



# COMMUNITY SAFETY **GUIDE**

A photograph of a firefighter in a dark uniform with patches, talking to a man in a yellow shirt. The scene is set at night with a building and windows in the background. The firefighter is gesturing with his hands while speaking.

**FIRE AND INJURY PREVENTION  
PREPARING FOR AN EMERGENCY  
FIRESMART**

[www.strathcona.ca/sces](http://www.strathcona.ca/sces)



Booklet sponsor

At Enbridge we know we have an active and important role to play in supporting our communities so that they are safe, healthy and great places to live and work.

For us, nothing comes before safety - within our organization and in the communities where we operate.

That's why we invest millions of dollars across North America each year to support local safety initiatives and organizations that keep our communities safe and healthy. We stand behind local first responders with grants to help with equipment, training, public awareness and volunteer recognition.

As a long-standing community member in Strathcona County, Enbridge is proud to sponsor the Strathcona County Emergency Services Community Safety Program.

In this guide you will find a wealth of information that will help you keep you and your loved ones safe and will help us all to build a safer, healthier community together.

Be safe and stay well.



[www.enbridge.com](http://www.enbridge.com)

# IMPORTANT NUMBERS

**Fire / Police / Ambulance**

**9-1-1**

**Strathcona County**

*Emergency Services*

**Community Safety Education**

**780-464-8468**

**Fire Prevention and Investigation**

**780-449-9651**

*Utilities*

**Water or sewer emergencies**

**780-467-7785**

**Strathcona County Alert** - Sign up today to receive emergent, significant and time sensitive emergency alerts affecting Strathcona County.

**[www.strathcona.ca/scalerts](http://www.strathcona.ca/scalerts)**

**Alberta Emergency Alert** - (province-wide)

**[www.emergencyalert.alberta.ca](http://www.emergencyalert.alberta.ca)**

**UPDATEline** (phone if you hear, see or smell anything unusual related to an industrial incident around the County)

**1-866-653-9959**

**RCMP complaint line**

**780-467-7741**

**Poison Centre**

**1-800-332-1414**

**Health Link Alberta** (health advice 24 hrs)

**1-866-408-5465**

**Click Before You Dig** - **[www.albertaonecall.com](http://www.albertaonecall.com)**

**1-800-242-3447**

**Natural gas emergency**

**1-800-511-3447**

**Electrical emergency**

**310-9473 (toll free)**

**Enbridge pipeline emergency**

**1-888-813-6844**

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## **What is the Home Safety program?**

Strathcona County Emergency Services' (SCES) priority is to ensure our community is safe. In fact, the Vision of the department is "We will lead our community to be the safest in Canada."

Offering the Home Safety program to residents is one of the ways in which we are working towards our Vision. SCES staff would be pleased to visit you in your home to help identify fire and injury hazards, show you ways to reduce or eliminate those hazards, teach you ways to become self-sufficient for 72 hours in the event of a large scale emergency, and show you ways to sign up for emergency notifications. Please contact Community Safety Education to book an appointment today!

**780-464-8468 or [safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)**

Information regarding hazards identified in the home is collected for the benefit of the resident. SCES will not keep this information. The only information that will be retained is if a smoke alarm or replacement battery is given or installed in the home.

## **Why are home safety checks important?**

An estimated 4.27 million Canadians aged 12 or older suffered an injury severe enough to limit their usual activities from 2009 to 2010; this represents 15 per cent of Canada's total population. Overall, falls were the leading cause of injury.

SCES would like to help lower those statistics by visiting you in your home to identify potential risks and show you ways to reduce or eliminate them.

SCES extends a special thank you to Enbridge (through the Safe Community grant) for being the program sponsor.

## Update your safety skills or learn new ones

SCES offers many learning opportunities in home safety, fire prevention, 72 hours of preparedness, and injury prevention. Free courses can be arranged for groups of 10 or more people to learn about:

- **72 Hours of Preparedness** (for all ages)
- **At Home by Yourself** (aimed at grade 5 and 6 students being left at home for the first time)
- **Play safe! Be safe!** (aimed at preschool aged children)
- **Hazard house demonstration** (for all ages)
- **Home safety presentation or visit** (aimed at home owners/renters)
- **Fall Prevention presentation** (aimed at 55 years and better)

The following training is also available. Schedules and pricing can be found online at [www.strathcona.ca/sces](http://www.strathcona.ca/sces).

- **Fire extinguisher training** - learn how to properly use and maintain a fire extinguisher while remaining safe. This is a certificate program.
- **First aid and/or CPR** - have the peace of mind knowing that you'll know what to do if someone needs help.

### For further information or to register

780-464-8468

[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)

[www.strathcona.ca/sces](http://www.strathcona.ca/sces)

# SMOKE ALARMS



# SMOKE ALARMS



## Smoke alarms - What you need to know

In the event of a fire, a smoke alarm can save your life and those of your loved ones. By providing an early warning signal so you and your family can escape, smoke alarms are one of the most important means of preventing fire fatalities. Be sure to practice your home fire escape plan regularly (see page 50 for more information).

Install smoke alarms on every level of your home. Most importantly, smoke alarms should be installed near sleeping areas. Many fatal fires begin late at night or in the early morning. For extra safety, install smoke alarms inside bedrooms.

The best location to install a smoke alarm is mid-ceiling. Since smoke and many deadly gases rise, installing your smoke alarm at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions.

If your smoke alarm starts going off suddenly without a reason, replace the unit.

## Maintaining your smoke alarm

**Monthly** - Test your smoke alarm by pressing the "Test Button" on the face of the alarm. Pressing the button indicates that the power supply (120 volt or battery) is functioning. Remember this only tests the power supply.

**Yearly** - The sensing chamber should be tested to ensure it is still active. The proper way to test a smoke alarm sensing chamber is by producing a small amount of smoke that drifts up into the device. The smoke alarm should go off in 20 seconds or less. This test should be done yearly when you change the batteries.

**Batteries** - Should be changed at least once a year or when your smoke alarm gives off a faint beep every few minutes. This beep is an indication that the batteries are weak. A good time to change batteries is in the spring or fall when we change our clocks. Your smoke alarm may not have batteries if it is hard wired in.

**Keep them clean** - Dust and debris can interfere with their operation by impeding the sensing chamber trigger. Vacuum over and around your smoke alarm, which may help prevent false alarms.

## Ionization vs. photo-electric smoke alarms

It is recommended that you have both an ionization smoke alarm (detects fast flaming fires) and photo-electric smoke alarm (detects slow smoldering fires) to protect your home.

You can now purchase both technologies in one unit. Photo electric smoke alarms are ideal near kitchens or bathrooms which help eliminate false alarms from cooking or steam.

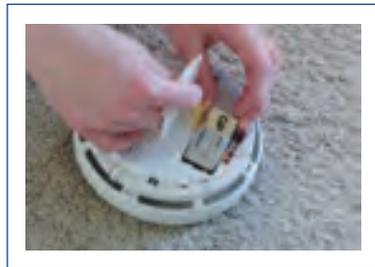
## Nuisance alarms

If you have a “nuisance alarm” that goes off frequently with cooking fumes or humidity from the bathroom, do not remove the battery. Move the smoke alarm further from the kitchen or bathroom, or consider a photo electric smoke alarm in those areas.

Newer smoke alarms have a hush feature button that can be activated, silencing the alarm for a set time, allowing the sensing chamber to clear.

## Replacement

- Replace the battery in your smoke alarm at least once a year. Remember, change your clock, change your battery.
- Replace your smoke alarm every 10 years. The sensor in your alarm will wear out and dependability diminishes with time; there is a 30 per cent failure rate after 10 years. Look for the replacement sticker (now required on new smoke alarms) reminding you in which year you need to replace the smoke alarm with a new one.



# CARBON MONOXIDE DETECTORS



Carbon  
Monoxide  
Alarm  
Avertisseur  
de monoxyde  
de carbone

Propane &  
Natural Gas  
Alarm  
Avertisseur  
de propane et  
de gaz naturel

# CARBON MONOXIDE DETECTORS



## **Carbon monoxide (CO) - What is it?**

- Poisonous gas that is odorless, colorless, tasteless, and non-irritating.
- It crowds out life-sustaining oxygen from red blood cells and prevents the body from absorbing oxygen.

## **Carbon monoxide warning signs**

- Exposure to CO can cause symptoms such as dizziness, headache, nausea, fatigue, burning eyes, vomiting or loss of muscle control.
- If you experience any of these symptoms or the CO detector goes off, leave the home immediately and call 9-1-1 from a safe location.

## **Placement of carbon monoxide detectors**

- Install carbon monoxide detectors near each sleeping area.
- Never cover or block a detector with furniture.

## **Types of carbon monoxide detectors**

Most CO detectors work on the same principle, and come as either battery or A/C powered, while some have both. The A/C powered units are the most common and require no maintenance.

Some CO detectors have a digital display that shows CO concentrations in parts per million, even when the concentrations are below the level that triggers the alarm. CO alarms must go off at 70 ppm, but as little as 30 ppm may harm heart patients, pregnant women and children. The display can give you an early heads up if the CO level is inching up or is higher than usual.

## **Life expectancy of carbon monoxide detectors**

The typical life expectancy of CO detectors is five or seven years as stated on packaging and should be replaced as specified as the sensing chamber deteriorates over time.

## The first line of defense

- Proper installation, use, maintenance and inspection of your fuel burning appliances is always your first line of defense.
- Fireplaces can use up to 10 times as much air in your home as your furnace. Ensure there is adequate combustion air for all appliances.
- Never use a charcoal barbecue grill, portable gas grill or similar equipment inside a home, tent, trailer or garage.
- Never operate vehicles in an enclosed area.
- Keep all flue vents and chimneys clear of debris and other blockages.
- Never block or plug a furnace combustion air intake or a fresh air vent.
- Don't store anything close to your appliances that could restrict air circulation.
- A regular tune-up of fuel fired appliances by a qualified person gives you the peace of mind that there are no defects and units are running at peak efficiency.

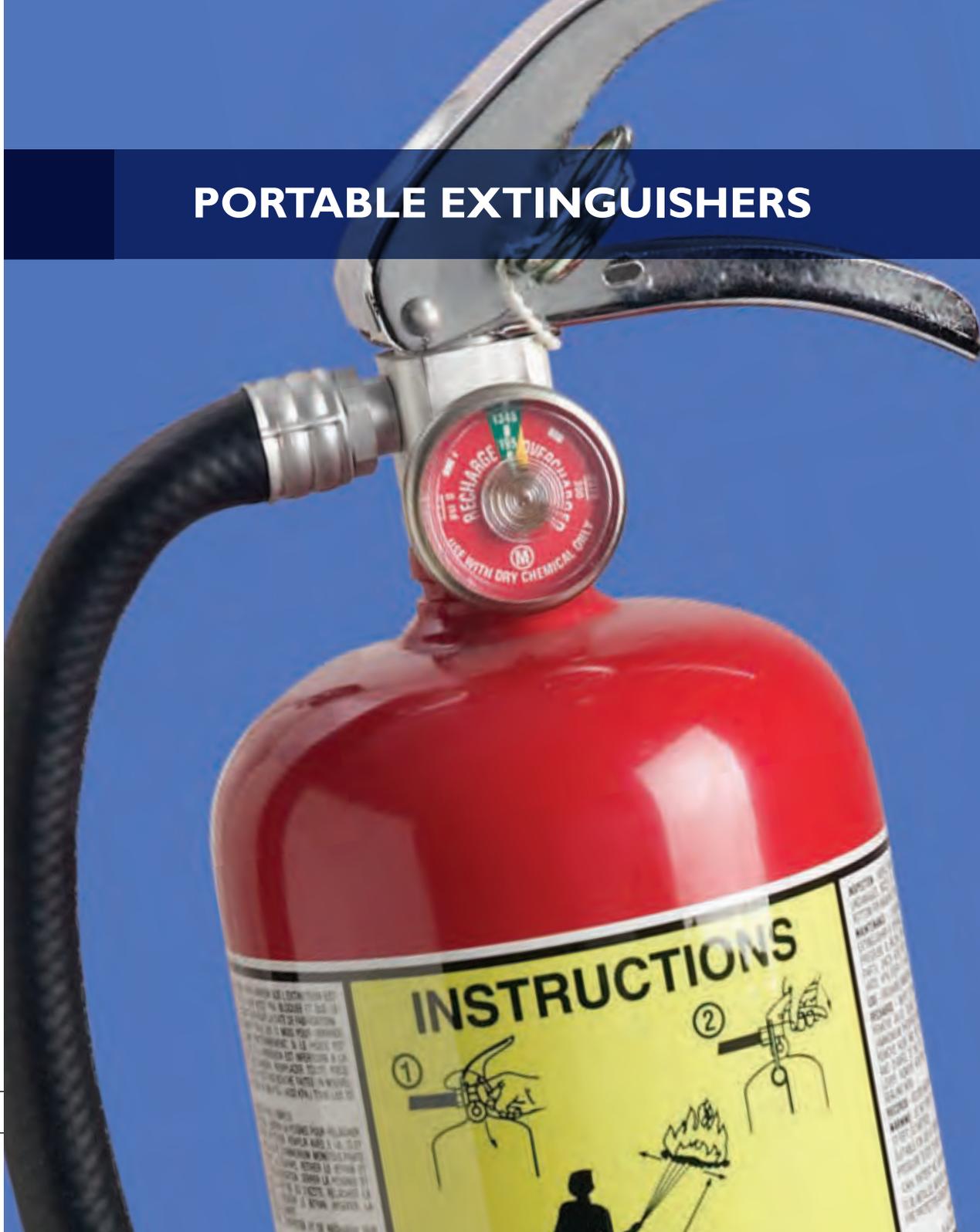
Carbon Monoxide Concentrations	
CO concentration parts per million (ppm)	Effects
0-2	Normal conditions in and outside Canadian houses.
11	Maximum tolerable indoor concentration over an eight-hour period. <sup>1</sup>
25	Maximum allowable concentration for continuous exposure for healthy adults in any eight-hour period. <sup>1</sup>
70	CO detectors must sound alarm within one to four hours. <sup>2</sup>
150	CO detectors must sound alarm within 10 to 50 minutes. <sup>2</sup>
200	Slight headache, fatigue, dizziness and nausea after two to three hours. CO detector alarm must sound within 35 minutes. <sup>3</sup>
400	Frontal headache, life-threatening levels. CO detectors must sound alarm within four to 15 minutes. <sup>2</sup>
800	Dizziness, nausea and convulsions within 45 minutes, death within two to three hours. <sup>3</sup>
1600	Death within one hour. <sup>3</sup>
13,000	Danger of death after one to three minutes. <sup>3</sup>

<sup>1</sup>Exposure Guidelines for Residential Indoor Air Quality, Health Canada, 1989.

<sup>2</sup>From CAN/CSA 6.19, Residential Carbon Monoxide Alarming Devices, 2001.

<sup>3</sup>Carbon Monoxide Poisoning, Iowa State University of Science and Technology, AEN-172.

# PORTABLE EXTINGUISHERS



# PORTABLE EXTINGUISHERS



## How to use a fire extinguisher

The best time to learn how to use the fire extinguisher is before you ever need it. It's easy to remember how to use a fire extinguisher if you can remember the acronym PASS which stands for Pull, Aim, Squeeze and Sweep.

**P**

**Pull the pin.** This allows you to discharge the extinguisher.

**A**

**Aim at the base of the fire.** Avoid aiming at the flames. Instead, you want to smother the source of the fire. Aim at what is actually burning.

**S**

**Squeeze the top handle or lever.** This releases the pressurized extinguishing agent in the extinguisher.

**S**

**Sweep from side to side.** Start using the extinguisher from a safe distance, then move forward attacking the fire, sweeping side to side as you work.

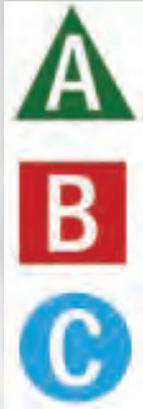
A typical five pound extinguisher will last approximately 10 to 15 seconds. If there is a fire:

1. Dial 9-1-1 or have someone do it for you.
2. Ensure everyone has evacuated.
3. Confirm means of egress behind you (never block yourself in).
4. Put out the fire.

**Interested in learning how to properly use a fire extinguisher?** Email [safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca) or phone 780-464-8468 and register for a class today!

## ABC extinguishers

A multi-purpose, dry-chemical extinguisher (also known as an ABC extinguisher) is the most common type of extinguisher found in the home. It is recommended that every home and home garage have a minimum 5lb ABC (also known as a 3A-10BC) portable extinguisher.



Ordinary combustibles (leaves an Ash)

Flammable liquids (can Boil)

Electrical (carries a Current)

Secure extinguishers off the ground and in an easily accessible wall location away from hazards (have a one metre clutter free zone around the extinguisher). Know what is burning before using your extinguisher and that you have an appropriate extinguisher on hand. Always keep a means of escape (egress) behind you in the event of an emergency.

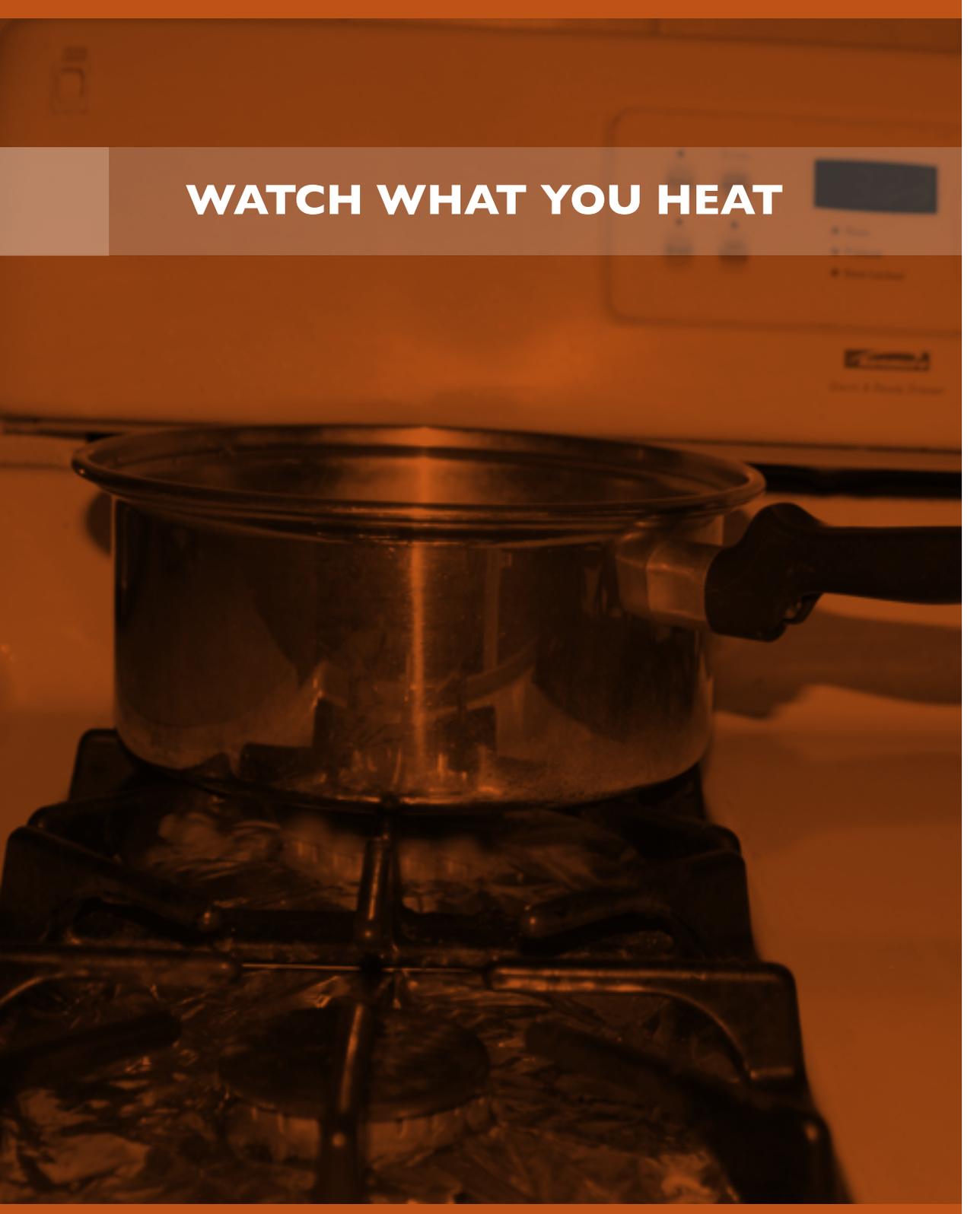
## Maintenance

- Check your extinguisher gauge monthly for proper pressure (arrow should be in the green).
- Check the nozzle to ensure it is free of debris.
- If you use a rechargeable extinguisher, be sure to recharge it. If you use a one-time use extinguisher, it will need to be replaced.
- It is recommended that a qualified person service the portable extinguisher every six years. For a list of qualified service providers, check the Yellow Pages under “Fire Extinguishers”.
- Invert the extinguisher a couple of times every month to prevent the dry chemical agent from settling.

**WATCH WHAT YOU HEAT**



**WATCH WHAT YOU HEAT**



## Prevent cooking fires

In 2012, cooking fires were the leading cause of home fires in Alberta. On average, 20 per cent of all residential fires start in the kitchen.\*The majority of kitchen fires occur when people leave their cooking unattended. Fire Investigators often hear “I only left the kitchen for a minute” as residents recount the events leading to a devastating home fire.

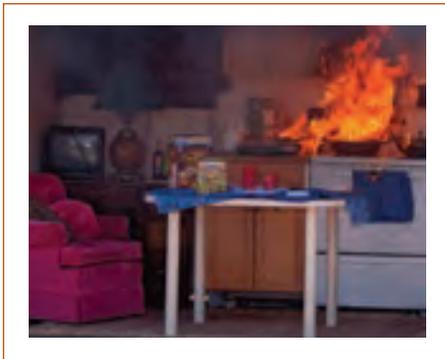
### Some common examples of unattended cooking include:

- Distracted or pre-occupied (phone, shower, answer the door).
- Sleeping.
- Under the influence of alcohol.
- Drowsy from medication or fatigue.

Home cooking fires, injuries and deaths, are preventable. By paying attention to what you are cooking, you may be able to foresee potential fire hazards and remove them before they have a chance to ignite.

*\* according to the Alberta Fire Commissioner’s Statistical Report 2011 - 2012*

### Kitchen fire as a result of over heated grease.



*20 seconds from first flame*



*2 minutes 30 seconds from first flame*

## Be alert when cooking

- Never leave food that is cooking unattended.
- Don't heat oil or shortening in an open cooking pot.
- When cooking with oil or shortening, use a deep fat fryer with a thermostat and sealed lid which is specially designed to prevent the oil from igniting.
- Only use fresh cooking oil as reused oil catches fire at a lower temperature.
- Keep pot handles turned in at all times.
- Keep cooking areas clear of combustibles such as pot holders, towels, drapes and food packaging.
- Do not store items on top of the stove in case the element is accidentally turned on.

## In case of a stove top fire:

- Never move the pot or pan, simply slide a tight fitting lid over it to smother the flames. Turn off the heat.
- Never throw water or flour on a grease fire.
- In case of an oven fire, close the oven door and turn off the oven.
- If the fire is not brought under control immediately, get you and your family out and call 9-1-1.

## What other safety steps can I take?

- Keep children and pets away from cooking areas by creating a one-metre "kid free zone" around the stove.
- Always check to make sure appliances are off before leaving the kitchen.
- Examine cords and plugs on stoves, ovens, toasters, coffee makers, and other cooking devices for signs of cracking or fraying.



# CIGARETTES AND PEAT MOSS A COMBUSTIBLE RELATIONSHIP



# **CIGARETTES AND PEAT MOSS A COMBUSTIBLE RELATIONSHIP**



## Cigarettes and peat moss - a combustible relationship

Every year, Strathcona County Emergency Services investigates fires started by smokers using plant pots as ashtrays.

Many potting soil mixes on the market today contain as much or more organic material as inorganic material. For example, potting soil can include shredded wood, bark, and/or peat moss with minimal amounts of what we call real soil (dirt). Styrofoam pellets, perlite and vermiculite are some of the other items that are often added to the soil mixture for aeration and water retention. In addition, many mixtures also include different types of fertilizers. Some fertilizers are oxidizers, which will make a fire that does start, grow at an even faster rate.

When you use a dried out plant pot as an ashtray, it will work to insulate the lit cigarette. The soil heats to ignition temperature and begins to smolder. Smoldering can continue for several hours, consuming more and more plant pot material. When sufficient oxygen is available the material can break into flame. If other combustible material is in close proximity to the planter or flowerpot, it may become involved resulting in a serious fire.

Have you taken proper precautions with planter pots in and around your home to keep your family and property safe? Be a responsible smoker - planter pots are not ashtrays.

“There should be none of these fires. They are 100 percent preventable.”

## Safety Tips

### Planter pots are not ash trays

- Smokers should discard butts and matches in appropriate metal disposal containers, rather than planters or garden beds.
- Gardeners should keep planters well watered to reduce flammability and remove dead plants to lessen available potential fuel for a fire.
- Planters should not rest on or against flammable surfaces such as wooden decks or siding.
- Stored peat moss should be protected from contact with heat sources.
- Should a fire begin, thoroughly wet the contents of the planter. Empty the contents on a non-flammable surface and spread them to verify that all burning substances have been extinguished. In a garden bed, use a rake or shovel to separate the burning peat and then apply water.

## Questions?

Fire Prevention and Investigation

780-449-9651

[fireprev@strathcona.ca](mailto:fireprev@strathcona.ca)

# OPEN BURNING & YOUR HEALTH



# OPEN BURNING & YOUR HEALTH



## Alternatives to outdoor burning and burn barrel use

We all share the air. Open burning and using burn barrels poses a serious health risk to the people burning along with their families, pets, and neighbours. Tiny particles from open burns can reach deep into the lung tissue and cause symptoms such as coughing, wheezing, chest pain, and shortness of breath. Short-term exposure to smoke can cause a decrease in lung function and can also aggravate health conditions such as asthma, lower respiratory infections, headaches, and pneumonia.

Instead of burning, consider:

### Reduce, reuse and recycle

- Reduce the amount of waste generated in your home.
- Reuse whenever you can.
- Recycle products whenever possible.
- Never start a fire late in the afternoon and don't use fuel such as diesel or gas to start it.

### Compost

- 52 per cent of your household waste is organic matter which can be composted.
- Compost organic waste such as kitchen scraps, yard trimmings, leaves and weeds.
- Composting produces rich soil which will improve plant growth.

### Chip

- Brush, prunings from yard, land clearing debris and wood waste can all be turned into wood chips. To prevent rapid drying, make the wood chips large.
- Wood chips make excellent mulch which protects the soil and reduces the need for watering. Use aspen, birch, poplar, or other hardwoods and make the chips large in size.

**Contact Strathcona County Utilities for information on recycling stations and waste removal:**

780-449-5514

[www.strathcona.ca/utilities](http://www.strathcona.ca/utilities)

## Burning cleaner

If you need to burn, consider the following:

- Let your neighbours know when you plan to burn.
- Never burn prohibited materials.
- Burn only during good venting conditions.
- Burn only dry, seasoned organic materials.
- Burn small, hot and controlled fires.
- Never start a fire late in the afternoon.

## Do I need a fire permit?

You **do not** need a fire permit in Strathcona County if you are having a recreational fire:

- in a totally confined, non-combustible container, and
- if the container is at least three metres from any combustibles, and
- if the draft and smoke vents are covered with a heavy gauge metal screen with a mesh size no larger than 13 mm.

Rural smudge fires, for the purpose of protecting livestock from insects, or to protect garden plants from frost, do not require a permit either.

A fire permit **is** required if you plan to have an open fire, use a burn barrel or for ground thawing. Burn barrel fires are only allowed in rural areas on lands greater than five acres. Open, uncontained fires are only allowed outside of the Sherwood Park urban service area and outside of all hamlets (rural areas) in Strathcona County. You can obtain a fire permit online at [www.strathcona.ca/sces](http://www.strathcona.ca/sces).

All burning is suspended if a fire ban is declared.



## Questions?

Fire Prevention and Investigation

780-449-9651

[www.strathcona.ca/sces](http://www.strathcona.ca/sces)

A photograph of a forest with a dark red banner at the top. The banner contains the text "FIRESMART" in white, bold, sans-serif font. The forest below shows a mix of deciduous and coniferous trees. The deciduous trees have leaves in various stages of autumn, ranging from green to yellow and orange. The coniferous trees are dark green. The ground is covered with fallen leaves and some green plants. The overall scene is a dense forest with a mix of tree species and autumn foliage.

# FIRESMART





# FIRESMART

## Help protect your property from wildfire

Spring and fall are high risk seasons for wildfire. By reducing the hazard level on individual property, there is less chance a wildfire will affect your property. Take the time to assess your property and eliminate as many fire hazards and fuel sources as possible.

Strathcona County has a significant number of mature coniferous tree stands within and just outside the the municipality's borders which are highly flammable. As well, there is an abundance of dead and downed trees, built up vegetation on the forest floor, and human access to the forests which can increase the risk of a fire event.

### Get started right away!

Some easy things you can do today are:

- Mow and water the grass around your home; remove all long grass, shrubs, logs, branches, twigs and needles within 10 metres of your home.
- Store firewood a minimum of 10 metres away from any structure or in a non-combustible container.
- Contact your utility company if trees or branches are not clear of power lines on your property. (Fortis at 310-WIRE).
- Plant fire resistant trees like aspen, birch or poplar instead of highly flammable varieties like spruce and pine.

### Prune your trees

Removing tree limbs and dead underlying brush reduces the chance of ground fire spreading into the trees. Fire will quickly climb up trees unless low lying tree limbs (ladder fuel) have been removed. Prune up two metres from the base of the tree, removing any branches that are within the two metres. Do not prune flush with the tree; the branch collar should remain on the tree (see top photo).



## Long term planning

When making significant purchasing decisions for your property, consider FireSmart ones. For example:

- Instead of having cedar shakes on the roof, replace with ULC Class A asphalt shingles.
- Install tempered or thermal windows that are at least double pane to prevent thermal transfer into your home.
- Sheath the underside of balconies, decks, stairs and crawlspaces with flame-resistant materials.
- Choose less flammable finishes for your home like stucco, metal, brick or concrete instead of wood or vinyl.

### Take action - FireSmart your property today!

Contact Community Safety Education to schedule a visit.

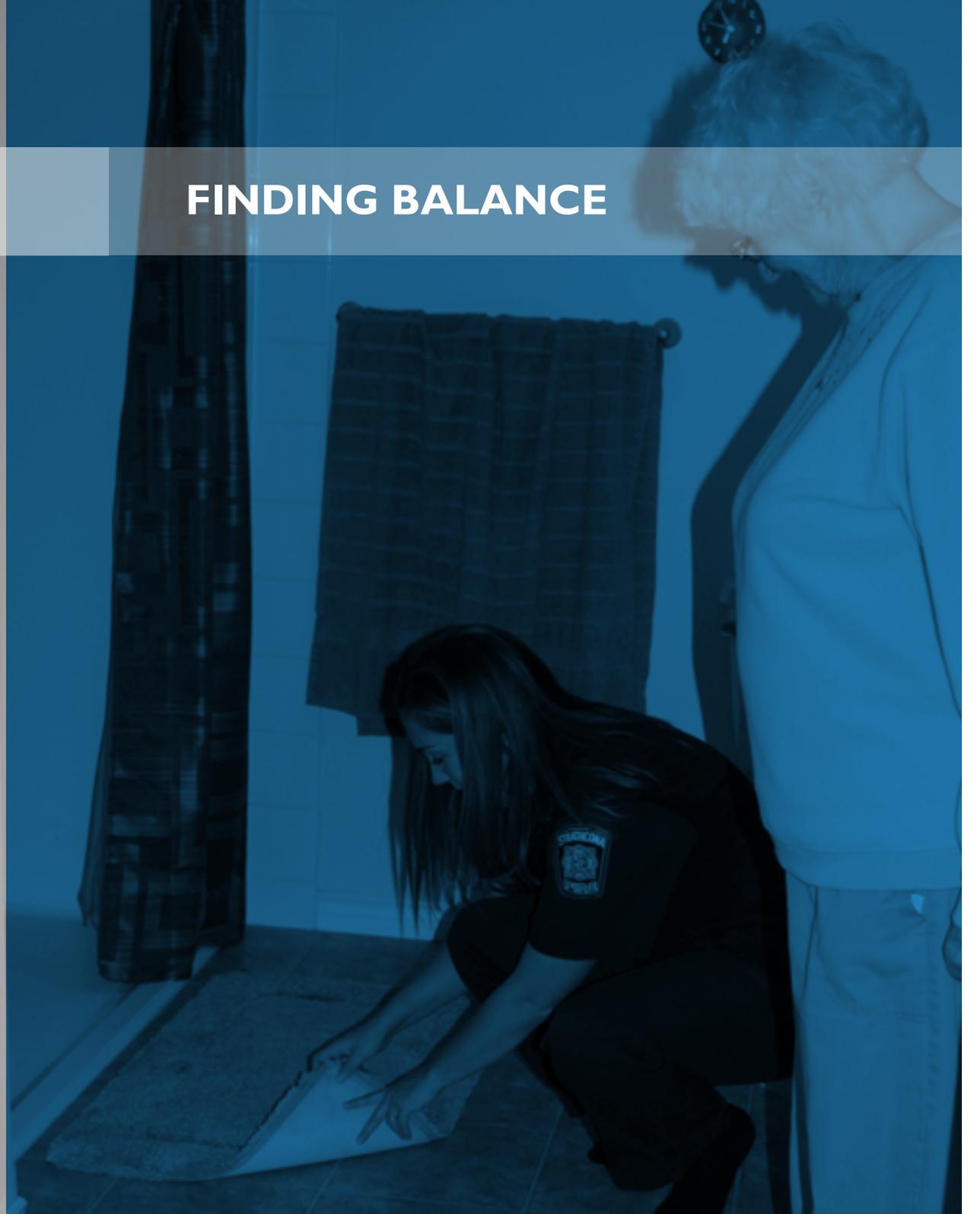
780-464-8468

[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)

# FINDING BALANCE



# FINDING BALANCE



## Are you at risk of falling?

Anyone can fall, but as we age the risk increases. The good news is we can take steps to prevent a fall.

One in three seniors fall each year. Once you have fallen, you are likely to fall again. If you fear falling and it is causing you to reduce your daily activities, then that fear can become harmful. Daily exercise and activity can help you stay strong, healthy, and independent. Start slowly and build your confidence so you can enjoy doing the things you love.

## Keep active!

Physical activity is any activity that moves your body and increases the amount of energy you use. Regular activity makes you stronger, improves your balance and helps prevent falls.

- Do at least 30 minutes of activity every day.
- Try three types of exercises - strength and balance, endurance, and flexibility
- Tell your doctor or healthcare provider if you have had a fall.

## Watch your step

- Remove tripping hazards and keep pathways, halls, and stairwells clear of clutter.
- Watch for ice, cracks and uneven surfaces while walking. Use a walking aid if you have balance problems.
- Have your eyes checked regularly and wear shoes that support your feet and help you keep your balance.

## Speak up about dizziness

It is important to tell your doctor if you feel dizzy or faint. There are many causes of dizziness, including some medications. If you feel dizzy when you stand up, your blood pressure may be dropping as you stand. Ask your doctor to check your blood pressure when lying down and then standing up.

## Check your medications

Getting your medications reviewed every year is a good idea to make sure you are taking only the ones you need. Ask if there are medications you could cut down on. Some medications do not mix well with each other, so tell your pharmacist everything that you are taking - all of the prescriptions, over the counter medicines, vitamins, and herbs too. Remember not to take anyone else's medications.

**For more information on how to prevent a fall or to schedule a falls prevention presentation or visit, contact SCES.**

Community Safety Education  
780-464-8468  
safety.educators@strathcona.ca

Adapted from Finding Balance Alberta.

# HOME MAINTENANCE REMINDERS



# HOME MAINTENANCE REMINDERS

A white mailbox with the number 78 on a wooden post in a grassy field. The mailbox is mounted on a dark wooden post and has a white rectangular sign with the number 78 in black. The background is a grassy field with some trees in the distance, all under a warm, golden light. The entire image has a semi-transparent grey banner at the top containing the text 'HOME MAINTENANCE REMINDERS'.

78

## Maintaining your home

- Ensure your house number is clearly posted, with letters and numbers being at least 76 mm high (3"). The sign must be in an obvious place next to the driveway at the property line, or on the mailbox or paper delivery box. Use contrasting colours on the sign for higher readability.
- Ensure all windows and doors lock properly.
- If you have a fire hydrant on your property, maintain a path free of snow or ice to the fire hydrant. Please keep at least a 60 cm (2') path around the hydrant. This allows for faster emergency access.
- Install motion sensor lights in the front and rear of your home.
- Keep shrubs and trees trimmed from windows and doors to improve visibility.
- Ensure snow is shoveled and grass is mowed regularly. Make arrangements for this while you are on vacation.
- Remove any clutter which may make the house look unkept or obstructs sight lines.
- Install and use a home security alarm system.
- Join a Neighbourhood Watch program in your area to monitor and report suspicious activity. Contact the Strathcona County Community Policing Unit at 780-449-0185.

## Securing your garage

- An attached garage is a point of entry into your home. Ensure that the door to attached living space is locked at all times.
- Never leave your garage door open and unattended.
- Ensure any exterior garage door release mechanisms are disabled or enabled only with a hard-to-guess code.
- Properly secure items of value stored in the garage. Thieves will steal recreational vehicles, sporting equipment and tools.
- Garages often contain items such as ladders, tools and pry bars which may assist a thief in burgling your home. If possible, store these items in your home rather than in the garage.

## Reducing vehicle theft

- Park vehicles in your garage or in a well-lit location that you can view from your home.
- Remove your keys from the ignition.
- Never leave any keys in the vehicle or in an easily accessible place.
- Lock all doors and fully close all windows.
- Hide your valuables out of sight or take them with you.
- Store your garage door opener in the glove box or take it with you.
- Use a theft deterrent device such as a steering wheel lock (club), car alarm or engine immobilizer.

## Considering some yard maintenance? Click before you dig.

Hitting a buried utility line can lead to major property damage, serious injury, and even death. Those responsible also pay for the repair and service restoration costs. This may be as low as a few hundred dollars or as high as thousands of dollars.

Contact Alberta-One-Call either online at [www.albertaonecall.com](http://www.albertaonecall.com) or phone 1-800-242-3447 at least two days before you dig. They will locate all registered underground utilities at no charge. Not all buried utilities are registered with Alberta-One-Call. Be aware of what other utilities may be in your area.

Click or call before you:

- Plant trees or remove tree roots.
- Dig fence post holes.
- Anchor supports for decks or swing sets.
- Drive landscaping stakes into the ground.
- Start any other construction or landscaping project.

Call 9-1-1 immediately, from a safe distance, if a utility line is hit.

# HOME SAFETY VISIT program

The Home Safety Visit program is dedicated to providing you with the information you need to make your home and leisure time safe.



# HOME SAFETY VISIT program





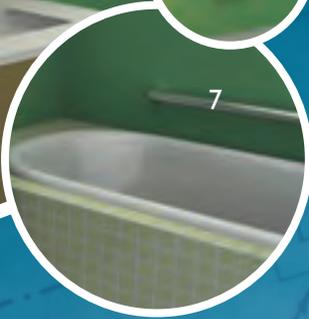
## **GARAGE and FRONT OF HOUSE**

- 1 In Strathcona County (Bylaw 29-2010), house numbers must be a minimum of 76 mm (3") high.

Use contrasting colours on the sign for higher readability and visibility.

- 2 Flammable liquids should be stored in a locked metal cabinet, storage unit or garage, and never in your home. Propane should be stored in a well ventilated area.
- 3 Walkway kept clear to prevent trip and fall hazards.





## BATHROOM

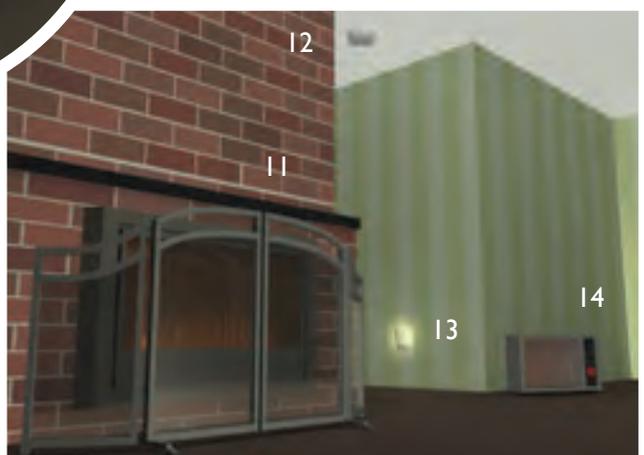
- 4 Blow out candles before leaving room.
- 5 Store medicine safely.
- 6 Use GFCI outlets.
- 7 Install grab bars.

## STAIRWAYS

- 8 Ensure all handrails are secure.
- 9 Repair worn carpet.
- 10 Keep stairways clear of objects and clutter.

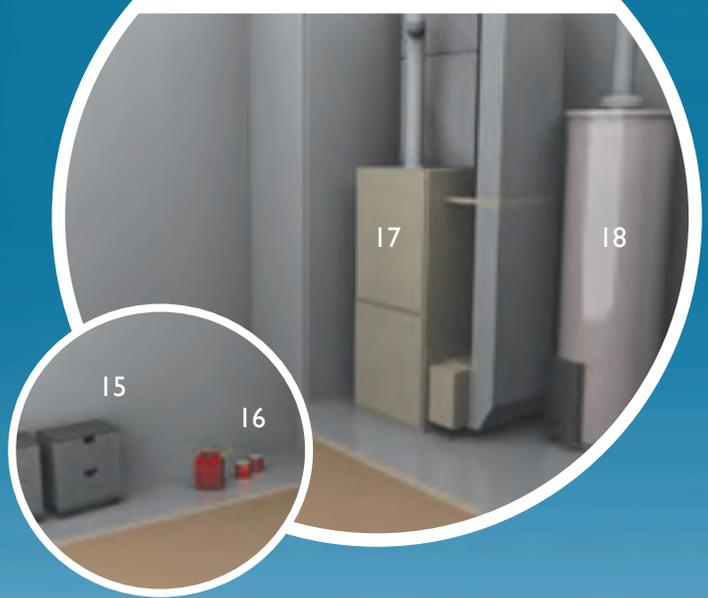
## LIVING ROOM

- 11 Fireplace safety:
  - Always use a fireplace screen
  - Cool ashes before going to bed
  - Dispose of ashes in a metal container away from house
  - Gas fireplaces should be checked annually
- 12 Ensure there are smoke alarms between sleeping areas.
- 13 Install night lights.
- 14 Use portable heaters wisely. Do not run cords under a carpet and unplug the heater after use.



## BASEMENT

- 15 Keep storage away from water heater and furnace.
- 16 Remove flammable products.
- 17 Clean or replace furnace filters annually.
- 18 Have a professional check your heating system annually.



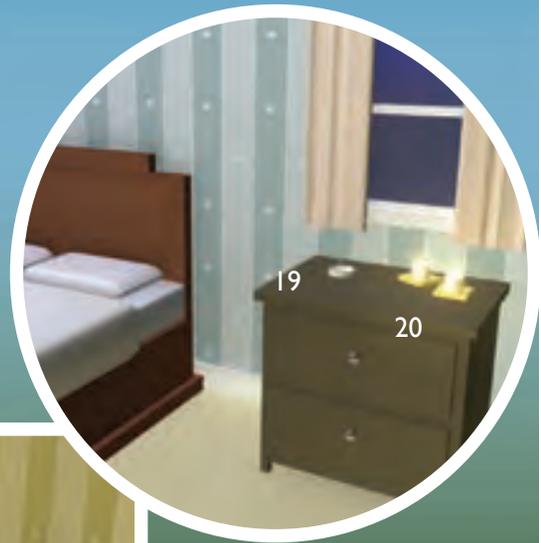
## BEDROOM

- 19 NEVER smoke while in bed.
- 20 Candle use not recommended.

## KITCHEN

- 21 Keep area around stove clear of things that will burn .
- 22 NEVER leave cooking unattended.

*Ensure there are carbon monoxide detectors near sleeping areas.*



## BACK PORCH

- 23 Have a security light.
- 24 Ensure deck railings and handrails are secure.
- 25 Gasoline and propane need to be stored securely outside.
- 26 Does your fire pit have a heavy gauge metal screen to keep burning embers inside the pit, with a minimum mesh size no larger than 13 millimetres?

Ensure your fire pit a minimum of three metres (10 feet) away from any combustible materials (e.g. fence, house or garage).

Never use your fire pit during a burn ban.

## QUESTIONS?

Contact SCES Community Safety Education:  
[www.strathcona.ca/sces](http://www.strathcona.ca/sces)  
780-464-8468  
[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)



## Personal home safety checklist

- | No                       | Yes                      |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a working smoke alarm on every level in your home?        |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a home fire escape plan?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you practiced it?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a portable fire extinguisher in your home?                |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know how to use a portable fire extinguisher?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Are your house numbers clearly visible day and night from the street? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are candles on a sturdy base away from combustibles?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you blow out candles before leaving a room?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Are matches and lighters out of reach of children?                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Are stairways free of trip and fall hazards (with proper lighting)?   |

- | No                       | Yes                      |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are products like gasoline and propane stored safely outside?       |
| <input type="checkbox"/> | <input type="checkbox"/> | Is combustible material kept clear of heating appliances?           |
| <input type="checkbox"/> | <input type="checkbox"/> | Are space heaters used safely?                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | If you have a fireplace, is it properly screened?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are gas appliances routinely and properly maintained?               |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you aware of the hazard of overloading electrical outlets?      |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the kitchen and cooking area free of hazards?                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Are household chemicals and medications stored safely and securely? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you always in the kitchen, never leaving cooking unattended?    |

**If you have answered “no” to any of these questions, find solutions by contacting Community Safety Education.**

780-464-8468

[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)

## Plan your escape

To reduce your risk from fire, we encourage you to sit down with your family and develop a home escape plan. Draw a floor plan of your home marking all windows and doors.

Plan two ways out of every bedroom. The primary exit would be the door. The secondary exit would be a window that opens easily to accommodate a home escape ladder. If you live in a multi-level building, use the stairs, never the elevator in the event of an emergency.

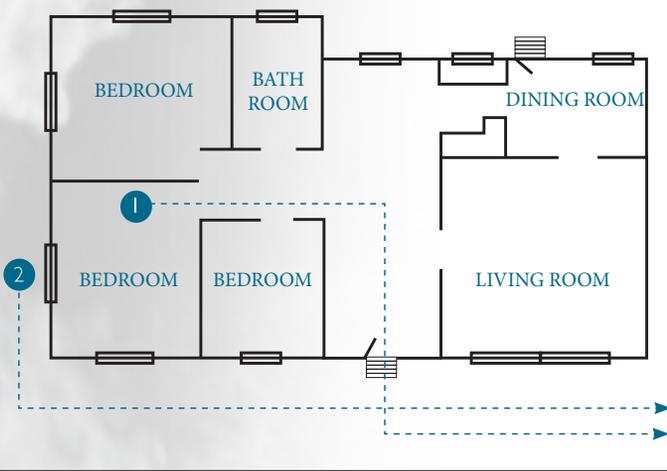
Choose a meeting place for all family members outside the home and mark it on your plan.

Many children under the age of 15 are prone to sleeping through smoke alarms. Try practicing fire drills at night using a smoke alarm. Children need to become familiar with the sounds and react to it properly. If your children continue to sleep through practice drills, develop an escape plan that includes their notification or evacuation by an adult.

Remember to practice your plan regularly to keep your family safe in the event of a fire.

Install working smoke alarms on every level of your home and near every sleeping area. For maximum protection you should install smoke alarms in all bedrooms.

*Download a home fire escape worksheet at [www.strathcona.ca/sces](http://www.strathcona.ca/sces)*

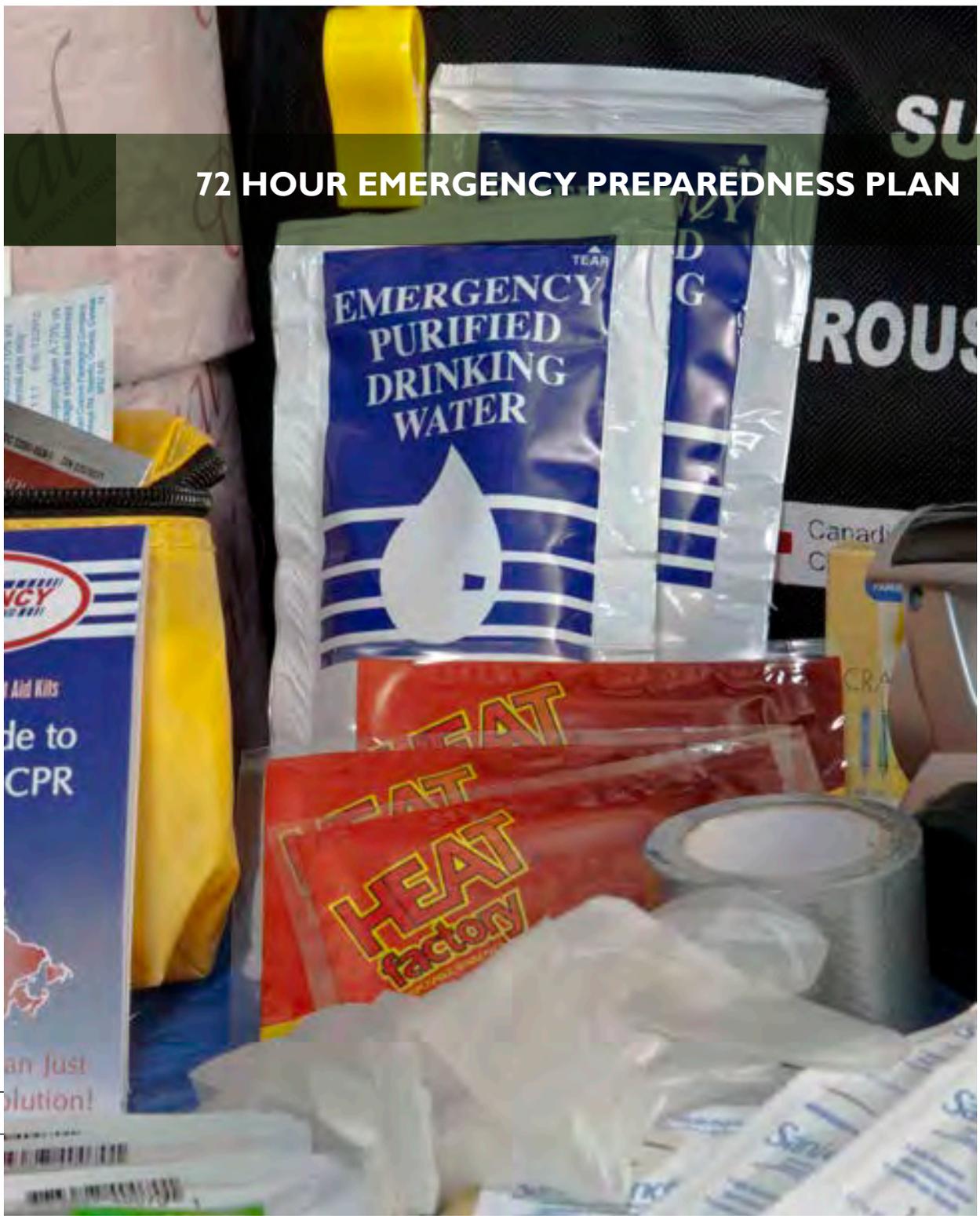


**Contact Community Safety Education to help with your home fire escape plan or to book a home safety visit. 780-464-8468.**



MEETING PLACE

# 72 HOUR EMERGENCY PREPAREDNESS PLAN



# 72 HOUR EMERGENCY PREPAREDNESS PLAN

EMERGENCY  
PURIFIED  
DRINKING  
WATER



HEAT  
HEAT  
factory

Sanit

## **STEP 1 Know the risks in your community**

Be prepared to look after your own needs, as well as the needs of your family, for at least three days (72 hours). During a major incident, emergency resources will be busy responding to priority areas, and assistance may not be available for an extended period of time.

There is significant risk in Strathcona County. The potential for wildfire, natural disasters, derailment, transportation accidents and industrial accidents could occur at any time. Ensure you and your family are prepared to either evacuate or shelter-in-place.

## **STEP 2 Make a plan**

The time you invest in creating an emergency plan will ensure that you and your household know what to do in case of an emergency.

- Don't forget that your family may not be together when a disaster occurs. Practice how to meet or contact one another and discuss what you would do in different situations.
- Develop a plan and keep it in an easy-to-find, easy-to-remember place (for example, with your emergency kit). You may also want to make duplicate copies to keep in your car and/or at work.
- You should update your plan yearly.

For a step by step guide on developing an emergency plan and other information, contact:

### **Community Safety Education**

[www.strathcona.ca/sces](http://www.strathcona.ca/sces)

[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)

780-464-8468

### STEP 3 Get or make a kit

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home. Don't wait for a disaster to happen. Plan now!

#### Emergency kit

- Water - four litres of water per person per day
- Canned food - including meat, vegetables and fruit, energy bars and dried food (replace annually)
- Manual can and bottle opener
- Flashlight and batteries or wind-up flashlight, and a whistle
- Battery or wind-up radio (and extra batteries)
- First aid kit
- Candles
- Cell phone charger
- Water proof matches and lighter
- Warm clothing and footwear for each person
- Blankets or sleeping bags for each person
- Toilet paper and other personal supplies
- Safety gloves
- Basic tools - hammer, pliers, wrench, screwdrivers
- Extra keys - for your car and home
- Cash - include smaller bills
- Special needs items - prescription medications, infant formula or equipment for people with disabilities
- Personal documents - such as passport and birth certificate, on a memory stick
- Emergency plan - include a copy of it in this kit

## STEP 4 Get involved in your community

People who are involved in the community and who look out not only for themselves but for others are key to helping repair a community who has faced disaster. Consider becoming more engaged in the community by:

- Taking a first aid class (or recertify your current first aid). SCES offers regularly-scheduled first aid and CPR classes.
- Volunteering with Victim Services, the Red Cross, Salvation Army or any other disaster-related organization. Inquire about other opportunities by contacting the Information and Volunteer Centre, 780-464-4242.
- Joining Neighbourhood Watch, your community league or simply meet your neighbour.



## Stay safe during disasters

What to do during or after a disaster

- Help anyone who is injured.
- Get your emergency survival kit (the first-aid kit should be with it).
- Listen to a local radio station on your battery operated radio for instructions.
- Check for fires, fire hazards, gas leaks, damaged utilities and spilled flammable liquids. Confine or secure your pets and check on your neighbours.

### During a tornado

If you are in a building, go to the basement immediately. If there isn't one, crouch or lie flat under heavy furniture in an inner hallway, room or stairwell away from the windows. Stay away from large halls, arenas, shopping malls, and other large buildings as their roofs could collapse.

If you are outside and there is no shelter, lie down in a ditch or ravine, protecting your head.

If you are driving, get out of the car. It could blow through the air or roll over on you. Lie down as explained above.

### During a blizzard

If roads are in poor condition and travel is not recommended, stay where you are until the situation changes. If you must travel, take a cellular phone with you or advise someone of what route you are taking and your expected arrival time. Drive with extreme caution!

If you are in your vehicle when a blizzard hits, stay in the vehicle and wait for help. Rescue workers will be looking for stranded vehicles. Be sure to check your vehicle's exhaust pipe to make sure it isn't buried in the snow. Leave your car hood up and your emergency flashers on to signal distress to passing motorists and to the police.

### During a severe lightning storm

If you are in a building stay inside and away from windows, doors, fireplaces, radiators, stoves, metal pipes, sinks or other electrical charge conductors. Unplug TVs, radios, toasters and other electrical appliances. Do not use the phone or other electrical equipment.

If you are outside, seek shelter in a building or other protected area. If you're caught in the open, crouch down with your feet close together and your head down. Don't lie flat - by minimizing your contact with the ground you reduce the risk of being electrocuted by a ground charge. Keep away from telephone and power lines, fences, trees and hilltops. Get off bicycles, motorcycles, and tractors. If you are in a car, stop the car and stay in it. Don't stop near trees or power lines that could fall.

### During a flood

Turn off basement faucets and the outside gas valve. Shut off the electricity if safe to do so.

Never try to cross a flood area on foot. The fast moving water could sweep you away.

If you are in a car, try not to drive through floodwaters. Fast moving water could sweep your car away. If your car is caught in fast rising waters, leave it and save yourself and your passengers.

### During a winter power failure

Turn the thermostat(s) down to a minimum and turn off all appliances, electronic equipment and tools to prevent injury, damage to equipment and fire. Power can be restored more easily when the system is not overloaded.

Remember: Use proper candle holders and never leave lit candles unattended. Do not use charcoal or gas barbecues, camping heating equipment or home generators indoors.

## **Ways Strathcona County residents will be notified in an emergency**

### **1. Through the Strathcona County Alert System**

Receive emergent, significant, and time sensitive emergency alerts affecting Strathcona County by signing up to receive Strathcona County Alerts. You can receive alerts via email, phone, cell phone, or text.

Sign up at [www.strathcona.ca/scalerts](http://www.strathcona.ca/scalerts) or phone 780-410-8550.

### **2. Through Alberta Emergency Alert**

Sign up to receive provincial alerts via Facebook, Twitter or RSS feed at [www.albertaemergencyalert.alberta.ca](http://www.albertaemergencyalert.alberta.ca). Alerts will also be broadcast via local media including radio and television stations. In a large scale disaster, both Strathcona County Alert and Alberta Emergency Alert systems will be used to notify residents.

### **3. UPDATEline, 1-866-653-9959**

Phone this 24-hour number if you hear, see, or smell anything unusual related to an industrial incident around Strathcona County.

### **4. Strathcona County website, [www.strathcona.ca](http://www.strathcona.ca)**

From Monday to Friday, 8 a.m. to 4:30 p.m., you can also call Strathcona County's main switchboard at 780-464-8111.

### **5. Stay tuned to local radio and television stations.**

### **6. If the situation warrants it, door-to-door visits by emergency personnel.**

*We would like to acknowledge Red Deer Emergency Services for sharing this guide concept with our community.*

PROTECT YOURSELF AND STAY SAFE