

## Prevention Tips

### Fire Safety

- Use large, deep ashtrays.
- Turn off burners and the oven before leaving your residence or going to bed.
- Keep space heaters at least 3 feet away from anything that can burn.
- Check your smoke alarms.
- Plan and practice your fire escape route.
- Plan your escape with your physical limitations in mind.

### Fall Safety

- Exercise regularly
- Take your time
- Clear the way
- Use non-slip rugs and mats
- Use sensible shoes with non-slip soles

*SECONDS COUNT*

*in a*

*Heart Attack and Stroke*

*CALL 911*

*IMMEDIATELY*



**Seconds Count Program  
Brought to you by:  
St. Louis Fire Department  
Missouri Department of  
Health and Senior Services**

*Seconds Count  
Program  
Brought to you*



*A safety and health awareness  
program brought to you by the  
St. Louis Fire Department*

## Health Risk Issues

Senior Citizens account for 21% of the population of the City of St. Louis. Many unique health challenges exist for seniors. The need for fire, fall, and disease prevention as well as health screens has become evident. This program will assist the St. Louis Fire Department with achieving its goal of decreasing fire and fall related injuries and deaths by 25% over the next three years, as well as increasing awareness of the risks of having high blood pressure, diabetes and high cholesterol.

## Our Mission

To provide the educational tools necessary to prevent senior citizens from suffering needless injury, illness, or death as a result of a fire, fall, or disease.

## Program Description

- ***Remembering When Program***  
presentation on fire and fall prevention in the in the home
- ***Vial of Life***  
Allows emergency personnel access to vital information during an emergency.
- ***“Are You Okay” Program***  
A free program offered by the Fire Department which will check on the citizen once a day by phone.
- ***Smoke Alarm and Battery Replacement***
- ***Health Screenings***
- ***Stroke Awareness***
- ***Hear t Attack Awareness***
- ***Recognizing Life Threats***

Program duration is 1 to 1 1/2 hours. You may request this program in its entirety or have it done over several sessions. You may also request only a portion of the program.

If you would like a presentation of all or part of this program, fax or mail a letter of request to the address below.

There is a minimum of two weeks notice required for scheduling. All scheduling is done on a first come first serve basis.

Attn: Sharon Collier  
St. Louis Fire Department  
1421 N Jefferson

Phone: 314-289-1988

Fax: 314-286-8606

Email: [Colliersh@stlouiscity.com](mailto:Colliersh@stlouiscity.com)  
<http://stlouis.missouri.org/citygov/fire>

***REMEMBER Seconds Count in a Heart Attack and Stroke DIAL 911 IMMEDIATELY!!!***