
Safe Smoking

- Try to quit again.
- Dispose of smoking materials safely. Use sturdy ashtrays or cans containing sand or water. Do not throw in the trash, on the ground, or extinguish in mulch or flower containers.
- Use large ashtrays with center rests so cigarettes fall into the ashtray not on the floor. For health and fire safety reasons, permit smoking outside only.
- Never smoke in bed.
- Keep lighters on your person, not on a table or in a purse where children can find them.
- Never smoke in homes where oxygen is in use.



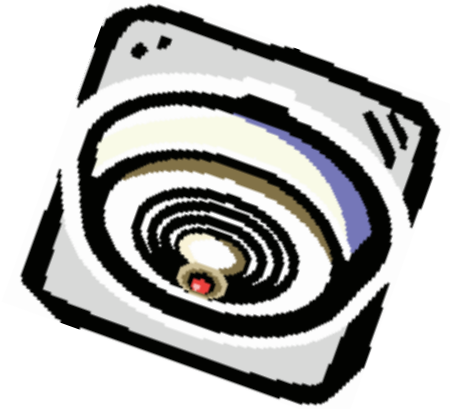
STAND BY YOUR PAN

Cooking Safety

- Put a lid on a grease fire to smother it then turn off the heat.
- Wear short or tightfitting sleeves when cooking. Loose sleeves easily catch fire.
- Never throw water on a grease fire. Water will spread the fire around.
- Never move a burning pan. You can easily ignite your clothes or spill the fire onto someone or something else.
- Stand by your pan! Never leave cooking unattended.

Match and Lighter Safety

- Purchase child resistant lighters.
- Keep all matches and lighters out of reach and sight of children in a high, locked cabinet if possible.
- Teach children that matches and lighters are not toys, they are tools for grown-ups.
- Teach young children to tell a grown-up when they see matches or lighters lying around.
- Never give a lighter to a child as a toy.



Fire Safety Tips



