

## **Lunch & Learn: Information Session**

**Wednesday September 28, 2016**



### **Special Guest Speaker: Officer Rick Stephanchew** **Fire Safety Prevention**

Following a very generous and delicious buffet-type lunch offered by the NAFR Winnipeg & District, Mrs Lucille Mahon (photo to the right), member and Director-at-Large, introduced Rick Stephanchew (above photo), Public Educator from the Winnipeg Fire Department. This timely afternoon presentation was scheduled to provide as much information to all attendants in regards to the Fire Safety Week happening from October 9 to 15.

Many very interesting facts were presented to the 30 attendants. Some of the topics covered were: fire alarms, carbon monoxide detectors, and evacuation procedures in case of emergency. A video followed providing much important information about safety procedures in a home, apartment, condominium or other living accommodation.

Many questions raised by the audience were responded by the speaker with safety issues in mind. A copy of a pamphlet is attached for your perusal.



National Association  
of Federal Retirees

Association nationale  
des retraités fédéraux

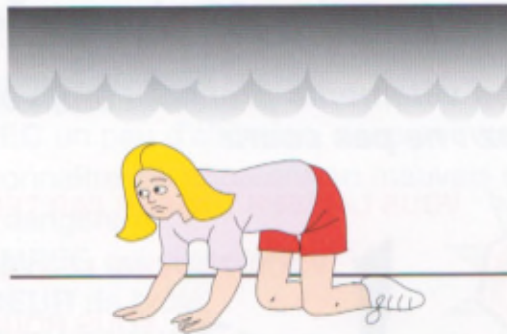
**WINNIPEG & DISTRICT**

### **IMPORTANT MESSAGE**

We need to be aware of our surroundings and take responsibility to be safe at home or at any other location. Be safe!



# 10 Fire Safety Tips



OFFICE of the FIRE  
COMMISSIONER  
and your  
LOCAL FIRE  
DEPARTMENT

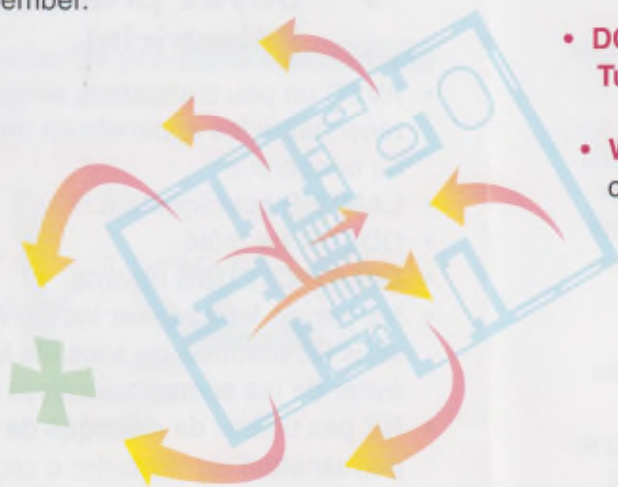
[www.firecomm.gov.mb.ca](http://www.firecomm.gov.mb.ca)

## 1 Smoke Alarms

- **TEST** Monthly.
- **CHANGE** the batteries once a year.
- **REPLACE** the alarm every 10 years.

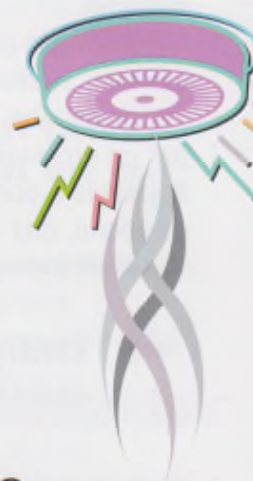
## 2 Have a Fire Escape Plan

- **DRAW** a floor plan of your home showing two ways out of each room.
- **PRACTICE** getting low to avoid heat and smoke.
- **DECIDE** on an outside meeting place and from where you will call the fire department .
- **REMINDE** everyone to GET OUT AND STAY OUT.
- **PRACTICE** your escape routes with each family member.



## 3 Install a Carbon Monoxide Detector

- **INSTALL** and maintain according to manufacturer's instructions.
- **CARBON** monoxide is odourless, colourless and deadly.
- **HAVE** your fuel-burning appliances (natural gas, propane, wood) and chimney checked by qualified service personnel annually.



## 4 Practice Kitchen Fire Safety

- **DON'T** leave cooking unattended. Turn stove off if you leave even for a second.
- **WEAR** snug fitting clothes to avoid catching pot handles.
- **TURN** pot handles inward so you do not bump them or children can not grab them.
- **ENFORCE** a child free zone 1 meter (3 feet) around your stove when you cook.
- **AVOID** cooking when tired or on medication that causes drowsiness.



## 5 Keep Matches and Lighters Out of Sight

- **TEACH** children to tell you if they find matches or lighters.
- **REMIND** them that they are tools for grown-ups.

## 6 Careless Smoking Causes Fires

- **NEVER** smoke in bed.
- **PROVIDE** large non-tip ashtrays.
- **SOAK** butts before dumping them.
- **CHECK** in and around furniture for smouldering ashes or cigarette butts after smoking.

## 7 Use Electricity Safely

- **WARNING** signs that appliances may be having electrical problems are:
- **FLICKERING** lights.
- **ODD** smells.
- **TRIPPING** circuit breakers.
- **NEVER** pinch cords under furniture or run cords under rugs.
- **DO NOT** use extension cords as permanent wiring.

## 8 Space Heaters and Portable Heaters

- **KEEP** anything that could burn – such as books, paper and clothing – at least 1 meter (3 feet) away from portable heaters.
- **SHUT OFF** when you leave the room.

## 9 Housekeeping

- **REGULARLY** remove any potential hazards from your home such as flammable paints, solvents and excessive papers, etc.
- **KEEP** furnace room area free from combustibles.

## 10 Stop, Drop and Roll

*If your clothes catch on fire ...  
Don't Run*



*If a burn occurs ...*

- Cool and Call
- Begin cooling the burn and call for help immediately.