



2022 - 2023

SOCIAL MEDIA

Specialty Days/Weeks/Months

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Mission:

To inform and encourage community fire safety and preventative measures through social media communications. Content will be designated by Safety Observances.

Key:

Months

Weeks

Days

Holiday/Historical Days

June 2022

-National Safety Month (2 posts for last 2 weeks of month)

-June 1-7: CPR and AED Week (1 post)

National Safety Month

- o Week 3 of the Month: Injury Prevention (Situational Awareness)

It's #NationalSafetyMonth! Over 50% of all accidental injuries take place at home, according to the National Safety Council. Here's how you can stay safe!

- Keep items off the stove that could catch on fire
- Prevent burns by using proper oven mitt
- Clear away tripping hazards around your home
- Use hand rails when walking up and down the stairs

National Safety Month

Situational
Awareness



o Week 4 of the Month: Slips, Trips, and Falls

During #NationalSafetyMonth, take a moment to protect yourself from preventable slips, trips, and falls.

Every 20 minutes an older adult dies from a fall, according to the National Center for Injury Prevention and Control. This makes falling the second highest cause of accidental injury-related death. Falls also make up 1/3 of all non-fatal injuries. They can be 100% preventable when the right precautions are taken. Here are some tips to keep you safe!



June 1-7: CPR and AED Week



July 2022

-Fireworks Safety (1 post)

-July 10-16: Operation: Safe Driver Week (3 posts)

Fireworks Safety

As the 4th of July approaches, many of us like to bring out the box of fireworks and sparklers for some backyard bonding. And although fun, fireworks can be very unsafe. In 2020, around 15,600 people were hospitalized due to firework-related injuries. The National Fire Protection Association estimates that nearly 19,000 fires are started by fireworks each year. Here are some tips to safely enjoy the holiday with your loved ones!

- An adult, who is not under the influence, is handling the fireworks
- Only light them outside, away from people, structures, and flammable material
- Keep a bucket of water nearby for emergencies and to soak used fireworks before scraping

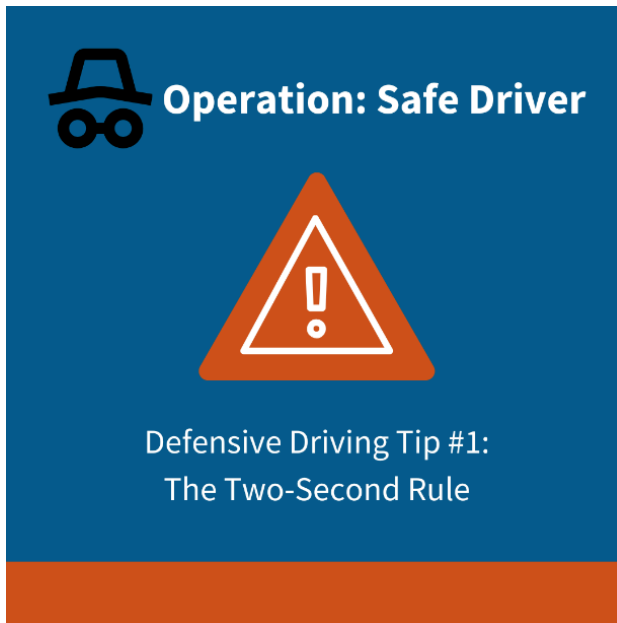


July 10th-16th: Operation Safe Driver Week

First post:

Hey super spies, it's Operation: Safe Driver Week! To complete your mission, let's learn about one of the best methods of safe driving: defensive driving techniques. Defensive driving teaches drivers strategies of how to identify risks, anticipate situations, and make safe decisions. It helps reduce the probability of an accident on the road. One technique is the Two-Second rule, which is staying at least two seconds behind the vehicle in front of you:

- When the vehicle in front of you passes a landmark, count how many seconds it takes for you to pass the same one.
- If you reach the same landmark before two seconds, you're too close, slow down!



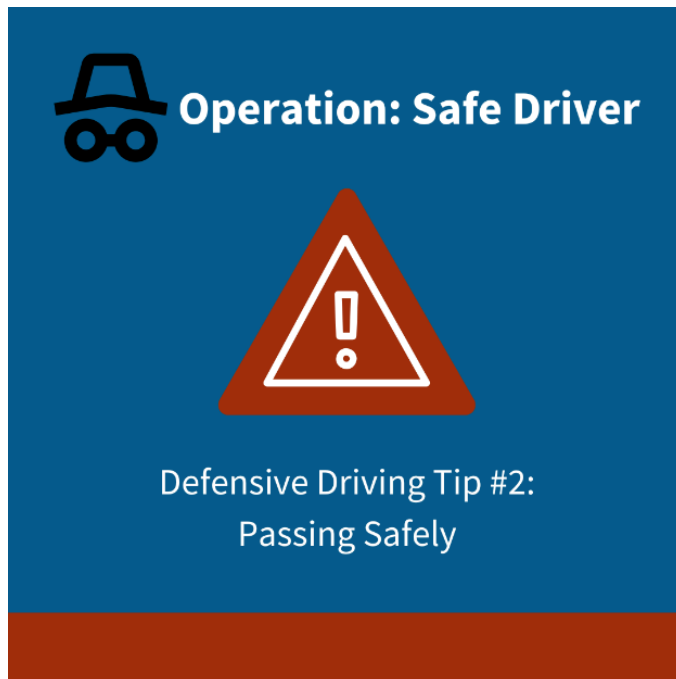
Second post:

Next up for Operation: Safe Driver Week is learning how to pass vehicles safely.

When passing...

- Make sure that the road lines are dotted and not solid
- Look at your surroundings, making sure you can see ahead of you and there are no obstacles on the road
- Check for oncoming traffic and ensure that no vehicles are approaching you
- Conditions all clear? Then move into the next lane and accelerate steadily
- Use your turn signal to let the other vehicle know your intentions of passing
- Keep an eye on the other vehicle as you move back into the lane, safely passing them

Mission success!



Third post:

One of the most important aspects of defensive driving is keeping a cool head. Although navigating heavy traffic can be stressful, calmly observing your surroundings is crucial to being safe on the road.

- Stay alert and ready for sudden stops by the vehicles ahead of you
- Look out for cars moving in and out of traffic, either trying to pass other vehicles or get to an exit lane
- Be aware of obstructions on the road like debris, potholes, and construction

By being alert of your surroundings, you can react to any situation quickly.



July 31st: National Heatstroke Prevention Day

As summer starts to heat up, so does heatstroke. Children are much more vulnerable to it than adults are, with heatstroke being the second leading vehicle-related cause of death for children. For over 50% of these deaths, the caregiver forgot the child was in the car. Remember to always check the backseats before you leave and lock. An easy way to remember is by leaving an important item, whether a purse or briefcase, in the backseat.



August 2022

-Back to School Safety Month (4 posts)

-August 31: International Overdose Day (1 post)

-August 31: Opioid Misuse Prevention Day (1 post)

Back to School Safety Month

First post: Walking Safety

Saved by the bell, it's Back to School Safety Month! As your children start walking to school again, here are some safety tips to review beyond "looking both ways before crossing a street".

- Remind them to always walk on the sidewalk and not the street.
- If there is no sidewalk, always walk facing traffic.
- Stay aware of your surroundings when walking.
- Keep phones in pockets and earbuds away to avoid being distracted.
- When at a crosswalk, making eye contact with the driver is the best way to ensure that they know you are crossing.



Second post: Bike Safety

Teach your children the rules of the road! The best way for them to learn is by practicing the bike route to school and back with your kids. When biking, make sure children wear bright, neon clothing so they can be easily visible to drivers. Attach reflective and/or flashing lights on your kids' bikes so drivers can see them when it is dark out. Always ensure that your child wears a helmet, adjusting the sizing pads until it is snug. The helmet should not tip forward or backward on their head, and the strap should be correctly positioned under the chin.



Third post: Bus Safety

Let's roll with some school bus safety tips! For first-time bus users, walking to the bus stop with your child is the best way to teach and practice safety rules. Don't know how far your kid should be from the curb? Tell them to take 3 giant steps back! Also make sure that if your child has to cross the street in front of a bus, that they are able to make eye contact with the bus driver. If they can't see the driver, the driver can't see them either! They should walk on the side of the road until they are far enough ahead to see the driver before trying to cross.



International Overdose Awareness Day

In 2020, there were over 1,200 opioid overdose deaths in Wisconsin. Many of these overdoses were accidental and caused by Fentanyl, a colorless, odorless, tasteless drug. Many manufacturers secretly add Fentanyl into opioids like heroin to make production cheaper. It's impossible to know if opioids are laced with Fentanyl unless you use testing strips. Here are the facts you need to know:

- Testing strips can accurately detect the tiniest amounts of Fentanyl in a substance
- The substance can be a pill, powder, or injectable
- Each strip is only \$1
- They require little instruction and are easy to use

Learn more about Fentanyl testing strips locations at

<https://publichealthmdc.com/health-services/syringe-services-program>



Opioid Misuse Prevention Day

As prescription opioids have become easier to get than ever, it's important to recognize that there are many pain management options that do not include opioids. Talk to your doctor about other options. If you are prescribed opioids, check-in with your doctor often about any concerns or side effects. Always take only the prescribed amount of your medication, never exceeding it. Store your prescription opioids in a safe place where others, like children, family, and friends, won't find it. At the end of your treatment, if you have unused opioids, find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet. Never share or sell them to others.



September 2022

- National Preparedness Month (4 posts)
- National Alcohol and Drug Addiction Month (1 post)
- September 10: World Suicide Prevention Day (1 post)
- September 16: Concussion Awareness Day (1 post)
- September 18-24: Child Passenger Safety Week (3 posts)
- September 24: National Seat Check Saturday (1 post)
- September 29: World Heart Day (1 post)

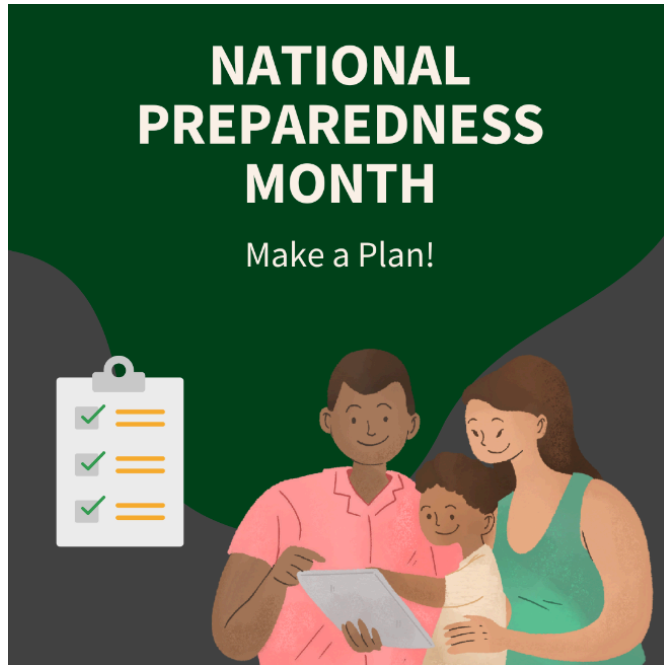
National Preparedness Month

First post: Week 1 (Sept. 1-4): Make a Plan

It's National Preparedness Month! A lot of us, especially in 2020, have seen and felt the consequences of not being ready for emergencies. That's why this week we are focusing on making an action plan to #PrepareToProtect the ones you care about. Here is a step-by-step guide on creating a plan to keep you and your loved ones safe during a disaster.

1. Have a family discussion! Communication strategies? Evacuation routes? Potential shelters?
2. Form your plan around the specific needs of your family. Are there dietary or medical needs? Do you have pets or very young children?
3. Write down your plan or type it and print it out. Keep it in a safe, visible place.
4. Practice, practice, practice! Run through the plan with your family regularly

For a Family Emergency Plan template and more resources, visit [ready.gov/plan](https://www.ready.gov/plan).



Second post: Week 2 (Sept. 5-11): Build a Kit

We can't stop disaster, but we can prepare for it! There's a chance that during an emergency, you and your family will have to survive on your own for many days. So assembling a disaster kit is very important! Remember that as your family's needs change, you need to re-think your emergency needs as well. Regularly update and replace items as needed.

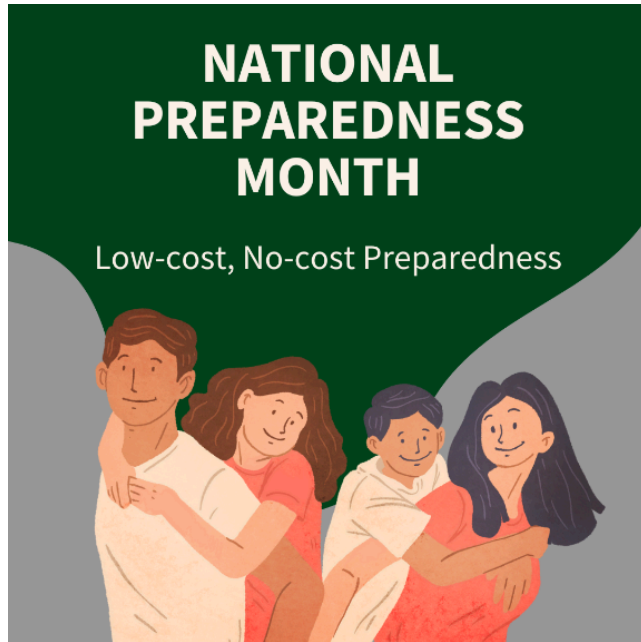
Here are a few ideas for supplies in your kit! For more ideas and resources, visit [ready.gov/kit](https://www.ready.gov/kit).



Third post: Week 3 (Sept. 12-18): Low-cost, No-cost Preparedness

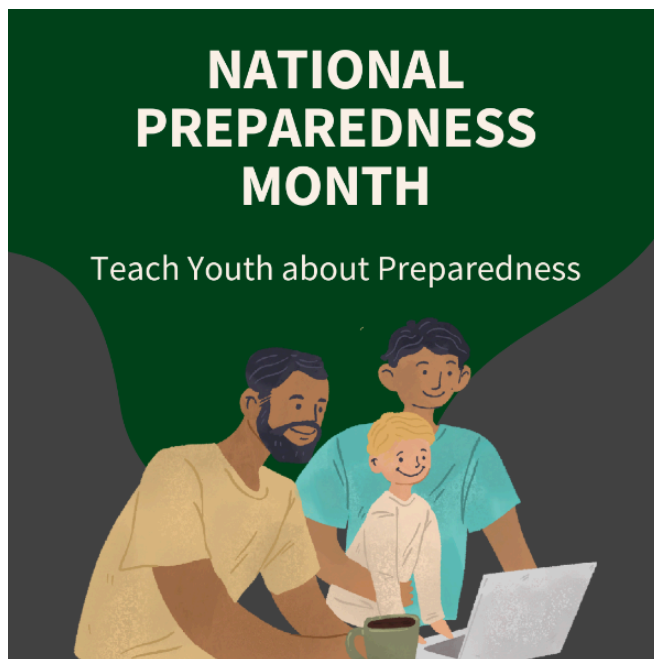
Being prepared for emergencies is a low-cost way to ensure no-cost of life. Start today by knowing what disasters are most common in your area. Create different plans for different emergencies. Remember that disaster can strike at any time, so it's important to practice emergency drills with your family regularly. For information, resources, and free templates, visit

<https://www.ready.gov/be-informed>.



Fourth post: Week 4 (Sept. 19-25): Teach Youth about Preparedness

It's vital to teach our youth about preparedness. It decreases children's uncertainty during an emergency and sets them up to succeed in case of separation. For free educational tools and resources for kids, visit [ready.gov/kids](https://www.ready.gov/kids)



National Alcohol and Drug Addiction Recovery Month

It's National Alcohol and Drug Addiction Recovery Month! This month let's celebrate the progress of those in substance use and mental health #recovery. Whether they have just found or have been on the road to healing, wins for people in recovery are wins for us all. #RecoveryMonth



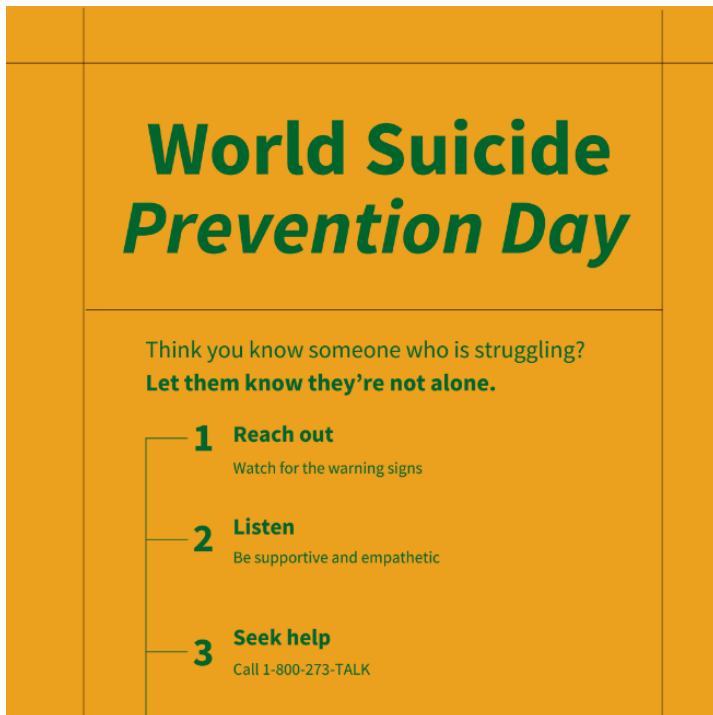
September 10th: World Suicide Prevention Day

Every 40 seconds, a person in the world commits suicide, according to the World Health Organization. Understanding the warning signs is crucial in preventing suicide. Here are just a few:

- Talking about killing themselves and wanting to die
- Expressing feelings of hopelessness and believing they are a burden
- Withdrawing and isolating themselves
- Giving away important possessions and items

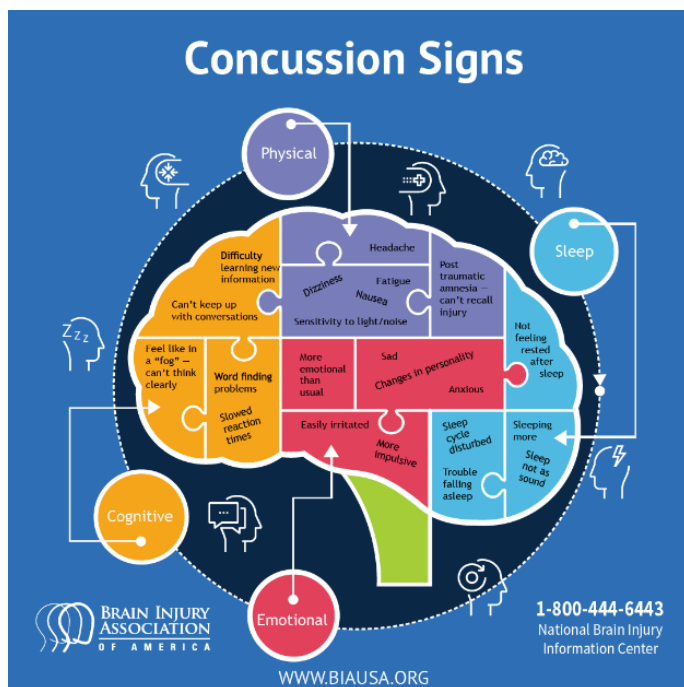
- Very sudden improvement in depression (they may feel “at peace” because of their decision)

If you think that someone you know is considering suicide, have an honest, private conversation with them. You can call the National Suicide Prevention Lifeline 1-800-273-TALK.



September 16: Concussion Awareness Day

It's #NationalConcussionAwarenessDay. Millions of mild traumatic brain injuries occur every year, making concussions an epidemic in the U.S. A concussion is triggered by the head quickly moving back and forth due to a hit to the head/body. The brain bounces or twists in the skull due to the rapid movement, which stretches and damages brain cells. This creates a chemical change in the brain, resulting in difficulties with concentration, memory, balance, etc. Up to 50% of concussions go undiagnosed and untreated. Know the symptoms and remember that not every injury is visible.



September 18-24: Child Passenger Safety Week

First post:

It's #ChildPassengerSafetyWeek. Car crashes are the number one cause of death among children. Just owning a car seat is not enough. Register your child's car seat and booster seat today. By doing so, you will get notified of any recalls for your seat. You only need 4 things to register:

1. Model number
2. Date of manufacture
3. Model name
4. Manufacturer's name

Register at safecar.gov or at your car seat manufacturer's website. It could save your child's life.

**Child Passenger
Safety Week**

**4 THINGS YOU NEED
TO REGISTER
YOUR CHILD'S CAR SEAT.**



MANUFACTURER'S
NAME

MODEL NAME

DATE OF MANUFACTURE

MODEL NUMBER

**DON'T
DELAY.
REGISTER YOUR
CAR SEAT TODAY.**

safercar.gov/parents

Second post:

There are many choices of car seats out there, so it may be hard to choose the right one. It's important to not choose just any car seat. You need to find the type that is best suited for your child's needs. Visit nhtsa.gov/therightseat and accurately fill out the information to find the safest car seat for your kid.

Child Passenger Safety Week

The 4 Types of Car Seats



Rear-Facing Seat

- Best seat for your young child
- In a crash, it cradles and moves with your child to reduce stress to neck and spinal cord



Forward-Facing Seat

- Has a harness and tether
- In a crash, limits your child's forward movement



Booster Seat

- Raises your child so they are in the correct position for your vehicle's seat belt



Seat Belt

- For older children who are big enough to fit in a seat belt properly
- Belt must fit snugly across the upper thighs and shoulders/chest to restrain child in a crash

Third post:

Booster seats matter. They are an important step between car seats and seat belts. In Wisconsin, all children up to the age of 8 are required to use booster seats. But many children are being transitioned to seat belts too early, causing unsafe conditions. Your child is only ready to stop using booster seats when they are over the age of 8 and the seat belt fits them correctly. The seat belt must lie across the upper thighs and not on your child's stomach. The shoulder belt should be fitted across the shoulder and chest and not across your child's face.



September 24: National Seat Check Saturday

It's National Seat Check Saturday. Although most parents are confident that they correctly installed their child's car seat, 46% of car seat installations are incorrect. Car seats work best when they are being used in the correct way. A great way to ensure safety is by scheduling a car seat check. There are two ways to do this:

- Emailing safekids@uwhealth.org
- Or texting/calling 608-333-6087

Car seat checks are provided by the Safe Kids Madison Area Coalition. Appointments are offered weekly.



September 29th: World Heart Day

It's #WorldHeartDay! Did you know that psychological stress can double the risk of a second heart attack for young survivors? Chronic stress can cause irregular heart rates, increased blood pressure, inflammation, and other conditions that lead to heart attacks. Let's learn how to manage stress and keep our hearts healthy!

- Get enough sleep, between 7-9 hours per night
- Practice relaxation techniques, like meditation and deep breathing
- Exercise regularly, which will naturally relieve stress and release endorphins
- Stay connected, having someone to talk to can reduce your stress



PSYCHOLOGICAL STRESS TAKES A TOLL ON YOUR BODY, SPECIFICALLY YOUR



USE  FOR EVERY 
#UseHeart | #WorldHeartDay
WORLDHEARTDAY.ORG

IN PARTNERSHIP WITH



October 2022

-Sudden Cardiac Arrest Awareness Month (3 posts)

-National Substance Abuse Prevention Month

-Halloween (1 post)

-October 9-10: Great Chicago Fire (1 post)

-October 9-15: Fire Prevention Week (6 posts)

-October 29: World Stroke Day (1 post)

Sudden Cardiac Arrest Awareness Month

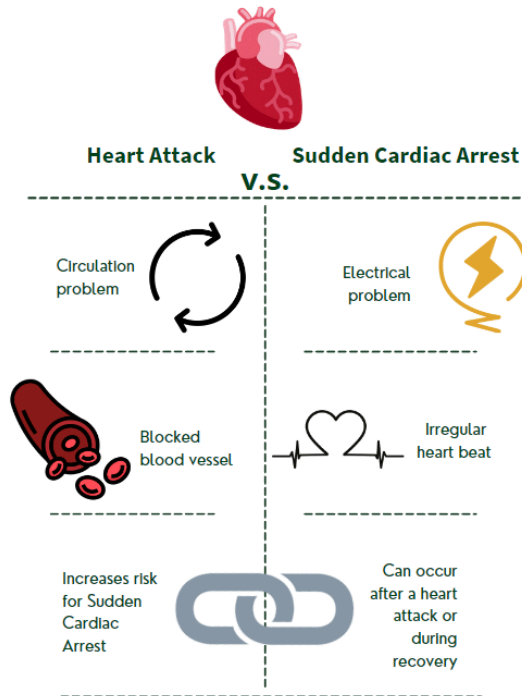
First post:

It's Sudden Cardiac Arrest Awareness Month. More than 350,000 deaths happen each year from Sudden Cardiac Arrest (SCA), according to the Heart Rhythm Society. One important note is that SCA and a heart attack are not the same thing.

- Heart attacks are a circulation issue: they occur when oxygen-rich blood can't get to the heart due to a blocked artery. Only the section of the heart the artery leads to is affected and begins to die. The longer a victim goes untreated, the greater the damage.
- SCA is an electrical issue: they occur from an irregular heartbeat caused by an electrical malfunction in the heart. The heart can't pump blood to the body, making a victim lose consciousness within seconds. If gone untreated, death happens within minutes.

These two heart issues are still linked. A heart attack increases the risk for SCA.

Sudden Cardiac Arrest Awareness Week



Second post:

Before Sudden Cardiac Arrest occurs, there are multiple warning signs one should look out for.

- Chest pain
- Excessive shortness of breath
- Irregular heart rate
- Dizziness, lightheadedness, fainting
- Nausea
- Family history of heart disease or abnormalities

SUDDEN CARDIAC ARREST AWARENESS WEEK

Warning Signs

These are just a few ideas of indicators of sudden cardiac arrest

1

Chest pain

2

Shortness of breath

3

Irregular heart rate

4

Dizziness/Fainting

5

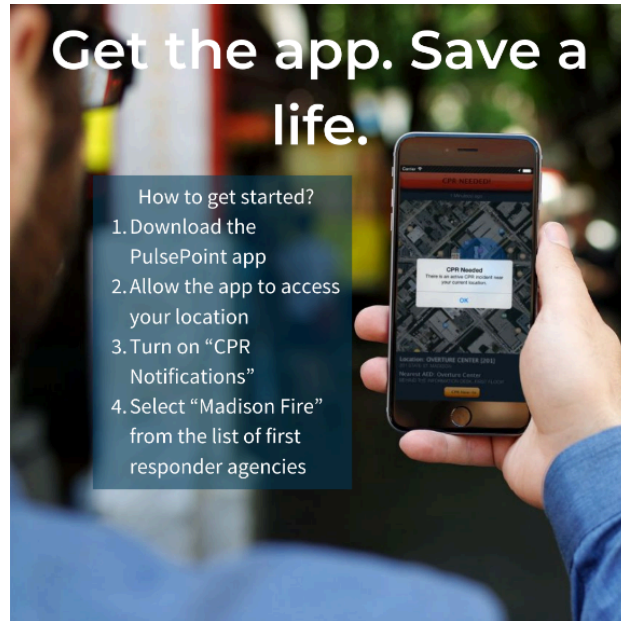
Nausea

6

Family history of heart disease/abnormalities

Third post:

About 95% of sudden cardiac arrest victims die before reaching the hospital, according to the American Heart Association. But if a bystander performs CPR right after cardiac arrest, it can double the chances of survival. That's why bystander CPR is essential to prolong life long enough for emergency responders to arrive. So how can you help? Download the PulsePoint App today! You will get alerts of cardiac emergencies near you. If you choose to respond, you will be guided by GPS maps to the victim to perform CPR. Get the app. Save a life!



Halloween

Happy Halloween! Now that spooky season is here, let's talk about fire safety. For each year from 2017 to 2019, an average of over 9,000 fires were reported in the U.S. over a 3-day period around Halloween. These fires caused roughly an annual average of 25 deaths, 100 injuries, and \$117 million in property loss. Let's not make Halloween scary in a bad way. Here are some tips to keep you and your child safe!



October 9-10: Great Chicago Fire

It's been over 150 years since the Great Chicago Fire. It began on October 8, 1871, and caused mass loss of life and property damage. It killed an estimated 300 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land. Although it is now considered a tragic historical event lost in time, its impact has left its mark on our nation to this day. We started taking fire safety seriously, which changed how we built our cities forever. Buildings and structures are now built with fire safety in mind. Stricter fire codes and building regulations were established. We made sure this event would never happen again. So even though it was long ago, the Great Chicago Fire scorched the city in ways that can still be felt today.

The Great Chicago Fire (October 8-10, 1871)



October 9-15: Fire Prevention Week

First post:

100 years. One week. In 1922, the National Fire Protection Association started Fire Prevention Week to commemorate the Great Chicago Fire. 3 years later, President Calvin Coolidge established Fire Prevention Week as a national observance. And ever since then, Fire Prevention Week has been observed every year to educate communities on the importance of fire safety. Together, firefighters across the nation teach the public about life-saving skills and resources to stay safe during a fire. Let's kick off #firepreventionweek2022 and learn how to protect ourselves and our loved ones!



Second post:

Fire is fast. It takes less than 30 seconds for a small flame to transform into a deadly fire. In minutes, your home could be filled with thick black smoke or engulfed in flames. That's why home fire escape planning is crucial in keeping you and your loved ones safe. With only precious minutes to spare, you and your family need to know what to do when there's a fire. Follow the steps to make your home fire escape plan! For a free printable checklist and escape plan template, visit <https://www.nfpa.org/-/media/Files/FPW/educate/2022/FPW22Grid.ashx>

Home Fire Escape Plan Guide

1

Draw a simple map of all rooms, doors, windows in your home

2

Find and mark two exits of each room. Mark a path from each exit that leads outside.

3

All windows and doors should be accessed easily. You should be able to use them to get outside.

4

Confirm that your home has smoke alarms. Push the test button to ensure each alarm is working and has charged batteries. Mark locations of them on map

5

Pick a safe meeting place outside in front of your home. Don't pick a moveable object like a car or bike. It should never move (like a mailbox or tree)

6

Add the emergency phone number 911 to your plan. Plan to call that number once you're outside during a fire.

7

Go over the plan with everyone in your home. Print and post the plan somewhere like the fridge or bulletin board for a regular reminder

8

Practice home fire drills twice a year

Third post:

Did you know that 3 out of 5 home fire deaths result from fires in properties without working smoke alarms? That's why they are an essential tool that keeps you and your loved ones safe. When choosing an alarm, pick one that is listed with

a testing laboratory. This means that the specific brand has been tested and meets certain standards for protection. Smoke alarms should be...

- In each bedroom
- Outside of sleeping areas, like a hallway
- On each floor of your home, including the basement
- 10 feet away from cooking appliances to reduce false alarms

Hear your alarm chirping? That means the battery is low or the alarm needs to be replaced. Replace the alarm if it's older than 10 years old.



Fourth post:

Let's keep our loved ones safe. Make your Family Home Safety Action Plan today!

1. Check your smoke alarms the first Saturday of every month! A working smoke alarm lets everyone know there is a fire and you need to escape. Fire moves fast. Once you hear the smoke alarm, you and your family could have only minutes to escape safely.
2. Create your home fire escape plan! Your escape plan informs you and your family on what to do once you hear the smoke alarm. Practice this at least twice a year. You don't have any time to waste once you hear your alarm.

For a free printable PDF of the Family Home Safety Action Plan, visit <https://www.nfpa.org/~media/Files/FPW/Educate/2022/FPW22Checklist.ashx>

Fire Prevention Week

YOUR HOME SAFETY ACTION PLAN

- ACTION #1
Make the first Saturday of every month
"Smoke Alarm Saturday"
- ACTION #2
Create your home fire escape plan and
practice it twice a year with your
family

Fifth post:

When making a home fire escape plan for yourself and/or older adults, you need to plan for your needs and abilities. Consider your home environment and how you can plan for it:

- Remove clutter from doorways, stair cases, and hallways to ensure a clear exit path
- If you use a mobility aid, like a walker or wheelchair, ensure that it fits through all doorways
- Keep your mobility aid and eyeglasses right next to where you sleep for quick access
- If you have a hearing impairment and can't hear smoke alarms well, consider getting a bedside alert, like a bed shaker alarm. A strobe light alarm also works for a visual alert of smoke



Sixth post:

Today's homes burn faster than ever. Newer homes are built mostly with unprotected lightweight wood and have open spaces and high ceilings. All of these features are perfect conditions for fires to rapidly grow and spread. It doesn't help that modern home furnishings are made of synthetic materials that burn quickly and at higher temperatures. That's why it's more important than ever to create a home fire escape plan for you and your family. There's no time to waste when fire won't wait! Make your escape plan today using this free template at <https://www.nfpa.org/-/media/Files/FPW/educate/2022/FPW22Grid.ashx>.



October 29: World Stroke Day

1 in 4 of us will have a stroke in our lifetime. However, up to 90% of strokes can be prevented. It all depends on whether you take the first step to understand your personal risk factors. Here are some risk factors to consider:

1. High blood pressure: More than half of all strokes are linked with high blood pressure. Get yours checked today by a health professional
2. Exercise: 1 million strokes per year are linked with a lack of physical activity. Just 30 minutes of exercise 5 times a week can reduce your risk of stroke by 25%
3. Nutrition: More than half of strokes are linked to having a poor diet. Making small healthy changes to the food you eat can make a huge reduction in your risk of stroke
4. Stress and depression: About 1 in 6 strokes are linked to mental health. Those with depression and high levels of stress have almost 2 times a greater risk of stroke.

For more risk factors and information, visit [cdc.gov/stroke/prevention.htm](https://www.cdc.gov/stroke/prevention.htm)

WORLD
STROKE
DAY 29TH
OCT

November 2022

-November 24: Thanksgiving

-November 28: Cocoanut Grove nightclub fire

Nov. 24 Thanksgiving

Thanksgiving Day is ranked number one in home cooking fire incidents in the U.S. As you prepare your family feasts, there are many potential risks to yourself and your loved ones. Let's keep everyone safe this Thanksgiving by going over a few safety tips:

- Don't leave your home when cooking the turkey. Check on it frequently
- Set a timer on your phone to remind yourself the stove or oven is turned on
- If you have to leave your kitchen while you're cooking, even for a second, turn off the stove before you leave
- Keep children away from the stove, hot food, and hot liquid
- Make sure your pathway is clear when transferring food to the dinner table

Have a safe and happy Turkey Day!



Nov. 28, 1942 Boston, MA: Cocoanut Grove nightclub

In 1927, the Cocoanut Grove nightclub opened in Boston, MA. With its tropical paradise theme, the “Grove” was the hot spot for Boston nightlife. But on the night of November 28, 1942, the Cocoanut Grove had the deadliest nightclub fire in U.S. history. With 492 of its club-goers killed, this preventable tragedy spurred the creation of new fire codes. Here are some of the codes that were created due to this event:

- The club’s main entrance was a single revolving door. As the stampede of people tried to escape, it became jammed and useless.
 - Now it’s illegal to have a single revolving door as a main entrance. If there is one, there must be normal outswing doors next to it. Or at least have collapsible panels on the revolving door.
- The lounge was dimly lit with low-powered light bulbs. The club-goers could barely see where they were going due to the dim lighting and smoke, making it even more difficult to escape.
 - Now in all commercial buildings, emergency and exit path lighting is required.
- The Grove was decorated like a tropical paradise. There were artificial palm trees. Bamboo and satin covered the ceilings and walls. All of the

decorations in the club were extremely flammable that made the fire worse.

- Now there are strict limitations on the flammability of interior finishes and furnishings.

The Coconut Grove Nightclub Fire (Nov. 28, 1942)



December 2022

- Safe Toys & Gifts Awareness Month (4 posts)

- December 5-9: Older Driver Safety Awareness Week

- 12 Days of Holiday Safety (12 posts)

Safe Toys & Gifts Awareness Month

First post:

It's the season of giving, which means buying gifts and toys for the little ones in your life. That's why for Safe Toys & Gifts Awareness Month, let's learn how to keep our children safe. In 2019, over 200,000 toy-related injuries were reported in U.S. hospital emergency departments, according to the U.S. Consumer Product Safety Commission. So before buying a toy, consider these guidelines:

- Read all warnings and instructions of the toy

- Look for the label “ATSM”. This means that the toy meets the national safety standards of the American Society for Testing and Materials
- Thoroughly inspect the toy. Avoid toys with sharp points, spikes, rods, and dangerous edges. Avoid toys that shoot or have parts that fly off.



Second post:

With the season of giving also comes the season of receiving. Your child may receive toys from grandparents, friends, neighbors, etc. Let's play it safe by following these guidelines before you let children play with toys:

- Always inspect all toys your child receives. Make sure they are sturdy. They should be able to withstand impact and not break into shards.
- Carefully read the instructions and explain how to use the toy to your child
- Make sure the toy is appropriate for your child's age and skill level
- If the toy is broken, fix it or throw it away



Safe Toys & Gifts Month

Before Playing with Toys...

Third post:

When children are at play, there are a few safety tips to always keep in mind:

- Have children store toys properly after play to avoid tripping hazards
- Supervise craft projects, since scissors and glue are dangerous
- Make children wear the right protection for the activity



Safe Toys & Gifts Month

Playtime Safety

Fourth post:

Let's talk more about gifting guidelines! You heard the "do's". Now here are the "do not's" of toy giving:

- Do NOT give toys that have ropes and cords
- Do NOT give crayons, markers, paints, and other drawing tools unless labeled "nontoxic"
- Do NOT give toys with tiny parts that can be easily ingested to kids under age 3



12 Days of Holiday Safety

On the 1st day of holiday safety my true love said to me 🎵🎵🎵 Keep your candles away from your tree!

- Also keep candles away from furniture, drapes, and other flammable decorations
- Always blow out your candles when leaving a room or going to bed
- Avoid drafts of air by keeping candles away from vents and fans



On the 2nd day of holiday safety my true love said to me 🎵🎵🎵 Keep an eye on what you fry!

- Never leave food, grease, or oils cooking without supervision
- Create a 3 foot kid-free and pet-free zone around the stove
- Unplug appliances like toasters and coffee makers when not in use



On the 3rd day of holiday safety my true love said to me 🎵🎵🎵 Extension cords are for temporary use only!

- Do not put extension cords under carpets and rugs
- Do not overload the outlets
- When using extension cords outdoors, make sure they're rated for outdoor use



On the 4th day of holiday safety my true love said to me 🎵🎵🎵 Check on your tree!

- Keep your trees at least 3 feet away from heat sources like heaters and fireplace
- Never use lights on a metallic tree. The tree could become electrified if the lights become faulty
- Never put flammable decorations on or near the tree



On the 5th day of holiday safety my true love said to me 🎵🎵🎵 Let's learn lighting safety!

- Always check your lights for frayed or broken wiring before using
- Only join together as many light strings as the packaging recommends
- Consider using smaller, LED lights instead for better safety and efficiency



On the 6th day of holiday safety my true love said to me 🎵🎵🎵 Here's more lighting safety!

- Turn off all holiday lights before you go to bed or leave your home

- Make sure all light sockets have bulbs in them. Children could put their fingers in empty sockets
- Check the labels to ensure they've been laboratory tested for safety



On the 7th day of holiday safety my true love said to me 🎵🎵🎵 Embrace fireplace safety!

- Get a chimney sweep to check for obstructions before using your fireplace
- Keep wrapping paper, rugs, and other flammable material away
- Carefully supervise children and pets during and after fireplace use



On the 8th day of holiday safety my true love said to me🎵🎵🎵 Keep your pets 3 feet away from..

- Candles
- Your tree
- Stoves in use



On the 9th day of holiday safety my true love said to me🎵🎵🎵 Step safely on stepladders!

- Always place them on level and firm ground
- Choose the correct ladder for the job
- Don't overreach on the ladder



On the 10th day of holiday safety my true love said to me 🎵🎵🎵 Don't trip or fall!

- Keep cords along walls and out of doorways
- Ensure the children clean up their toys after playtime
- Be extra careful when walking on driveways, sidewalks, and steps



On the 11th day of holiday safety my true love said to me 🎵🎵🎵 Smoke alarms save lives!

- There should be a working smoke alarm on every level of your home
- Test your alarms at least once a month
- Hear a chirp? Replace your batteries



On the 12th day of holiday safety my true love said to me 🎵🎵🎵 Plan your escape!

- Go over your home fire evacuation plan with your household
- Practice fire drills and evacuations regularly at home
- Inform any overnight guests of your evacuation plan



January 2023

-National Blood Donor Month

-January 19-25: National Healthy Weight Week (3 posts)

Jan 19-25 Healthy Weight Week

First post:

It's #HealthyWeightWeek! In 2018, 73.6% of adults age 20 and older are overweight or obese, according to the Center of Disease Control. As we try to tackle this issue, it's important to not buy into "crash diets". These diets rely on consuming very little calories to achieve rapid weight loss results. In many cases, crash diets lead to a yo-yo cycle:

1. Eating extremely little calories slows your metabolism down. Our bodies are great at adapting. It adapts to the little available food and slows down your metabolism to hold on to whatever it can.
2. Once you are off your diet, you go back to your normal eating patterns that caused the weight gain in the first place.
3. With a slower metabolism, this causes you to gain the same or even more weight than before.

Healthy Weight Week



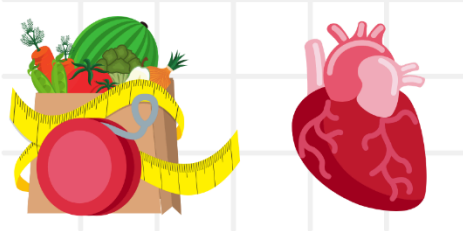
Second post:

There is no magical, fast way to achieve anything without consequences. Crash diets are dangerous. Not only do they ironically cause a yo-yo effect of further weight gain, but it can also be life threatening. Here are the facts you need to know:

- Crash dieting increases your risk of cardiac stress and heart palpitations
- Repeated crash dieting increases your risk of a heart attack
- Long term diets can lead to heart muscle loss
- Yo-yo dieting can damage your blood vessels
- Crash diets weaken your immune system

Healthy Weight Week

Yo-Yo Dieting Damages Your Heart




Third post:

The key to a healthy weight is a healthy mindset. Obsessing over weight and numbers on a scale only lead to misery and failed diets. Here are 3 tips to healthily lose weight. Mind over matter!

- Be active! This doesn't mean you have to obsessively track your Fitbit on how many calories you burnt. Being active means going out and moving your body, whether it's at the gym or taking a nice stroll around the block.
- Listen to your brain! If you want seconds after you finish a meal, wait 15 minutes before grabbing another plate. You may find yourself no longer craving another dish after waiting. This is because it takes 15-20 minutes for our brain to catch up to our stomach and understand that we are full.
- Relax! 27% of American adults report that they eat to manage stress. Instead of reaching for food, you can participate in a hobby, meditate, or spend time with loved ones.

Healthy Weight Week

The  key to a healthy weight?

A healthy  !!

February 2023

-Black History Month

-Heart Month

-February 3: National Wear Red Day (for women's heart health)
(1 post)

-February 5-11: Burn Awareness Week (5 posts)

-February 13-18: Random Acts of Kindness Week

Heart Month

With office jobs, cars, and convenience technology on the rise, more and more of us live a life of sitting and laying down. This sedentary lifestyle is one of the biggest risk factors for heart disease, the #1 cause of death in America. Every year, 1 in 4 deaths are due to heart disease. But thankfully, regular exercise can combat this. You can either do...

- moderate aerobic exercise 5 days a week for at least 30 minutes
- or vigorous workouts 3 times a week for at least 20 minutes.

Taking only 20-30 minutes of your time, exercise is easy to fit into anyone's schedule. It reduces your blood pressure, your bad cholesterol, and your risk of heart disease. So what're you waiting for? Let's get moving!

(Use the videos with Aaron)

February 3: National Wear Red Day (for women's heart health)

Today, we #GoRed for women's heart health! Cardiovascular disease is the number 1 killer of women, causing 1 in 3 deaths each year. It is also the leading cause of death for new moms. Pregnancy puts extra strain on the heart and blood vessels due to carrying more weight and changing hormones. It can expose hidden heart problems and make them worse. However, most cardiovascular diseases can be prevented with healthy lifestyle changes:

- Exercise! If you're pregnant, it's important to move for at least 30 minutes a day. Walking, swimming, and yoga are some great, low-risk ideas. Talk to your healthcare provider for what's right for you!
- Eat right! You can't control cravings, but you can control what you eat. Eat more heart-healthy foods like fruits, vegetables, beans, nuts, and seeds. Certain types of fish and poultry are great too. Nutrient-dense foods can curb your cravings!



February 5-11: Burn Awareness Week

First Post:

It's #BurnAwarenessWeek. Burns--even minor ones--can be very painful. So it's better to prevent getting a burn than treat one. Did you know that cooking is the number one cause of home fires? Let's prevent a cooking burn and watch what you heat with these tips:

- Always cook when you are wide awake and alert
- Wear short or close-fitting sleeves when cooking
- Turn pot handles away from the stove's edge
- When frying, use a pan lid to prevent splatter burns
- Always use dry oven mitts or potholders when carrying pot/pan



Second post:

Most “fire-related injuries” are burns. In the U.S., every 60 seconds someone gets a burn injury serious enough to require treatment, according to the American Burn Association. If you receive a burn, follow these crucial steps:

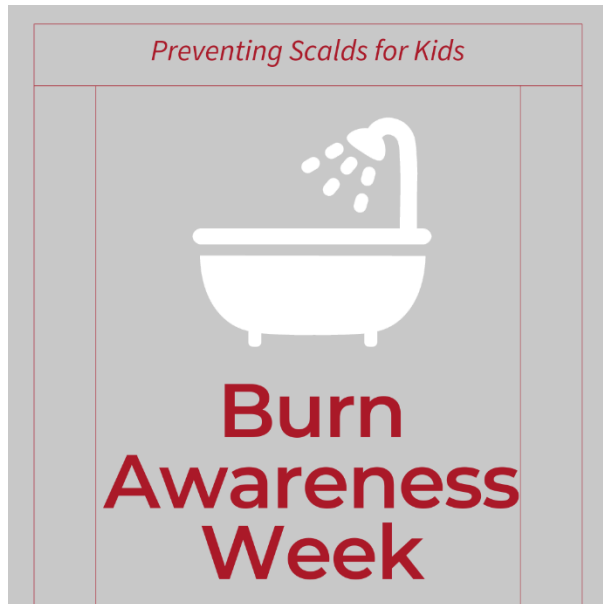
1. Immediately put it in cold water (like running tap water) for 3-5 minutes
2. Cover the burn with a clean, dry cloth. Do NOT put ointments, creams, or other home remedies on the area
3. Remove all clothing, jewelry, or diapers from the area. These materials can retain heat and hide more burns, which can increase skin damage
4. Get medical attention right away



Third post:

Children under 5 are more likely to suffer burn injuries than any other age group. Hot liquid burns (or scalds) are the leading cause of burns to children under 5. Tap water in the bathtub is a big culprit of this. Let's learn how to keep our children safe when taking a bath:

- Test temperature of bath water tap by running your hand through it
- Face babies and toddlers away from faucets in the bath. They can accidentally turn the faucet to hot water when you aren't looking
- Always supervise a child in or near a running bath



Fourth post:

For older adults, burns and fire-related injuries are the 2nd highest cause of death from accidental injury in the home. A lot of these burns are a result of misusing heating devices. Let's learn how to stay toasty but not become toast:

- Heating pads: Get one that automatically shuts off after a certain amount of time. Never lay on top of a heating pad. The heat will be trapped and build up, causing burns.
- Electric blankets: Check for breaks in the wires, plugs, and connectors. When in use, do not place anything on top of the electric blanket (like other blankets). It could overheat.
- Space heaters: Keep at least 3 feet of space clear from each side of the heater. Never use an electric heater in the bathroom or touch them when wet.



Fifth post:

Electricity can be a powerful or dangerous tool depending on how you wield it. When used correctly, it makes our lives easier and more convenient. But when mishandled, it can be deadly. Electricity can start fires and other injuries, like electrical burns. Electrical burns can occur if you touch an exposed wire, swim in electrified water, or misuse machinery. Here are some tips on how to handle the power of electricity safely:

- Unplug small appliances, like toasters, whenever they aren't in use
- Always disconnect electronics by pulling on the plug, not the cord
- Use extension cords only for short periods of time
- Make sure hands are completely dry before touching an electrical cord, outlet, or circuit
- Regularly check the condition of your devices and cords. Replace immediately if device overheats/smokes/sparks or if cord is broken



February 13-18: Random Acts of Kindness Week

It's Random Acts of Kindness Week! Let's #MakeKindnesstheNorm with some simple, small ways to pay it forward.

- Share a compliment to a coworker about their work ethic
- Send an uplifting message to a loved one
- Leave a generous tip at the restaurant
- Let that person merge in front of you on the road
- Reach out to someone you haven't talked to in awhile

(-Personal stories from our firefighters?)

March 2023

-National Nutrition Month (4 posts)

-February 3: International Women's Day

-March 19-25: National Poison Prevention Week (4 posts)

-March 25, 1911: Triangle Shirtwaist Company factory fire (1 post)

National Nutrition Month

First post:

Happy #NationalNutritionMonth! Our diet plays one of the most important roles in our health. Let's learn how to eat well, to be well!

- Add more fiber! Eat vegetables, fruits, beans, and whole grains
- Reduce sodium! Be on the lookout for "Low sodium" and "No salt added" labels
- Eat less saturated fat! Fatty meats, high-fat dairy products, pizza, burgers, and creamy sauces all contain lots of saturated fat. Cut back on your intake on these foods



Second post:

Got nutrition labels?

- Keep in mind that there is usually more than one serving in a food package. Do the math! Look at the amount of servings listed and then multiply that by the calorie amount. That is the total amount of calories for the package
- When considering the calorie amount, remember that everyone has different calorie needs based on age, sex, height, weight, and physical activity level

- % of Daily Value (DV) tells you if a serving of food is high or low in a nutrient. 5% DV or less per serving is low, 20% DV or more per serving is high

Reading a Nutrition Facts Label

Remember there are usually multiple servings per food package

Multiply calories by amount of servings. So this would be:
 $8 \text{ servings} \times 230 \text{ calories} = 1850 \text{ total calories}$

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

20% DV or more?
High in Nutrient

5% DV or less?
Low in Nutrient

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

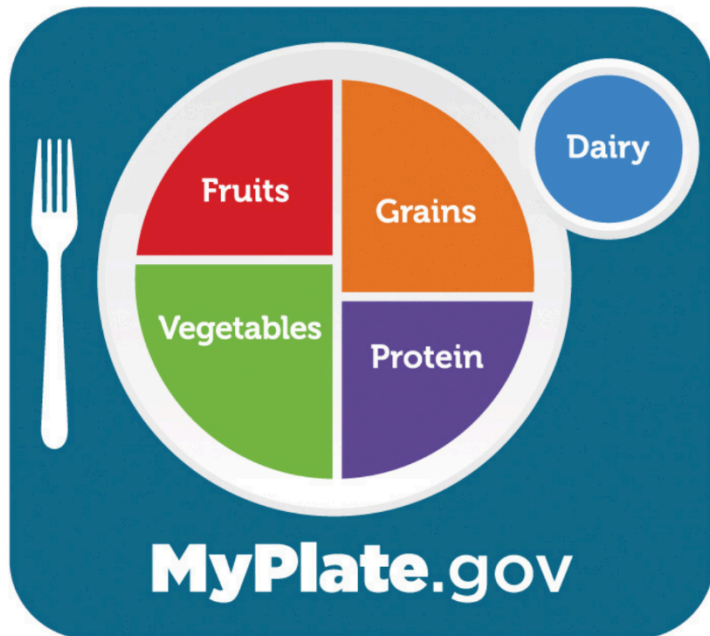
(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Third post:

Here's a good general guideline for what should be on your plate:

- Half of your plate should be fruits and vegetables
- Half of your grains should be whole grains
- Variety of lean proteins
- Low-fat dairy options

For a more personalized food plan for your specific needs, visit myplate.gov.



Fourth post:

Come on, mythbusters! There is a lot of misinformation out there about nutrition. Get the facts straight here:

- Cutting a meal out of your day would mean you ate less, right? Wrong! Skipping a meal can lead to cravings and binging later in the day.
- Carbs are not good for you, right? Wrong! Carbohydrates are the body's main energy source. Complex carbs are important nutrient-dense foods. Simple carbs, like candy and sugary drinks, are the ones that are not so healthy.
- Fats are bad for you, right? Wrong! Fats play a vital role in energy, vitamin absorption, heart, and brain health. Monounsaturated and polyunsaturated fats (fatty fish, avocados, etc.) reduce your risk of heart disease. The unhealthy fats are trans and saturated fats (red meat, fried foods, etc.).

March 19-25: National Poison Prevention Week

First post:

Carbon monoxide can't be seen, smelled, or heard. But it can be stopped. Carbon monoxide poisonings can be prevented with just a few steps:

- Make sure you have working carbon monoxide detectors on every floor of your home
- The best places to put your detectors are near bedrooms and furnaces
- Test your carbon monoxide detectors on a monthly basis to ensure they are functioning

Learn more at poisonhelp.hrsa.gov.



Second post:

Carbon monoxide poisoning is completely preventable. Here are some tips to keep you and your loved ones safe at home:

- Annually have your heating system and gas furnace inspected by a professional
- Annually have your chimney inspected and cleaned by a professional
- Never idle the car in the garage
- Never use a charcoal grill indoors
- Never use a gas stove or oven to heat your home



Third post:

In 99% of child (younger than 6 years) poisoning cases, the exposure to poison was unintentional. This means that keeping our children safe is very much preventable.

- Read the label before you give medicine to a child
- Use the correct measuring tool (dosing cup, measuring spoon, syringe, etc.)
- Put cap back on tightly, never assume a child can't open a pill bottle
- Lock medicine and household products in a high place out of reach of children



Fourth post:

So when should you call the poison helpline: 1-800-222-1222?

- When you mix up your medications or take too many doses
- When your child swallows household cleaner, a chip of paint, or wild mushroom
- When you've been bitten by a spider, snake, or insect

When these situations arise, call the poison helpline first. You will receive 24/7 free, personalized advice from medical professionals. Save the number, save a life!



March 25, 1911: Triangle Shirtwaist Company factory fire

On March 25th, 1911 in New York City, the Triangle Shirtwaist Company factory caught fire. This was one of the deadliest fires in U.S. history, with 146 people killed. The factory was located on the top 3 floors of a 10-storey building with 500 workers employed. These employees were mostly immigrant women and young girls. This fire had the biggest impact on the creation of one of fire prevention's most important codes: NFPA 101 - Life Safety Code.

- There was only one exterior fire escape and it was poorly constructed. When workers rushed to the structure to flee, it collapsed, dropping about 20 people to their deaths
 - Now fire escapes have higher construction standards and restrictions
- One of the main escape routes was blocked off due to the fire. Workers didn't know where to escape and tried any method, whether that was jumping down the elevator shaft or hurdling out the window to their deaths
 - Now mandatory fire drills, sprinkler systems, and exit signs are required

The Triangle Shirtwaist Factory Fire (March 25, 1911)



April 2023

-Alcohol Awareness Month

-Facial Protection Month (*3 posts*)

-Sexual Assault Awareness Month (*4 posts*)

-April 3-9: National Public Health Week

Facial Protection Month

First post:

It's #NationalFacialProtectionMonth. Children ages 7 to 11 are most vulnerable to sports-related mouth injuries. Every year, 5 million teeth are injured or knocked out. So don't wish you could go back in time. Wear a #mouthguard every time!

Mouth guards should be...

- Fitted to the teeth
- Covers the upper and/or lower teeth and gums
- Lightweight
- Strong
- Easy to clean



Play it
smart
the first
time

Wear
facial
protection
each time
you play



April is National Facial Protection Month

MyOMS.org/SaveFace #FacialProtection

Second post:

When do you need a mouth guard? It may be a no-brainer that you need a mouth guard for sports like football. But you also need one any time you participate in an activity where your face could come in contact with a hard surface. This includes skating, biking, volleyball, etc. Facial injuries are painful and expensive to treat. Just by wearing a mouth guard, you can lessen the injury or prevent it altogether!



Third post:

Did you know that athletes are 60 times more likely to suffer harm to their teeth if they're not wearing a mouth guard? Play it safe and pick the right mouth guard for your sport! Here are the 3 types of mouth guards available to buy:

1. Stock mouth guards: already pre-formed and are bulkier in the mouth
2. Custom-fitted mouth guards: made by a dentist
3. Boil-and-bite mouth guards: made by boiling in water first and then placing in mouth to shape

Each type has their own pros and cons. For more info, visit

www.aoms.org/media/april-is-national-facial-protection-month.

Choose the Right Mouthguard!

Types of Mouth Guards Available

Type	Description	Pros	Cons
Custom-made	Custom made from a full-mouth impression taken in the dentist's office and sent to a dental lab for fabrication.	Provides the most protection and comfort. Covers all teeth and cushions the jaw. No interference with speech or breathing. Adjustable for all sports.	More expensive than commercially made mouth guards.
Mouth-formed or "Boil-and-Bite"	Boiled in water for a period of time and then formed to the teeth by applying pressure.	Cost effective Available from department and sporting goods stores. Provides better individual fit than stock mouth guards.	Tend to wear quickly and may need to be replaced during the sports season. Difficult to adapt to orthodontic appliances. Difficult to speak and breathe.
Stock or commercial mouth guards	Rubber or polyvinyl and sold in small, medium or large sizes.	Sold in major department and sporting goods stores. Inexpensive.	Cannot be modified to fit the individual's mouth. Least effective in terms of protection. Impairs breathing and stays in place only when mouth is closed.

Sexual Assault Awareness Month

First post:

Trigger Warning: Sexual Assault. This month is Sexual Assault Awareness Month. Sexual assault has been a rising, prevalent issue around the world, including Madison. About one of every two students at UW–Madison has experienced sexually harassing behavior.

Know that you are not alone. Call the National Sexual Assault Hotline 1-800-656-4673 for 24/7 free, confidential support. #SAAM
For more resources, visit www.rainn.org/resources

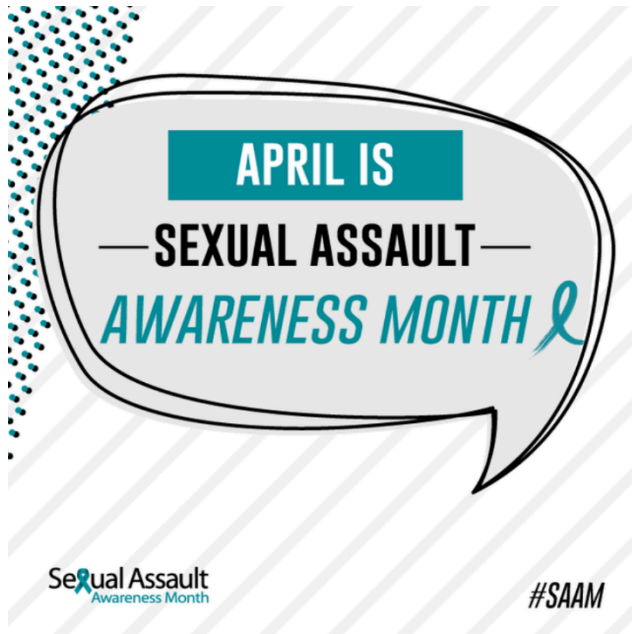


Second post:

Trigger Warning: Rape and Sexual Assault. Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation. These percentages continue to rise across the U.S. We must work towards true prevention of sexual assault, which is through addressing the root: rape culture. As a parent, you can do your part:

- Educate and hold conversations with your child about the importance of consent
- Have zero-tolerance for rape jokes
- Respond to victim-blaming speech/behavior with why it's wrong
- Encourage open and honest communication of feelings to take down hyper-masculinity

#SAAM



Third post:

It is never the survivor's fault or responsibility in sexual assault cases. Unfortunately, we live in a world where women must protect themselves when traveling out at night or in darkly-lit areas. While walking on campus at night, keep these safety tips in mind:

- Be constantly alert to your surroundings
- Stay in well-lit areas as much as possible
- Keep pepper spray on you as a defense weapon
- Take advantage of programs like SAFEwalk. You can call or text 608-262-5000 to have fellow students walk you to your destination on campus

#SAAM

Safety Tips for Walking Alone at Night



Fourth post:

So what's your role in preventing sexual assault? As a bystander, you can do a lot more than you think.

- Escort an intoxicated friend home
- Get security involved if you notice shady behavior at a bar or club
- Step in and directly ask someone if they are okay if you feel the situation is off
- Provide empathy and support if a survivor opens up to you

You don't have to create a big scene or perform some crazy feat. Although they seem simple, these gestures and actions matter. #SAAM



What Can Bystanders Do?



May 2023

- National Bike Month (1 post)
- Mental Health Month (4 posts)
- May 4: International Firefighters' Day (1 post)
- May 15-21: Home Fire Sprinkler Week (5 posts)
- May 21-27: EMS week
- May 24: EMSC Day

National Bike Month

It's #BikeMonth! While you're enjoying your time out biking and exploring our city, keep these important safety tips in mind:

- Check your bike before you ride. Ensure that tires are full of air and brakes are working
- Wear and use equipment that makes you more visible to others (ex. bright clothing, reflective gear, lights on your bike, etc.)
- Always wear a helmet. It should be fitted to your head and not too loose or too small
- Never carry items in your hands while riding. Use a backpack or strap the items to the back of the bike

Planning your ride? Check out cityofmadison.com/bikemadison for more safety info and bike routes. Happy biking!



Mental Health Month

First post:

May is #MentalHealthMonth. Do you feel like something “isn’t quite right”? Take a free, anonymous mental health screen at mhascreening.org. It only takes a few minutes and can help catch mental health problems early. Based on your results, you will be given info about next steps to take.



MENTAL HEALTH MONTH



Second post:

It's common to discuss ways to maintain our physical health, like regular exercise or a healthy diet. However, maintaining good mental health is less talked about. Identifying coping skills is the best way to reduce and get through our tough feelings. A few examples of coping skills could be going on a run or having a phone call with a friend. No one thing works for everyone, so take your time figuring out what helps you.

Learn more about building effective coping skills at mhanational.org/building-your-coping-toolbox.

TERM TO KNOW



COPING SKILL:

a strategy to help you deal with difficult situations and reduce unpleasant emotions, thoughts, or behaviors.



LEARN MORE
mhanational.org/may

Third post:

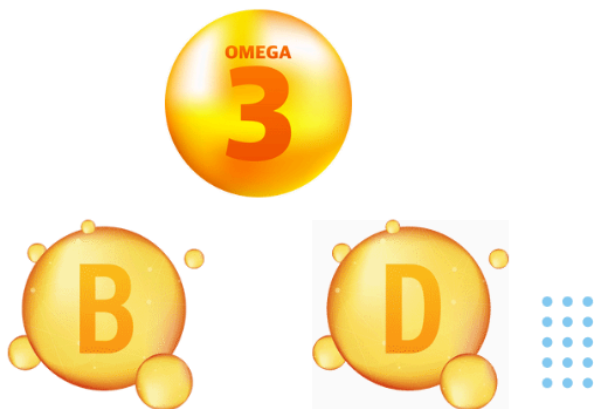
Heard of the phrase “you are what you eat”? There may be some truth to that statement, especially when it comes to mental health. Certain nutrients are very important for your mental well-being:

- Omega-3 Fatty Acids: Fish, seafood, nuts, and seeds
- Vitamin B: Broccoli, avocado, whole grains, eggs, and dairy products
- Vitamin D: Fatty fish, cheese, and orange juice



MENTAL HEALTH MONTH

Nutrients:



Fourth post:

Sleep plays a big role in our mental health and mood. Although there is an emphasis on how many hours you get, your quality of sleep is important too. Good quality sleep is...

- Being asleep for at least 85% of the time you're in bed
- Falling asleep in under 30 minutes
- Waking up no more than once per night for no longer than 20 minutes



MENTAL HEALTH MONTH



May 4: International Firefighters' Day

It's #InternationalFirefightersDay. We invite you to join us in showing our appreciation for the hard work and sacrifices firefighters make every day to ensure our safety. We also express our gratitude to the firefighters whose lives have been lost while serving their communities. To all present and past firefighters, thank you for your incredible service!



May 15-21: Home Fire Sprinkler Week

First post:

Fire is fast, but sprinklers are faster. Today a home fire becomes deadly in as little as two minutes. Having a home fire sprinkler protects your family, your pets and your home. Watch the difference yourself at https://youtu.be/W_S4hmem8Co.
#HomeFireSprinklerWeek2022

**SEE FOR YOURSELF THE DIFFERENCE
HOME FIRE SPRINKLERS MAKE**



HFSC VIRTUAL REALITY

 HOME FIRE SPRINKLER
COALITION

HomeFireSprinkler.org

Second post:

Home fire sprinklers aren't just smart home protection, they're also green. They reduce water usage to fight a home fire by as much as 91%. Home fire sprinklers also reduce greenhouse gas emissions by 98%. So your smart home could be a lot smarter. #AskForHomeFireSprinklers #HomeFireSprinklerWeek2022

Fire Sprinklers.
Not just smart, genius.



HOME FIRE
SPRINKLERS

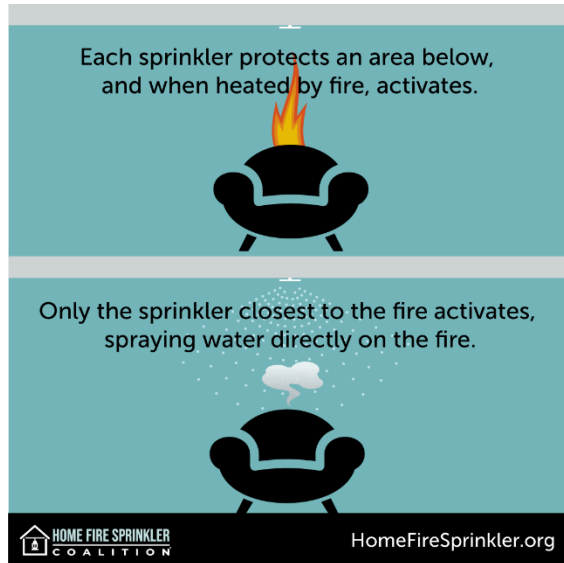
SMART HOME
PROTECTION

HomeFireSprinkler.org

Third post:

It's easy to live with home fire sprinklers. They are a part of a complete system of home fire safety. Each sprinkler protects a different area of your home. Only the sprinkler closest to the fire will activate, so only the area of fire will get wet.

#HomeFireSprinklerWeek2022



Fourth post:

Home fire sprinklers can reduce construction costs and protect entire communities. Fire sprinklers protect firefighters as well. Homes without sprinklers can put responders at risk from fire, collapse, and health hazards. Let's make sure #everyone goeshome with home fire sprinklers.

#HomeFireSprinklerWeek2022



Fifth post:

There is no better home protection than fire sprinklers. In a home fire, older adults, children, and pets are at an increased risk. So protect the ones you love!
#AskForHomeFireSprinklers #HomeFireSprinklerWeek2022



Evergreen Content (Posts that can be utilized throughout the year)

Grease Fires:

It only takes a few minutes for a small grease fire to flare up and engulf your home. Every year, cooking fires cause an average of around 500 deaths and more than \$1 billion in property damage. Learn how to keep you, your loved ones, and your belongings safe by handling grease fires the correct way:

- NEVER throw water on a grease fire, it'll only make it worse
- Keep a pot lid near the stove to smother flames
- Turn off heat source
- Do not try to move the pan or pot outside
- Use a fire extinguisher as a last resort



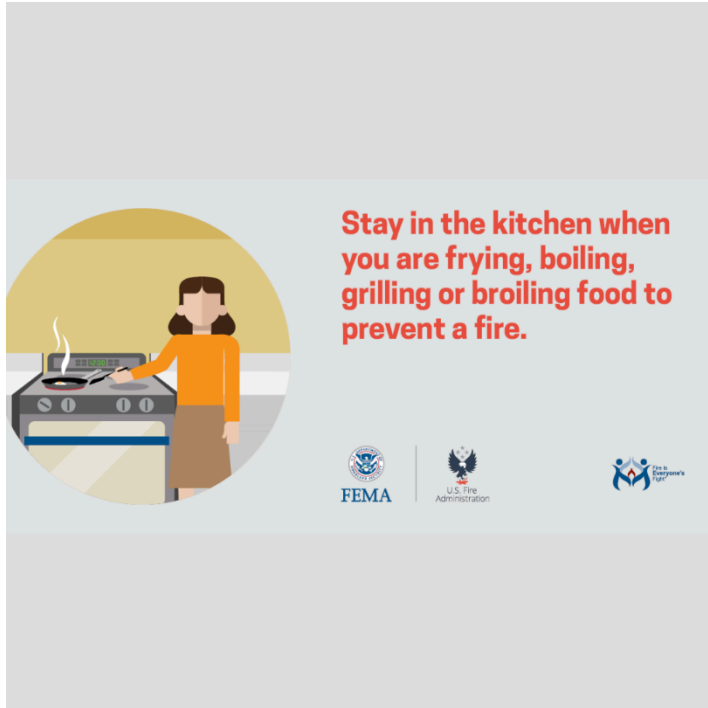
3 Feet Zone:

Heard of the 3 Feet Zone? Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food/drinks are prepared and carried. This applies for heat sources like space heaters as well. Let’s prevent our children from getting burns!



Unattended Cooking:

Did you know the leading cause of kitchen fires is unattended cooking? If you leave the kitchen for even a short period of time, turn off the stove. Always remain inside the home while food is cooking. You can even use a timer to remind yourself that food is cooking in the kitchen.



Move to the Right/Pull Over:

What do you do when an ambulance or fire truck is behind you with their sirens on? Slow down and pull over! Here are some quick rules to go over when there is a flashing emergency vehicle approaching:

- Right as you see an emergency vehicle coming towards you, prepare to slow down
- You should always move over to the right lanes as far as possible
- Get as close and as parallel as you can to the right curb or right-hand edge of the highway
- If you're on a highway, you must still slow down and pull over
- Never tailgate an emergency vehicle. Wait a few moments after it passes before you resume driving

See the light?
Move to the right!



Hoarding Fire Risks:

Having too many possessions in your home can pose a serious threat to you and your loved ones' safety. Here's how hoarding items can increase your risk of fire:

- Cooking is unsafe since flammable items are close to the stove or oven
- Heating is unsafe since heat sources are too close to flammable items
- Pests from the clutter could chew on wires, causing electrical fires
- Lighting candles or using smoking materials could easily start a fire



Hoarding and Fire Escape:

Hoarding items doesn't just increase your risk of fire, it also decreases your risk of escape:

- Items blocking pathways and exits make escaping harder
- Firefighters cannot move efficiently through a home filled with clutter
- Objects on fire can fall from large piles and injure you, your loved ones, or firefighters

It's harder for firefighters to search and rescue in hoarding homes. Don't risk you and your loved ones' safety. Call (800) 462-7337 for a nationwide directory of hoarding cleanup services and mental health providers specializing in hoarding behavior.



Hoarding and Fire Escape

Don't Cook Drunk:

Had a fun night out drinking with friends? Once you get home, you may want something to eat. But don't cook! Your risk of a cooking fire is a lot greater while intoxicated:

- You're less alert to signs of fire
- You're more likely to fall asleep with the stove on
- You're less likely to wake up if a fire starts
- You're disorientated, making escape from a fire harder

Instead of cooking, opt for a cold sandwich or buy something from the store.

