

Spotlight on Health and Safety

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Waking up to the sound of your fire alarm going off is a frightening thought, but it's how we react when that alarm sounds that can make all the difference between life and death.

Preparedness and proactive prevention is the key to avoiding tragic fires that happen because of a lack of understanding and unsafe attitudes and behaviours. Fire safety rules are so commonplace that we risk becoming indifferent toward them. So many fires are preventable and teaching children about fire safety and setting a good example can help avoid tragedies.

Stop fire before it starts: obey 'No Smoking' signs, watch for frayed electrical cords and overloaded circuits, store combustibles in a safe area and never leave heat sources or open flames unattended.

Proper maintenance procedures are also an important aspect of fire prevention. We should all be familiar with the location and operation of fire-fighting equipment and smoke alarms should be installed and maintained regularly.

Make sure that everyone knows exactly what to do when the alarm sounds or there is smoke or fire. Always have two ways out and keep exits clear. A good escape plan that you have practiced will help everyone to deal with a potentially scary situation in a calm and safe manner.

Other sources of information:

www.3minutedrill.alberta.ca is a unique Alberta made interactive website, where you can learn fire prevention.

The Office of the Fire Commissioner provides public education, <http://www.ofc.alberta.ca/public-education-main>, check out their safety campaigns and prevention and safety tips.