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GOVERNOR

KARYN E. POLITO  
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DANIEL BENNETT  
SECRETARY

*The Commonwealth of Massachusetts*  
*Executive Office of Public Safety and Security*  
*Department of Fire Services*

*P.O. Box 1025 ~ State Road*

*Stow, Massachusetts 01775*

*(978) 567~3100 Fax: (978) 567~3121*

*www.mass.gov/dfs*



PETER J. OSTROSKY  
STATE FIRE MARSHAL

## MEMORANDUM

**To:** Heads of Fire Departments  
**From:** Peter J. Ostroskey, State Fire Marshal  
**Date:** June 20, 2016  
**Re:** Firefighter of the Year

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I am pleased to announce that the time for nominations is once more before us for the Annual Firefighter of the Year Awards. Since its inception in 1990, the annual Firefighter of the Year Awards has grown from a simple ceremony to honor those firefighters that performed heroic actions to the premier event in the fire service to recognize our firefighters and the outstanding work they do in and out of the firehouse.

I hope that you will review the incidents within your own department in the last year and nominate candidates from your department who have gone beyond the call of duty to serve their community. The acts of bravery must have occurred between July 1, 2015, and June 30, 2016, and follow the guidelines included. **Nominations must be postmarked by August 1, 2016**, and sent to the Department of Fire Services c/o Kerry Weihl.

The Heroic Awards Committee will meet to review the nominations and forward their decisions to the Governor in early September, and we plan to hold the annual ceremony this fall. Fire chiefs who have submitted nominations will be invited to meet with the committee to further discuss their nomination(s) and answer any questions that the Committee may have.

Thank you for your attention to this matter. I look forward to hearing from your department.

## CRITERIA

### I. NOMINATIONS

All nominations for the annual Massachusetts Firefighter of the Year Awards must be submitted on the official form included with this package and must be from the head of the department. All paid, call, or volunteer firefighters are eligible to receive an award. Only those incidents that occurred between July 1, 2015 and June 30, 2016 are eligible. Nominations must include the following:

- A brief narrative of the incident signed by the head of the department;
- Supporting documents such as testimonials, photos or affidavits.

The head of the department will be asked to attend the meeting of the Heroic Awards Selection Committee to provide a brief overview of the incident and answer any questions the committee might have. The Events Coordinator will contact the chief with the date and a specific time.

**Nominations must be postmarked by August 1, 2016** and sent to Firefighter of the Year, c/o Kerry Weihl, Department of Fire Services, P.O. Box 1025, Stow, MA 01775.

### II. AWARD CRITERIA

Everyday firefighters put their lives on the line to protect the public they serve. However, at times some of them truly go above and beyond the call of duty, and it is those acts that we want to learn about and highlight in our awards ceremony. The Heroic Awards Committee is also looking for those unsung heroes working within their communities to make it safer. Nominations may be made to recognize individuals and companies for performance in any of the following areas (keeping in mind that firefighter safety should not have been unnecessarily compromised to affect the rescue, unless the potential benefit exceeded the actual/perceived risk):

- a) Emergency Response – fire incidents including rescue of victims, incidents involving hazardous materials, vehicle extrication and rescue, rescue from heights or depth, confined space rescue, water or ice rescue.
- b) Norman Knight Award for Excellence in Community Service - Exemplary programs and/or actions including fire prevention, fire investigation, training, public fire education, or other innovative community service programs.

### III. AWARD CATEGORIES

- a) MEDAL OF HONOR
  - a. Highest recognition.
  - b. Recipients can include those that made the ultimate sacrifice (LODD).
  - c. Reserved for those incidents where a firefighter or company performed heroic actions at great personal risk, and demonstrated uncommon bravery. An outstanding act in the

line of duty with risk involved, and a highly unusual accomplishment under dangerous conditions.

- d. Examples: Line of Duty Death, hazardous materials incident that resulted in large numbers of civilians being saved, multi-alarm fire with heroic saves, etc.

b) MEDAL OF VALOR

- a. Second highest recognition.
- b. Reserved for those incidents where a firefighter or company went above the call of duty while still performing the job according to protocol. Recipients performed under adverse conditions with some degree of hazard to life and limb or where lives were saved, or an individual whose efforts resulted in protecting their company or the public.
- c. Examples: multi-alarm fire with multiple civilian saves, technical rescue in extreme circumstances, victim known to the firefighter, child victim, multiple rescue attempts, etc.

c) GOVERNOR'S CITATION FOR MERITORIOUS CONDUCT

- a. Recipients can be an individual or group, and recognizes the individual or company that performed extraordinarily under difficult conditions and went above and beyond the call of duty.
- b. While every fire company and fire department works as a team, this category recognizes individuals and companies who performed extraordinarily under difficult conditions.
- c. Examples include: a difficult technical rescue, a rescue under heavy fire and smoke conditions, performing EMS under unusual circumstances (on a bridge, under fire), responding to a fire or emergency while off-duty, etc. Teamwork may have been key to the operational success of the incident (regardless of outcome).

d) NORMAN KNIGHT AWARD FOR EXCELLENCE IN COMMUNITY SERVICE

- a. Named after philanthropist Norman Knight, who founded The Hundred Club in 1959 and continues to be committed to the public safety community.
- b. Recipients can include those who are in a training or public outreach role within the department or who volunteer their time on a project that deserves recognition.
- c. Recipient's accomplishment is a result of the training and commitment to their service to the fire service.
- d. Examples: public fire education, public service campaign or project, volunteer for CISM peer support, etc.

# "FIREFIGHTER OF THE YEAR" NOMINATION FORM

*(please return by August 1, 2016)*

Department:

Chief:

Nominee/s: *(please include full name and title)*

Chief's E-mail:

Nominee/s Contact Information:

## CATEGORY

Select One:

Emergency Response

Norman Knight Award for Excellence in Community Service

Select One:

Individual Award

Group Award

## INCIDENT

Date:

Time:

Description: *(Please include the following elements into your narrative: conditions of circumstances, weather, extent of personal risk, victim risk, assistance. Additional space provided on page 2).*

Chief of Department Signature \*

*\* You will be asked to appear before the Heroic Awards Committee to further support your nomination and will be notified as to the date and time by our Events Coordinator.*

Description Continued: *(Additional space for narrative: conditions of circumstances, weather, extent of personal risk, victim risk, assistance.)*



**Notes:**

This is a first come-first serve workshop.

## S.A.F.E. & SENIOR SAFE GRANT WRITING BOOT CAMP

This course will help attendees develop the skills they need to complete the FY 17 S.A.F.E. and Senior SAFE grants. This workshop will include a discussion on the various aspects of the new format for the grants, the tools necessary to complete the applications, an opportunity to begin writing the grants, and a discussion on the need for record keeping and evaluations.

<b>Course Code:</b> 200-021-GCP-2016-FA-A <b>Date:</b> July 11, 2016	<b>Time:</b> 0900-1300 <b>Location:</b> Massachusetts Firefighting Academy One State Road, Stow, MA Room 127
<b>Course Code:</b> 200-021-GCP-2016-FA-B <b>Date:</b> July 12, 2016	<b>Time:</b> 0900-1300 <b>Location:</b> Massachusetts Firefighting Academy Springfield Campus, Room 119 100 Grochmal Avenue
<b>Course Code:</b> 200-021-GCP-2016-FA-C <b>Date:</b> July 13, 2016	<b>Time:</b> 0900-1300 <b>Location:</b> Bourne Fire Department Station 3 51 Meetinghouse Road
<b>Course Code:</b> 200-021-GCP-2016-FA-D <b>Date:</b> July 14, 2016	<b>Time:</b> 0900-1300 <b>Location:</b> North Andover Fire Department 795 Chickering Road North Andover, MA

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### **Registration**

Register **online** at [List of Current MFA Courses](#). To register by mail or fax, please complete a standard [DFS/MFA Student Application](#) and mail to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775 or fax it to: (978) 567-3229. To register by email, please scan and email applications to [mfa.registration@state.ma.us](mailto:mfa.registration@state.ma.us).



## NIGHTCLUB FIRE SAFETY

**Notes:**

This course consists of eight (8) hours of instructor-led classroom training. Program materials will be provided.

**Prerequisite:** There are no prerequisites to take this course.

**Credits**

FCC = TBD  
FPO = TBD  
OEMS = None

This class is designed to deliver an overview of nightclub fire safety laws and regulations to fire officials and inspectors, building commissioners and inspectors, nightclub owners and operators, Massachusetts ABCC officials, and nightclub crowd managers. The focal point of the training will be to provide a better understanding of what type of conditions to look for when conducting an inspection, a clearer picture of how code violations impact nightclubs and similar regulated venues, and insight on how to reduce or eliminate violations, with the main focus on occupant safety. Through the use of lecture, case studies, exercises, and a knowledge assessment, the attendees will build upon their basic knowledge of the safety codes to develop a more thorough understanding of the specific risks associated with these special occupancies and the steps necessary to properly conduct inspections.

Additional course offerings will be scheduled in the near future.

*Please share this flyer with, and invite the building officials and nightclub owners, operators and crowd managers from your jurisdiction to register and attend.*

**This training is supported by federally awarded Assistance to Firefighters Grant Program - Fire Prevention and Safety Grant funds under award number EMW-2014-FP-00247.**

<b>Course Code:</b>	200-023-960-2016-FA-C	<b>Time:</b>	0800-1600
<b>Date:</b>	July 14, 2016	<b>Location:</b>	Massachusetts Firefighting Academy, Link classroom One State Road, Stow, MA
<b>Course Code:</b>	200-023-960-2016-FA-B	<b>Time:</b>	0800-1600
<b>Date:</b>	July 18, 2016	<b>Location:</b>	Harvard University – Boston, Cumnock Hall Rm. 103 117 Western Ave. Boston, MA Parking fee \$16/day
<b>Course Code:</b>	200-023-960-2016-FA-A	<b>Time:</b>	0800-1600
<b>Date:</b>	August 8, 2016	<b>Location:</b>	Fall River Fire Department, North End Station 140 Commerce Dr. Fall River, MA
<b>Course Code:</b>	200-023-960-2016-FA-D	<b>Time:</b>	0800-1600
<b>Date:</b>	August 18, 2016	<b>Location:</b>	Middlesex Community College, Café East Room 591 Springs Road, Bedford, MA

**Registration**

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## TAKING ACTION AGAINST CANCER IN THE FIRE SERVICE

**Notes:**

This is a first come-first serve course.

**Credits**

FCC = TBD  
 FPO = TBD  
 OEMS = TBD

Cancer is becoming an ever-increasing cause of firefighter line-of-duty deaths. Firefighters have much higher rates of cancer than the residents they serve because of exposure to carcinogens on the fireground and in the firehouse. This course will provide information on immediate actions that all ranks from firefighter to Chief can take to reduce the occupational cancer risk and how the nonprofit Firefighter Cancer Support Network can help firefighters cope with cancer. In addition, participants will learn the importance of promoting a new culture of safety and fitness by developing the mindset that firefighters are tactical athletes to help prevent cancer, heart disease, and injuries within their departments.

<p><b>Course Code:</b> 200-010-422-2016-FA-A  <b>Date &amp; Time:</b> August 10, 2016 0900-1200  <b>Location:</b> MFA – Room 127      One State Road, Stow, MA</p>	<p><b>Course Code:</b> 200-010-422-2016-FA-B  <b>Date &amp; Time:</b> August 17, 2016 0900-1200  <b>Location:</b> DFS Springfield, Room 119      100 Grochmal Ave</p>
<p><b>Course Code:</b> 200-010-422-2016-FA-G  <b>Date &amp; Time:</b> August 24, 2016 1830-2130  <b>Location:</b> Fitchburg Fire Dept.      33 North Street</p>	<p><b>Course Code:</b> 200-010-422-2016-FA-E  <b>Date &amp; Time:</b> August 31, 2016 1830-2130  <b>Location:</b> Great Barrington Fire Dept.      37 State Road</p>
<p><b>Course Code:</b> 200-010-422-2016-FA-F  <b>Date &amp; Time:</b> September 7, 2016 1830-2130  <b>Location:</b> South Deerfield Fire Dept.      84 Greenfield Road</p>	<p><b>Course Code:</b> 200-010-422-2016-FA-H  <b>Date &amp; Time:</b> September 8, 2016 0900-1200  <b>Location:</b> Andover Fire Dept.      32 North Main Street</p>
<p><b>Course Code:</b> 200-010-422-2016-FA-C  <b>Date &amp; Time:</b> September 13, 2016 0900-1200  <b>Location:</b> Fall River Fire Dept.      140 Commerce Dr</p>	<p><b>Course Code:</b> 200-010-422-2016-FA-I  <b>Date &amp; Time:</b> September 13, 2016 1830-2130  <b>Location:</b> Georgetown Peabody Memorial Library      2 Maple Street, Georgetown</p>
<p><b>Course Code:</b> 200-010-422-2016-FA-J  <b>Date &amp; Time:</b> September 21, 2016 1830-2130  <b>Location:</b> Westwood Public Library      660 High Street</p>	<p><b>Course Code:</b> 200-010-422-2016-FA-D  <b>Date &amp; Time:</b> September 27, 2016 0900-1200  <b>Location:</b> Bourne Fire Dept.      51 Meetinghouse Rd</p>

**Registration**

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## NATIONAL FIRE ACADEMY PROGRAMS IN MASSACHUSETTS

### ***Decision Making for Initial Company Operations (NFA Course # F0457)***

This course is designed to develop the decision making skills needed for Company Officers (CO's) to accomplish assigned tactics at structure fires. As a Company Officer with the real possibility of being first to arrive at an incident, the CO's initial decisions will have an impact throughout the entire incident. It is vital that they be able to make good management decisions that have a favorable impact on the eventual outcome. In addition to a possible role as the initial incident commander (IC), the CO may well be assigned a subordinate position within the ICS organization. CO's need to have a clear understanding of the system, the position assigned, and their role in the organization if they are to function effectively and help make the system work.

**Primary Audience:** Newly appointed Company Officers; firefighters who wish to become an officer.

### ***Best Practices in Community Risk Reduction (NFA Course # F0635)***

This course demonstrates to students nationally recognized principles that, when used appropriately, can lead to community risk-reduction programs that can measure success in local communities. This course will give students the opportunity to explore programs from communities across the United States that have been showcased at Vision 20/20 symposiums. These programs demonstrate what nationally recognized organizations identify as examples of "best practices" in community risk reduction.

There is a pre-course assignment which should take about one hour that you will receive upon enrollment.

#### **Primary Audience:**

- Fire and emergency services personnel who help develop and deliver fire prevention and community risk-reduction programs.
- Fire and emergency services staff with an interest in advancing risk-reduction efforts in their community.
- Allied health and community service personnel who help develop and deliver risk-reduction programs.

### ***Residential Sprinkler Plan Review (NFA Course # F0142)***

The scope of this course looks at the following as the primary guidance for the approval of residential sprinkler systems:

- National Fire Protection Association 13, Standard for the Installation of Sprinkler Systems.
- NFPA 13D, Standard for the Installation of Sprinkler Systems in One- and Two-Family Dwellings and Manufactured Homes.
- NFPA 13R, Standard for the Installation of Sprinkler Systems in Low-Rise Residential Occupancies.
- International Residential Code Standard P2904.
- Manufacturer's Data Sheets.
- The ability to read and interpret the design is an essential element of preventive fire safety.

#### **Primary Audience:**

This course is appropriate for building and fire code officials whose responsibility it is to review and approve residential sprinkler plans. Such officials include fire inspectors, fire marshals, and building code inspectors with at least one year of experience on the job. The audience should have an understanding of the history of water-based fire protection systems and methods used to verify hydraulic calculation.

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***Building Organizational Support for Community Risk Reduction (NFA Course # F0636)***

This course is designed to help fire and emergency services learn what community risk reduction is and how to build organizational support for it. This course will address the challenges that fire departments face in shifting their priorities from response to prevention. In many departments, community risk reduction is still considered a low priority. This course will show you how community risk reduction can help you and your department become more of a community player in times of decreased budgets.

This course includes three units of instruction:

- Unit 1: Components of Community Risk Reduction.
- Unit 2: Community Risk Reduction as a Service Priority.
- Unit 3: Building Organizational Support for Community Risk Reduction.

There is a pre-course assignment which should take about one hour that you will receive upon enrollment.

**Primary Audience:**

- Fire and emergency services personnel who want to learn about community risk reduction.
- Fire and emergency services personnel who are currently involved with fire prevention and have an interest in advancing risk-reduction efforts in their community.

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**Registration**

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## NATIONAL FIRE ACADEMY PROGRAMS

<p><b><i>Decision Making for Initial Company Operations</i></b>  <b>Course Code:</b> NFA Course # F0457  <b>Date:</b> September 14 &amp; 15, 2016  <b>Application Date:</b> July 29, 2016</p>	<p><b>Time:</b> 0800-1700  <b>Location:</b> Massachusetts Firefighting Academy  One State Road, Stow, MA  MFA - Link</p>
<p><b><i>Best Practices in Community Risk Reduction</i></b>  <b>Course Code:</b> NFA Course # F0635  <b>Date:</b> November 1 &amp; 2, 2016  <b>Application Date:</b> September 15, 2016</p>	<p><b>Time:</b> 0800-1700  <b>Location:</b> Massachusetts Firefighting Academy  One State Road, Stow, MA  MFA - Link</p>
<p><b><i>Residential Sprinkler Plan Review</i></b>  <b>Course Code:</b> NFA Course # F0142  <b>Date:</b> November 17 &amp; 18, 2016  <b>Application Date:</b> October 1, 2016</p>	<p><b>Time:</b> 0800-1700  <b>Location:</b> Massachusetts Firefighting Academy  One State Road, Stow, MA  MFA – Rm 117</p>
<p><b><i>Building Organizational Support for Community Risk Reduction</i></b>  <b>Course Code:</b> NFA Course # F0636  <b>Date:</b> December 6 &amp; 7, 2016  <b>Application Date:</b> October 20, 2016</p>	<p><b>Time:</b> 0800-1700  <b>Location:</b> Massachusetts Firefighting Academy  One State Road, Stow, MA  MFA - Link</p>

The required application is the FEMA General Admissions Application Short Form (FEMA Form 119-25-2) which can be found at: [http://www.usfa.fema.gov/downloads/pdf/ff\\_119\\_25\\_2\\_75\\_5a.pdf](http://www.usfa.fema.gov/downloads/pdf/ff_119_25_2_75_5a.pdf) . The application CANNOT be submitted online.

Please mail or fax your completed application (front page only) to: Massachusetts Firefighting Academy, One State Road, Stow, MA 01775 or (978)567-3229 (needs to include the head of the organization signature) no later than the deadlines indicated for the particular class if noted.

It is required that you register for a FEMA Student Identification Number (SID). This is the number required for section 6 of the application form (no longer using Social Security Numbers) and is obtained through the Center for Domestic Preparedness (CDP). To obtain a SID:

1. Register at <https://cdp.dhs.gov/femasid>
2. Select "Need a FEMA SID?" on the right side of the screen.
3. Follow the instructions to create your account.
4. You will receive an email with your SID. Save this number in a secure location.

Also, note that any correspondence and certificates are sent via email, please include a valid email.

### **Registration**

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## ADVANCED FIRE INVESTIGATION

**September 26, 27, 28 &  
October 12, 13, 14, 2016**

**Course Number:**

200-022-501-2016-FA-A

**Location:**

Massachusetts Firefighting  
Academy  
One State Road  
Stow, MA  
Classroom – Rm 127

**Time:**

0800-1700

**Application Due Date:**

August 15, 2016

**Notes:**

This is a "Priority Selection" course which is not first come-first serve.

Applicants must have a Basic Fire Investigation completion certificate prior to submitting an application.

**Priority Selection Date:**

August 29, 2016

**Credits**

FCC = 4  
FPO = 8

This course will cover state-of-the-art investigation practices for individuals new to fire investigation as well as provide new concepts for those experienced fire investigators. In a practical exercise, students will be assigned to one of four fire investigation teams. In turn, each team will investigate and evaluate a fire scene to determine the area of origin, the ignition source, the materials first ignited and the ignition sequence of the fire. Students will also be acquainted with the use of accelerant detection K-9s, learn to properly prepare diagrams, conduct interviews, record the fire scene with photographic documentation and establish field notes of the incident scene. Students will be able to identify, collect and preserve evidence using the proper physical and legal procedures. This course will provide information that will allow the student to make presentations in legal settings as well as aid in the preparation of reports that will be useful in their participation of a mock civil and criminal trial proceeding.

This course consists of twenty-four (24) hours of instructor-led classroom training, twenty-four (24) hours of practical time and four (4) hours of self-guided online learning.

This intensive course requires students to have 100% mandatory attendance. Students shall be required to complete ten (10) preselected fire investigation training modules, by registering on line with CFITrainer.net. All ten (10) modules are to be completed before the first day of class. Specific CFI Trainer module information will be distributed upon acceptance. In addition, students shall participate in case studies, and present an oral brief to the class. The final course exam is an open book fifty (50) question online test.

This course meets or exceeds the job performance requirements in the NFPA Standard 921 Guide for Fire and Explosion Investigations and the NFPA Standard 1033 for Fire Investigator.

**Prerequisite:** Successful completion of the Massachusetts Firefighting Academy Basic Fire Investigation course. It is strongly recommended a firefighter and a police officer from the community should apply as a team. Past participation by a firefighter and/or police officer in your community will satisfy this recommendation.

**Selection Criteria:** This is a very competitive and highly demanding program. Preference is given to students that subscribe to the team concept of fire investigation in their respective community.

**Orientation:** In addition to the course dates, those accepted will be given the opportunity to attend a separate optional orientation day prior to the start of this program. Specific orientation information will be distributed upon application.

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### Registration

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The courses listed below are available at the time this calendar is created. The Massachusetts Firefighting Academy is constantly updating our offerings and you should check the [Register for Current Courses](#) page to see the current list. If you cannot find the course on a specific date, it may have been removed due to an overwhelming amount of applications or registration has been closed.

MFA Course Calendar • July 2016

~ July 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 <a href="#">Grant Camp</a>	12 <a href="#">Grant Camp</a>	13 <a href="#">Grant Camp</a>	14 <a href="#">Nightclub Safety</a> <a href="#">Grant Camp</a>	15	16 <a href="#">Emergency Vehicle Operator - Advanced</a> <a href="#">Small Aircraft Hazards - Procedures</a>
17	18 <a href="#">Nightclub Safety</a>	19	20	21	22	23
24	25	26	27	28	29	30
31						

The courses listed below are available at the time this calendar is created. The Massachusetts Firefighting Academy is constantly updating our offerings and you should check the [Register for Current Courses](#) page to see the current list. If you cannot find the course on a specific date, it may have been removed due to an overwhelming amount of applications or registration has been closed.

## MFA Course Calendar • August 2016

~ August 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <a href="#">Vehical Extrication</a>
7	8 <a href="#">Nightclub Safety</a>	9	10 <a href="#">Taking Action Against Cancer</a>	11	12	13 <a href="#">Pumps &amp; Hydraulics</a>
14	15	16	17 <a href="#">Taking Action Against Cancer</a>	18 <a href="#">Nightclub Safety</a>	19	20
21	22	23	24 <a href="#">Taking Action Against Cancer</a>	25	26	27
28	29	30	31 <a href="#">Taking Action Against Cancer</a>			

# Fire Safety for Older Adults



## Older Adults at Greatest Risk for Fire Death

Older adults, those age 65 and above, accounted for 14% of the population, but 36% of the fire deaths in 2015. They were nearly two and a half times as likely to die in a fire.

## Smoking Fires are the Leading Cause of Fire Deaths for Older Adults

Eleven percent (11%) of all fire injuries and 25% of all fire deaths to seniors were from smoking fires. Here are some smoking fire safety tips:

- If you smoke, smoke outdoors.
- Use large, sturdy ashtrays or a can filled with sand to put out smoking materials.
- Be sure that matches and smoking materials are fully extinguished. Wet them under a faucet before disposing of them.
- Never extinguish cigarettes in potted plants or mulch.
- If you are drowsy or falling asleep put out your cigarette. Never smoke in bed.

Never smoke while using oxygen, or near an oxygen source. If you can't stop smoking, remove your oxygen, wait ten minutes, and go outside to smoke.

## Electrical Fires the Second Leading Cause of Fire Deaths to Older Adults

**Electrical fires** caused 18% of the fire deaths and 5% of the fire injuries to older adults that took place in homes. Here are some electrical fire safety tips.

- It is important not to overload outlets and power strips.
- Use one appliance per outlet especially if it is a heat generating appliance.
- Don't run electrical cords under rugs or let them get pinched by furniture.
- Extension cords should only be used temporarily; they are not designed for long-term or permanent use.
- Remember that space heaters need at least 3-feet of space from anything that can burn.

(over) →



**FireFactors**

Office of the State Fire Marshal • [www.mass.gov/dfs](http://www.mass.gov/dfs) • (978) 567-3380

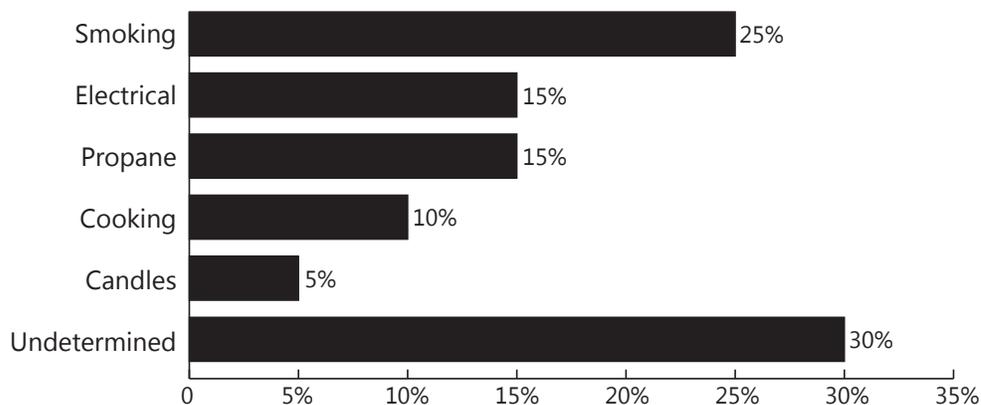
Have a licensed electrician inspect your electrical system every 10 years. Small modifications can be made to keep the system current with your home's electrical needs.

## Cooking Fires are the Leading Cause of Injuries to Older Adults

**Cooking fires** caused 30% of fire injuries to older adults that took place in homes and 10% of senior fire deaths in 2015. Here are some cooking fire safety tips.

- Wear short or tight-fitting sleeves when cooking. Loose sleeves easily catch fire.
- Stand by your pan! Never leave cooking unattended. If you must leave the kitchen while you are cooking, take a potholder or cooking spoon with you as a reminder.
- Put a lid on stovetop fires to put them out.

2015 Causes of Senior Fire Deaths in Residential Fires



## No Working Smoke Alarms in 15% of Senior Fire Deaths

Of the 20 senior fire deaths in 2015, 15% were in homes that either had no smoke alarms or had alarms that did not operate.

- Install smoke alarms on every level and outside each sleeping area. If you cannot install one yourself, call a friend or your local fire department.
- Replace the batteries twice a year and test each one once a month. Smoke alarms themselves need to be replaced every ten years.
- Alarms cannot guarantee escape; they can only provide early warning. It is important to make and practice a home escape plan.
- Keep these three essential items by your bedside: your eyeglasses, a telephone, and a whistle. Eyeglasses will help you see and avoid injury as you escape a fire. The whistle will alert other household members to the fire and rescuers to your location. The telephone will allow you to phone for help if you cannot escape through a door.

