



Fire Safety Checklist

For People with Special Needs

Thousands of people die each year in fires. The Shenandoah County Department of Fire and Rescue is committed to helping you educate yourself and your family about the danger of fire and how to stay safe.

Special Considerations

- Depending on physical limitations, assistance may be needed from a family member, caretaker, or neighbor to prepare for emergencies.
- Decreased mobility, health, sight and hearing may limit the ability to take the quick action necessary to escape during a fire, so planning ahead is vital to staying safe.

Be Prepared & Make and Escape Plan

In the event of a fire, every second counts! And seconds saves lives! Make and practice a home escape plan. It may seem silly now, but when you are awakened by a smoke detector you will need to remember how to get out. Speak to your family members, building manager or neighbors about your plan and PRACTICE!

- Arrange so you have a first floor unit or bedroom if you live in an apartment building or multistory home.
- Make sure that your house number is clearly visible from the street.
- Maintain at least 2 exits from every room in your home and know how to open locked doors and windows.
- Contact your local fire department or Shenandoah County Department of Fire and Rescue and explain your special needs. They will assist you with escape planning, provide you a safety inspection and assist you in determining where to install smoke detectors.

Install & Maintain Smoke Detectors

Most fatal fires occur at night when people are most likely to be sleeping. Working smoke detectors will increase your chances of surviving a fire by 50%.

- Install smoke detectors on each level of your home. Install them inside and outside of your bedrooms as well.
- Test the detectors once a month. For hard to reach units, use a broom handle or stick to press the button.
- Replace the batteries once a year. Remember: Daylight savings time: Change the clock; change the batteries.
- If you are hearing impaired, install smoke detectors that have a vibrating pad or strobe light.

Cooking & Electrical Safety

- When cooking, roll up your sleeves and turn the pot handles in to avoid burns.
- Never leave cooking unattended. Use a timer or carry a pot holder to remind you of food cooking on the stove or in the oven.
- To extinguish a cooking fire, use a lid or cookie sheet and place it over the pan and turn off the burner.

Contact Numbers

If you have any questions about any of the information above, feel free to contact Shenandoah County Department of Fire and Rescue.

Shenandoah County Dept. of Fire and Rescue	540-459-6167	www.scfr.net
Shenandoah Memorial Hospital	540-459-1100	www.valleyhealthlink.com
Shenandoah County Dept. of Social Services	540-459-6226	www.dss.virginia.gov
Home Safety Council		www.homesafetycouncil.org
VA Department of Forestry	540-459-2151	www.dof.virginia.gov
National Capital Poison Control Center	1-800-222-1222	www.poison.org
Center for Disease Control		www.cdc.gov
Consumer Product Safety		www.cpsc.gov