



FOR IMMEDIATE RELEASE

Date: September 30th, 2009

To: The Media

From: Karen Lindsay, Nanaimo Fire Rescue

Re: Nanaimo Fire Rescue Urges Nanaimo Residents to “Stay Fire Smart! Don’t Get Burned.”

Once a child touches a hot stove, as the cliché goes—he learns his lesson, stay away from a hot stove. This cliché does not take into account the pain and suffering from burns and burns should not be part of the learning process.

That’s why Nanaimo Fire Rescue is teaming up with the National Fire Protection Association (NFPA) for Fire Prevention Week 2009 – October 4-10 – to urge Nanaimo residents to “**Stay Fire Smart! Don’t Get Burned**”. This year’s campaign focuses on ways to keep homes fire safe and prevent painful burns.

Part of the week’s celebrations includes a contest for kids 8-12 to be Junior Fire Chief for the day! The Prize Package is valued at \$125 and includes Junior Turnout Gear, Sparky Smoke alarm and more. To find out more details about the contest, visit fire.nanaimo.ca. In addition Nanaimo Fire Rescue will be on hand at Rona’s on Saturday October 3rd from 11-3 providing fire prevention information.

According to Rick Kwasnecha, Fire Prevention Officer with Nanaimo Fire Rescue, “ The most common types of burn injuries result from fire or flame burns, scalds and contact burns, Burns are painful and can result in serious scarring and even death. When we take extra caution in our homes to ensure that the curling iron is out of children’s reach or pot handles are turned away from the edge of the stove, such injuries are entirely preventable. Keeping our homes safe from fire and preventing devastating burn injuries is a healthy change we can make happen.”

By following simple safety rules, you can “**Stay Fire Smart! Don’t Get Burned.**”

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.
- Have a 3-meter “kid-free” zone around the stove.
- Never hold a child in your arms while preparing hot food or drinking a hot beverage.
- Be careful when using things that get hot such as curling irons, oven, irons, lamps, heaters.
- Install tamper-resistant receptacles to prevent a child from sticking an object in the outlet.
- Never leave a child alone in a room with a lit candle, portable heater, lit fireplace

- or stove, or where a hot appliance might be in use.
- Wear short or close-fitting sleeves when cooking.
 - Set your hot water temperature no higher than 120 degrees.
 - Install anti-scald valves on shower heads and faucets.

Fire Prevention Week is actively supported by fire departments across the country. For 85 years fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

For more information on **“Stay Fire Smart! Don’t Get Burned”** visit www.nanaimo.ca or www.firepreventionweek.org

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For more information about Fire Prevention Week contact Rick Kwasnecha at 250-755-4564