

FIRE & LIFE SAFETY TIPS



Tualatin Valley Fire & Rescue is committed to creating safer communities. We invite you to join us in taking the following steps to ensure your health and safety.

SAFETY TIPS

- Do not use extension cords for long-term use. Power strips with surge protection are recommended.
- Space heaters need to be plugged directly into an outlet, have tip-over protection, and be unplugged before you go to sleep or leave your home.
- Keep all combustibles at least 3 feet away from heat sources.
- Do not place items on or near appliances.
- Ensure you have working carbon monoxide and smoke alarms.
- In the case of a shared entry hallway, keep front doors closed.
- Always keep a phone or alerting device on you or within easy reach.

IN CASE OF A FIRE

- If there is a fire in the room you are in, get out immediately.
- If you are physically able, get out of the house or apartment building.
- If you have physical limitations, move to the other side of fire doors.
- Stay low under the smoke.
- If there is smoke or fire in a shared entry hallway, it may be safer to stay inside your apartment with the front door closed.
- If you are trapped, **call 911**.

PREVENT FALLS TO AVOID INJURY

- Exercise regularly.
- Get regular vision and hearing checks.
- Wear appropriate footwear — soles with traction, low or no heels.
- Do not keep cords or storage along walkways.
- Use nightlights.
- Use grab bars/handles, canes, or walkers.
- Use caution when taking medications.
- Make sure rugs are non-slip and that they contrast with flooring color.
- Keep regularly used items low and within easy reach.

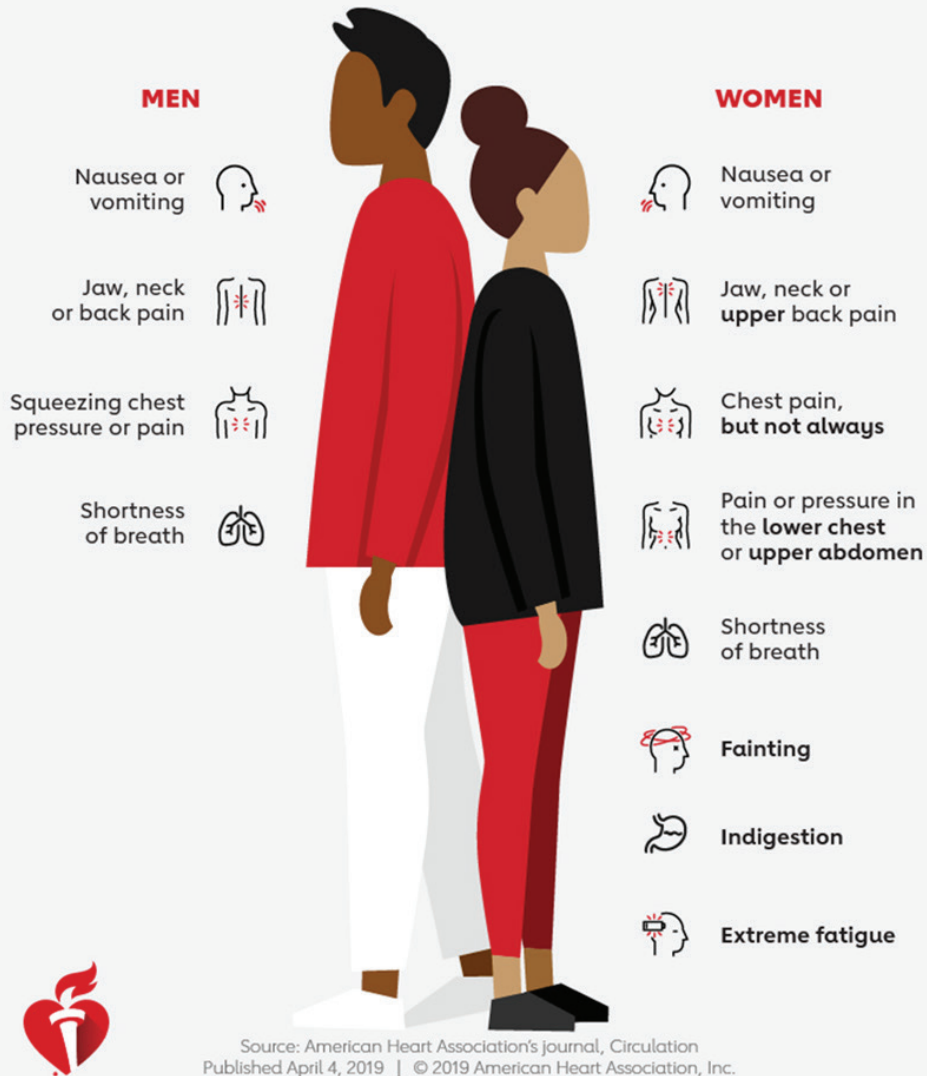
If you have questions about any of these items, call 503-259-1502.

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HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



SPOT A STROKE™

