papers and debris.

## Recommendations:

- Grab Bars  Night Lights  Bath Mats  CO Detector  Smoke Detector
- Non-skid backing for rugs  Other: \_\_\_\_\_

For Official Office Use Only:

<b>Materials Given Out</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Smoke Detector</li> <li><input type="checkbox"/> Printed Materials from Blue Fire Safety Bag</li> <li><input type="checkbox"/> HCFD Waiver</li> </ul>	<b>Referral to HCSS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Yes</li> <li><input type="checkbox"/> No</li> </ul>	<b>Final Report prepared by:</b> _____ <b>Date:</b> _____ <ul style="list-style-type: none"> <li><input type="checkbox"/> Email</li> <li><input type="checkbox"/> Mail</li> <li><input type="checkbox"/> In person</li> </ul>
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Appendix F  
*Appendix B (HCFD SOG)*



Henry County Fire Department  
 Senior Safety Survey  
**Please fill out for all slips, trips, and falls**

Date: \_\_\_\_\_ Age 65 or older? Yes or No \_\_\_\_\_ Evaluator \_\_\_\_\_

Residence details: Single Family/ 2 Family      Multifamily

Residence Type: Manufactured   Condo/ Apartment   Wood Frame   Brick      Other \_\_\_\_\_

If apartment, what level? \_\_\_\_\_ out of \_\_\_\_\_ levels      Elevator? Y   N

Approximate age of residence or structure \_\_\_\_\_ Own or Rent

1. Is your sleeping area on the main floor of the house? Y or N

If not what floor do you sleep on? \_\_\_\_\_

2. Have you or your spouse fell in your home in the past? Y or N

-Fall Victim was Male or Female (fill out second form for additional people)

- If so how many times has that person fallen? \_\_\_\_\_

- In what area of the home have they fallen, list all? \_\_\_\_\_

- What are the events or circumstances regarding the falls? \_\_\_\_\_

Injured Area: Head   Back   Hip   Knee   Other \_\_\_\_\_

Time fall occurred: Day or Night

Were you sleeping or laying down just prior to the fall? Yes or No

Were stairs a factor in the fall? Yes or No

Was EMS called for those incidents? Yes or No

Where you transported to the hospital as a result of the fall? Yes or No

Did the fall have an impact on your quality of life? Yes or No

Have you fallen since the first event? Yes or No

3. Fall Risk Factors

- Muscle weakness    Dizziness    Abnormal BP    Low/ High    Balance issues
- Gait issues    Vision problems    Wearing glasses    Bifocals/ Trifocals- worn since \_\_\_\_\_
- Confusion    Diabetes    Other medical conditions \_\_\_\_\_
- How many daily Meds do you take?
- None    1-5    5-10    <10

4. Has your doctor ever talked about falls of fall prevention with you? Yes or No

Appendix G  
*Appendix C (HCFD SOG)*

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**Home Safety Survey Request**



Name	Address	Email	Phone	Referred by
1			(   ) -	
2			(   ) -	
3			(   ) -	
4			(   ) -	
5			(   ) -	
6			(   ) -	
7			(   ) -	
8			(   ) -	
9			(   ) -	
10			(   ) -	

**The Henry County Fire Department  
was in your area conducting voluntary  
home safety surveys.**

- 1) Home safety surveys reduce the risks for falls.**
- 2) During home safety surveys, we will help identify potential threats to your healthy and safety.**
- 3) We will check, install, and replace any smoke alarms.**

We are sorry we missed you and ask you to take a few minutes to fill out this survey, and call us at the number below and give us that information Mon.-Fri. 8:00a-4:30p. If you would like HCFD to check your alarms and/or batteries or install a smoke alarm, call us at. 770-288-6621.

Please PRINT:

1. Address:

\_\_\_\_\_

2. Number of residents living in home? \_\_\_\_\_

3. Any residents over the age of 65? \_\_\_\_\_

4. Any residents handicapped or have issues walking or with balance? \_\_\_\_\_

5. Would you like HCFD to test your alarms? \_\_\_\_\_ Y  
\_\_\_\_\_ N

6. Would you like HCFD to conduct a free home safety survey? \_\_\_\_\_ Y \_\_\_\_\_ N

7. If you have alarms, are they over 10 years old? \_\_\_\_\_ Y  
\_\_\_\_\_ N

8. Do you have a home escape plan? \_\_\_\_\_ Y \_\_\_\_\_ N

## **Home Safety Survey**



**Henry County Fire Department  
110 South Zack Hinton Pkwy  
McDonough, GA 30253  
770-288-6600**