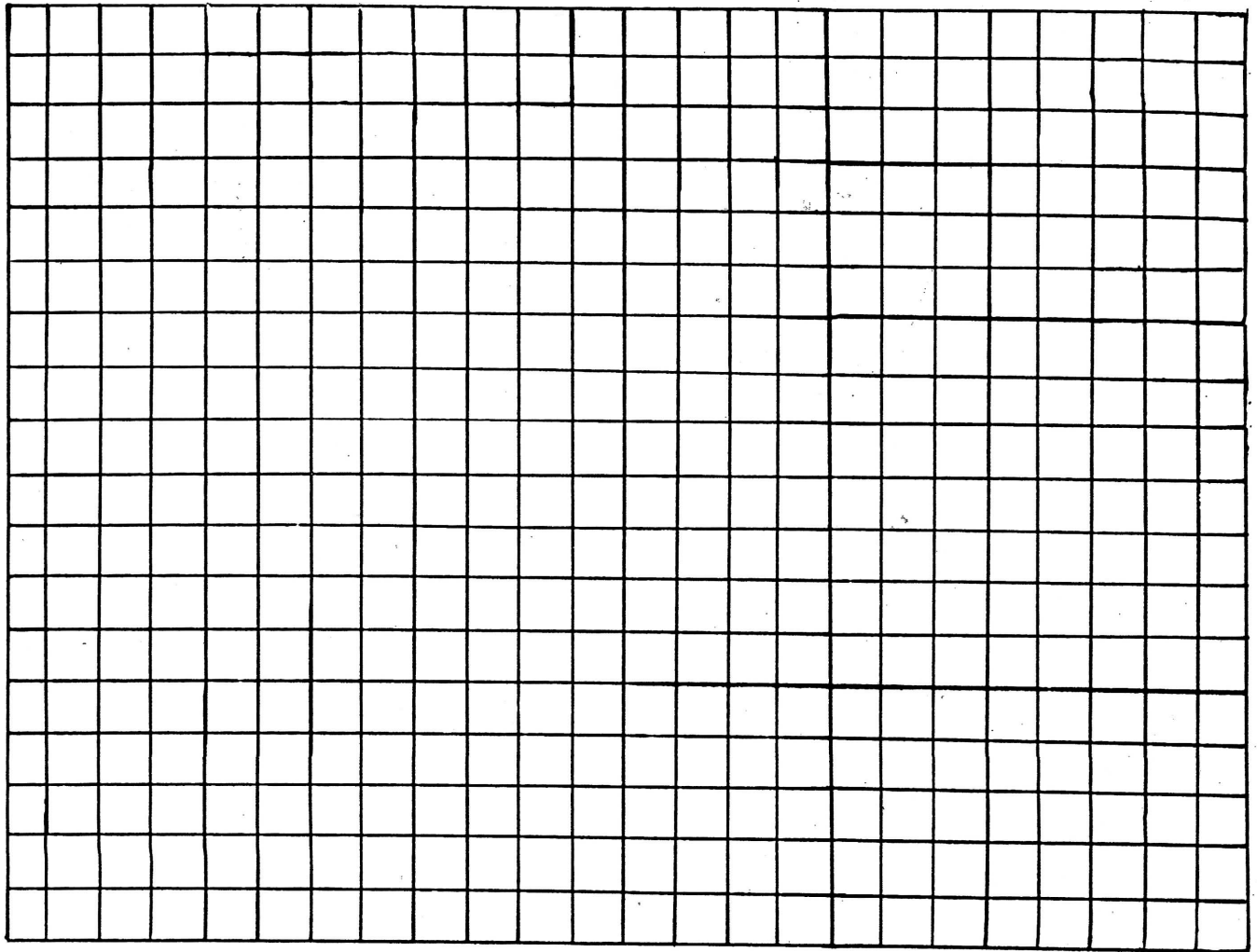


**Dear Parents:**

Would your family know how to escape if there was a fire in your home? A home escape plan is a plan to get out of the home safely in case of a fire. Every household member should know two ways out of each room in case one way is blocked by fire or smoke.

Here are some easy steps for you to follow in making your plan.

- 1. Get your family together and draw a simple floor plan of your home.** You can use the grid included with this letter.
- 2. Plan two ways out of each room.** The first way out should be the door and the second way out could be another door or window.
- 3. Make sure doors and windows can be opened easily.** In a two-story building, plan your escape through a window onto a roof or porch. If you must use an escape ladder, be sure everyone knows how to use it.
- 4. Choose a special meeting place for all family members outside the home and mark it on the floor plan.** A meeting place should be something that always stays in the same place, such as a tree, telephone pole, or a neighbor's home.
- 5. Make sure everyone understands the planned escape routes.**
- 6. Install smoke detectors on each level of the home and outside each sleeping area and test them weekly.** If you sleep with bedroom doors closed, make sure everyone can hear the smoke detectors.
- 7. Have a fire drill at least twice a year.** Have family members practice using their second way out as well as their primary route.
- 8. If you live in an apartment, use the stairs. Never use an elevator in case of a fire.** The elevator could take you to the floor where the fire is burning. If fire blocks your exit, close your apartment door and cover all cracks where smoke could enter. Telephone the fire department, even if fire fighters are already at the building, and tell them where you are. Wave a sheet or towel from the window to help fire fighters find you.
- 9. If you live in a manufactured or mobile home, follow the same steps.** Keep all exits clear and install smoke detectors on interior walls.



## PRACTICE AN ESCAPE PLAN



# Clothes Dryer Safety

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- »» Have your dryer installed and serviced by a professional.
- »» Do not use the dryer without a lint filter.
- »» Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- »» Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- »» Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- »» Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- »» Make sure the right plug and outlet are used and that the machine is connected properly.
- »» Follow the manufacturer's operating instructions and don't overload your dryer.
- »» Turn the dryer off if you leave home or when you go to bed.

## AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

## FACT

- ❗ The leading cause of home clothes dryer fires is failure to clean them.



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Jan

# Child Seat Safety

Traffic crashes are the leading cause of death and disability for children nationwide. In 2013, 12 children age 15 and under were killed in motor vehicles on Kentucky roadways. Eight (67 percent) of those were unrestrained.

## “Top Ten” questions about child safety seats

### 1. What is Kentucky’s child safety seat and booster law?

Children 40 inches or less must be properly restrained in a federally approved safety seat. Children younger than seven and between 40 and 50 inches must be properly secured in a booster seat.



### 2. What is the first thing I do when installing a child seat?

Always read the child seat manufacturer instructions and the section on child safety seats in the vehicle owner’s manual.

### 3. When can my child go forward-facing?

A child must be kept rear-facing to a minimum of one year of age and 20 pounds, with best practice being two years of age and 30 pounds. When using a convertible seat, it is best to keep the child rear-facing until the maximum rear-facing weight limit (reference instructions or seat label).

### 4. Which slots should I use for the harness straps?

When rear-facing, the harness straps should be *at or below* the child’s shoulders (reference instructions).

When forward-facing, the harness straps should be *at or above* the child’s shoulders (reference instructions).

### 5. What is the clip located on the harness strap?

This is called the retainer clip and should be kept at armpit level. This enables the harness to stay in the proper position.

### 6. How tight should the harness straps be on the child?

No more than one finger should fit between the child’s collar bone and the harness strap. The straps should be snug against the child’s shoulders so you cannot pinch any excess webbing.

### 7. How tight should my child seat be in the vehicle?

The seat should not move more than one inch side-to-side or back-and-forth when pulling at the belt path.

### 8. How do I know if my car seat needs to be replaced?

If the seat is older than six years or has exceeded the manufacturer’s expiration date, it must be replaced. If the seat has been involved in a crash, it must be replaced. First check with your insurance company before you purchase a new seat. Using a seat with unknown history is not recommended.

### 9. Should my child be in a booster seat?

Please reference the law in question one, but keep in mind Safety Belt Safe USA recommends children be in a booster as long as possible since seat belts are made for adults. (See information on back page.)

### 10. When can my child sit in the front seat?

The risk of injury is greater for children in the front seat, with or without an airbag. Research shows it is best for children age 12 and under to always ride in the back seat.

# Types of child safety seats

## Infant seat

- Use rear-facing, from birth until weight limit (reference instructions or seat label).
- A child must remain rear-facing to a minimum of one year of age and 20 pounds, with best practice being two years of age and 30 pounds.



## Convertible seat

- May be used both rear-facing and forward-facing.
- Use rear-facing until weight limit (reference instructions or seat label).
- A child must remain rear-facing to a minimum of one year of age and 20 pounds, with best practice being two years of age and 30 pounds.
- Use forward-facing until weight limit on harness or until the child outgrows the harness slots (reference instructions or seat label).

## Forward-facing seat with harness

- For children at least one year of age and 20 pounds, with best practice being two years of age and 30 pounds.
- Keep child in harness until weight limit (reference instructions or seat label).

## Combination forward-facing seat with harness/booster

- Use harness for children at least one year of age and 20 pounds, with best practice being two years of age and 30 pounds.
- Keep child in harness until weight limit (reference instructions or seat label).
- Remove harness and use as a booster until weight limit (reference instructions or seat label).

Give 'em a  
**BOOST**



## Booster seat

- Use with children over 40 pounds, up to 80 pounds or more (reference instructions or seat label).
- Must be used with a lap-and-shoulder belt.

Research shows child safety seats are 71 percent effective in reducing fatal injury for infants (less than one year old) and 54 percent effective for toddlers (one to four years old) in passenger cars. In light trucks, the effectiveness is 58 percent for infants and 59 percent for toddlers. Booster seats lower the risk of injury to children by 60 percent compared to the use of seat belts alone.

## When can my child safely use a seat belt?

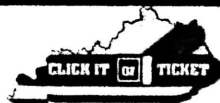
1. Can your child sit straight against the back of the vehicle seat?
2. Can your child's legs bend at the knee on the edge of the vehicle seat?
3. Can your child sit comfortably in the vehicle seat without slouching?
4. Does the lap portion of the seat belt sit down on your child's hips, touching the thighs?
5. Does the shoulder belt stay at the center of your child's shoulder, crossing the collarbone?

If you answered YES to ALL FIVE questions, your child is ready to use a seat belt.

### For additional information:

- Children's Hospital of Philadelphia (CHOP): [www.chop.edu](http://www.chop.edu)
- CPS Safety: [www.cpsafety.com](http://www.cpsafety.com)
- National Center for Injury Prevention and Control: [www.cdc.gov/ncipc/factsheets/childpas.htm](http://www.cdc.gov/ncipc/factsheets/childpas.htm)
- National Highway Traffic Safety Administration (NHTSA): [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)
- National Injury Prevention Foundation "ThinkFirst": [www.thinkfirst.org/kids/](http://www.thinkfirst.org/kids/)
- National Safety Council: [www.nsc.org/traf/sbc.htm](http://www.nsc.org/traf/sbc.htm)
- SAFE KIDS Coalition: [www.usa.safekids.org](http://www.usa.safekids.org)
- Safety Belt Safe USA: [www.carseat.org](http://www.carseat.org)

Kentucky Transportation Cabinet  
Office of Highway Safety



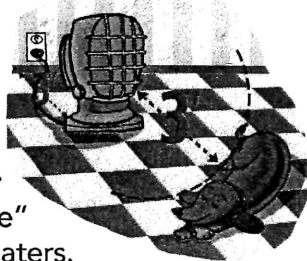
<http://highwaysafety.ky.gov>  
502-564-1438 or 1-888-374-8768

# Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

## BE WARM AND SAFE THIS WINTER!

- »»» Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- »»» Have a three-foot "kid-free zone" around open fires and space heaters.
- »»» Never use your oven to heat your home.
- »»» Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- »»» Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- »»» Remember to turn portable heaters off when leaving the room or going to bed.
- »»» Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- »»» Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- »»» Test smoke alarms monthly.



## Heating Equipment Smarts

**Install** wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

**Install** and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



## FACT

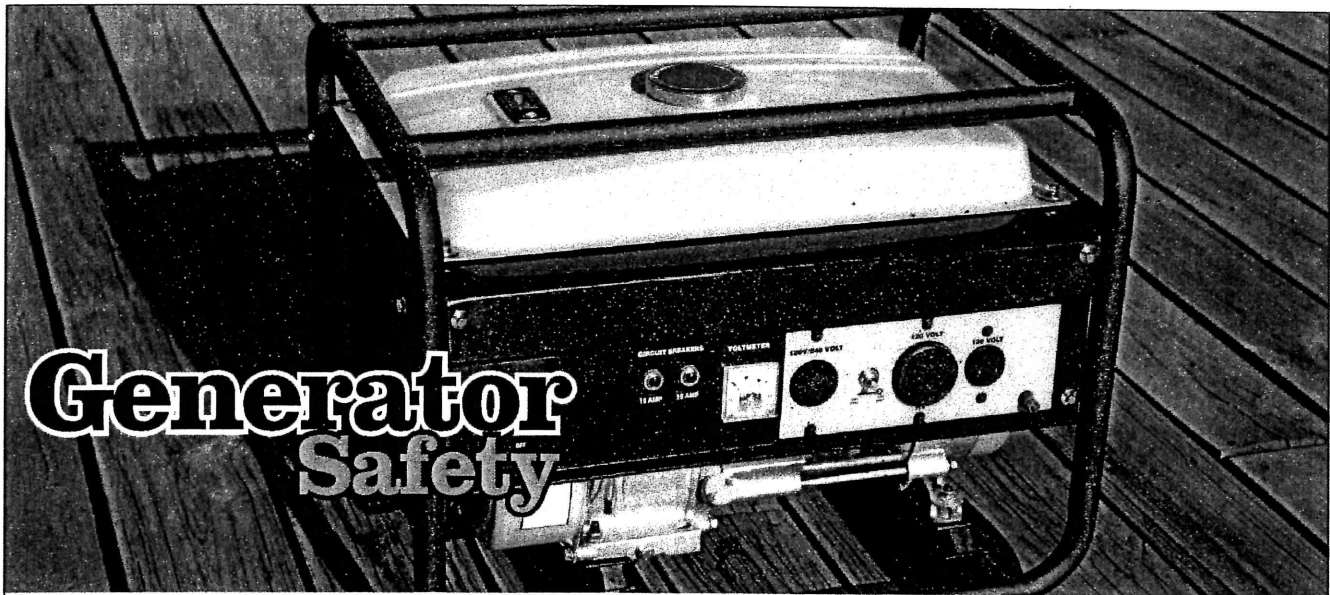
Half of home heating fires are reported during the months of December, January, and February.



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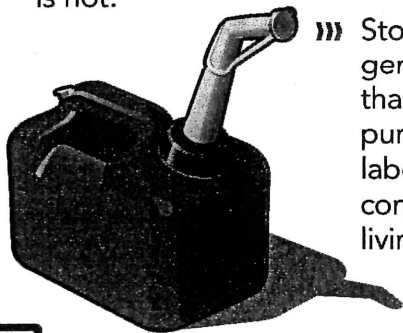
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January



Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- » Generators should be used in well ventilated locations outside away from all doors, windows and vent openings.
- » Never use a generator in an attached garage, even with the door open.
- » Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building.
- » Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- » Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.



- » Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

## Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

## FACT

- ❗ CO deaths associated with generators have spiked in recent years as generator sales have risen.



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