

Prevention 365 is a quarterly e-newsletter that highlights fire and lifesaving topics designed so you can read them in a minute. Follow along for seasonal safety tips.

Quarterly Safety Tips

Put a freeze on winter fires

According to the United States Fire Administration, more than a fifth of residential fires are related to the use of supplemental room heaters.

Before you put logs in the fireplace or plug in the electric heater, take some precautions.

- Never use an oven or stove to heat your home
- Keep anything that can burn, including yourself, 3 feet away from portable space heaters or other heating equipment
- Install and maintain carbon monoxide alarms to avoid the risk of CO poisoning



Read more [home heating safety tips](#) from the County.

Falling is not a normal part of aging

We all age, but falling does not have to be a part of the process. Many older adults fear falling, and it may cause people to avoid activities such as walking, shopping, or taking part in social activities. Overcoming this fear can help you stay active and help maintain your physical health.

Here are a few ways to prevent most falls:

- Talk openly with your health care provider about fall risks and prevention
- Secure or remove throw rugs and clutter in your home that could cause a trip hazard
- Keep your home brightly lit



Read more [fall prevention tips](#) from the Centers for Disease Control and Prevention.

Don't let your world go up in smoke

Careless disposal of smoking materials and cigarettes is one of the leading causes of destructive fires in Gwinnett County. From 2016 to 2020, smoking-related fires accounted for 2.5 percent of the total fires. However, these fires caused almost \$4 million in damage to homes and injured 13 residents.

Fires caused by smoking materials are preventable. Follow these tips to avoid these incidents:

- If you smoke, smoke outside
- Use a deep, sturdy ashtray to extinguish butts and ashes
- Do not discard smoking materials in vegetation



Read more [tips on preventing smoking-related fires](#) from the U.S. Fire Administration.



FIRE & EMERGENCY SERVICES
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