



Sparky the Fire Dog® is a registered trademark of [NFPA.org](http://NFPA.org)

State of New Hampshire  
Office of the State Fire Marshal



# SAFETY EDUCATOR

## November: Carbon Monoxide Awareness Month



**Calling ALL 3rd Grade Students to participate in the 3rd Annual Fire & Life Safety Calendar Contest!**

3rd Grade Students are invited to participate in our 3rd Annual Fire and Life Safety Calendar Contest.

For contest details contact: [Mary.MacCaffrie@dos.nh.gov](mailto:Mary.MacCaffrie@dos.nh.gov)

### INSIDE THIS ISSUE:

Kitchen Safety During Holidays	2
Turkey Fryer Safety	2
KIDS in the Kitchen	2
Newsletter Review	2
Christmas Trees: Festive, Fun... And FLAMMABLE	3
Holiday Safety Sites	3
Dec Calendar Winner Advice	3

Carbon monoxide, also known as CO, is called the "Invisible Killer" because it's a colorless, odorless, poisonous gas. Carbon monoxide poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages. At its worst, carbon monoxide can cause severe side effects or even death.

Young children are especially vulnerable to the effects of carbon monoxide because of their smaller bodies. Children process carbon monoxide differently than adults, and may show signs of poisoning sooner.

### Symptoms of carbon monoxide poisoning include:

- \* Headache
- \* Fatigue
- \* Nausea
- \* Dizziness
- \* Shortness of breath
- \* Loss of Consciousness

### Safety Tips:

- 1. CO alarms should be installed outside each sleeping area and on every level of the home.** It is best to use interconnected alarms, when one sounds, all CO alarms in the home sound.
  - 2. Follow the instructions** on the package to properly install the CO alarm.
  - 3. Test** CO alarms at least once a month.
  - 4. Know the sounds** the CO alarm makes. It will sound if CO is detected. It will make a different sound if the battery is low or if it is time to get a new CO alarm.
  - 5. Replace** the battery if it is low.
  - 6. If the CO alarm sounds, you must get fresh air.** Move outdoors. Make sure everyone in the home gets outdoors. Once outdoors, call the fire department. Stay there until help arrives.
- Prevent CO Poisoning:**  
▶ When warming a vehicle, move it out of the garage. Do not run a

fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked. Clear any snow away.

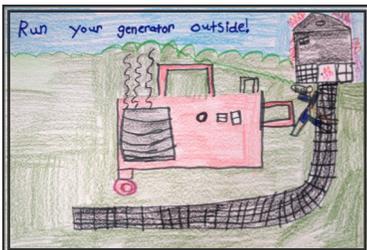
- ▶ During and after a snow-storm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.
- ▶ Clear all debris from dryer, furnace, stove, and fireplace vents.
- ▶ Gas or charcoal grills can produce CO. Only use them outside.
- ▶ Have heating equipment and chimneys inspected by a professional every year before cold weather sets in.
- ▶ Open the damper when using a fireplace for adequate ventilation.
- ▶ Never use your oven or stove to heat your home.

### LEARN MORE HERE:

- [CPSC Video](#)
- [NH Generator Safety](#)
- [www.nfpa.org](http://www.nfpa.org)

## NOVEMBER: Carbon Monoxide Awareness & Safety - Joshua Puleski

Carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide. Thank you **Derek Coyle** of Pollard Elementary School in Plaistow for reminding the citizens of NH to run their generators outdoors away from open doors or windows to avoid CO poisoning.



With the hustle and bustle of the holidays, it seems that there is never enough time to get everything done. It is important to make sure that safety doesn't get left off the To Do List. During the holiday season fires cause more than \$18 million in property damage and injuries send more than 13,000 people to the emergency room. Help keep your family safe this season with these simple safety reminders.



## Kitchen Safety During the Holidays

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

## TURKEY FRYER SAFETY

The NH State Fire Marshal's Office strongly discourages the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil. The use of turkey fryers can lead to devastating burns as well as property damage. Take a moment to visit the links below to learn about the dangers, cooking alternatives and safety tips.

Click here for a [VIDEO](#)

WEBSITES: [www.cpsc.gov](http://www.cpsc.gov)

[www.usfa.gov](http://www.usfa.gov)

[www.nfpa.org](http://www.nfpa.org)



## Kids in the Kitchen

▶▶▶ [Learn more age appropriate child activities in the kitchen](#)



Hey Kids do you like helping out in the kitchen? We all enjoy helping out in the kitchen and cooking up tasty treats for the holidays. Cooking can be lots of fun, but it's important that you know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own -- and when it's time to ask an adult for help

### Ages 6-8

- Open packages
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese
- Measure ingredients
- Set the table
- Peel Vegetables
- Stir Ingredients in a bowl
- Clear the table

### Last month, Safety Educator Reminders:

- Make sure the grown-ups in your home are testing your smoke alarms every month.
- Practice escape and meeting spot drills.
- Make sure Grandparent's homes are properly equipped with a working smoke alarm device.
- Sleeping away from home? Know the escape and meeting spot there as well.

▶▶▶ [Missed last months edition? Visit this link](#)





## Christmas Trees: Festive, Fun .... And FLAMMABLE

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly. Follow these recommended safety tips.

### Picking the tree

- ▶ If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire retardant (tend to not catch fire easily).
- ▶ Choose a tree with fresh, green needles that do not fall off when touched.

### Placing the tree

- ▶ Before placing the tree in the stand, cut 2" from the base of the trunk.
- ▶ Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- ▶ Make sure the tree placement is not blocking an exit.
- ▶ Add water to the tree stand upon setting up. Be sure to add water daily.

### Decorating the Tree

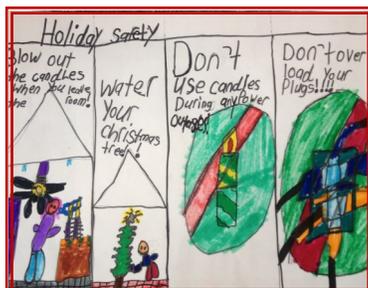
- ▶ Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- ▶ Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- ▶ Never use lit candles to decorate the tree.
- ▶ Always turn off Christmas tree lights before leaving home or going to bed.

### After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

**A small fire that spreads to a Christmas tree can grow QUICKLY. Watch this video.**

**Click on a box below to learn more Holiday Safety Tips that your family can follow to keep safe this Holiday Season.**



## DECEMBER: SAFE USE OF CANDLES AND HOLIDAY SAFETY

**A HUGE thank you to Nick Kotsakis of Matthew Thornton Elementary School in Londonderry for reminding the citizens of NH on how to keep the upcoming holidays safer. Nick reminds us to:**

1. **blow out candles when we leave the room.**
2. **water our Christmas Tree.**
3. **not use candles during power outages.**
4. **not overload our plugs.**

**Thank you Nick for these IMPORTANT reminders!**

The New Hampshire State  
Fire Marshal's Office

**J. William Degnan**  
State Fire Marshal

**Mary MacCaffrie**  
Public Education Administrator

**Sheryl Nielsen**  
Public Education Specialist

Department of Safety  
33 Hazen Drive  
Concord, NH 03305

Phone: (603)223-4289  
Fax: 603-223-4294  
Arson Hotline:  
1-800-400-3526



## Safety Educator

As the Holiday Season approaches, I want to take this opportunity to remind citizens throughout New Hampshire to take a moment to create a safer community and home environment. 2014 has seen an increase in Carbon Monoxide deaths, please make sure that your home along with working smoke alarms, is properly equipped with Carbon Monoxide Alarms. Take a moment to look through this interactive newsletter and visit the provided links before you get caught up with the hustle and bustle of the holidays. The holiday season on average nationally sees more than \$18 million in property damage and holiday decorating injuries send more than 13,000 to the emergency room. Help keep your family, friends and neighbors safe this season. Should you have any questions please do not hesitate to contact your local fire department or the Office of the State Fire Marshal. Wishing you and yours a Safe and Happy Holiday Season!

J. William Degnan  
NH State Fire Marshal

We're on the Web!  
[www.nh.gov/safety/divisions/firesafety/](http://www.nh.gov/safety/divisions/firesafety/)



Any questions or comments regarding this newsletter please feel free to contact:

**Sheryl Nielsen, M.Ed**  
Public Education Specialist  
[Sheryl.Nielsen@dos.nh.gov](mailto:Sheryl.Nielsen@dos.nh.gov)  
603-223-4289

## Kids Can Be Firefighters Too!

Nov/Dec 2014 Safety Education Website Special Feature:

### October is Carbon Monoxide Awareness Month

Enjoy this highly recommended family friendly website that involves games that will test your child's knowledge in finding various hazards throughout the home. Be sure to check out the other Danger Ranger Adventures too!



Click on photo or link below to visit other Kid Friendly and Parent/Educator Approved websites:



[DangerRangers.com](http://DangerRangers.com)



[Smokeybear.com/kids](http://Smokeybear.com/kids)



[sparky.org](http://sparky.org)



[firefighterdayna.com](http://firefighterdayna.com)



[ready.gov/kids](http://ready.gov/kids)