



# PREVENTION 365

A newsletter from Gwinnett Fire and Emergency Services

Winter 2025

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 for these cooler months ahead!

## Quarterly Safety Tips

### Prepare your home for cold weather

Heating is the second leading cause of U.S. home fires, deaths, and injuries. December, January, and February are the peak months for heating fires. Here are some helpful tips to ensure you're staying safe this winter while also keeping warm:

- Keep children, pets, and anything flammable at least three feet away from heating equipment like furnaces, fireplaces, or space heaters.
- Have heating equipment and chimneys professionally cleaned and inspected annually.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Test smoke alarms and carbon monoxide alarms at least once a month.



If you're worried about the state of your smoke or carbon monoxide alarms, we offer a [free Home Safety Survey](#) to all Gwinnett residents. Sign up by calling 678.518.4845 or emailing [FirePrograms@GwinnettCounty.com](mailto:FirePrograms@GwinnettCounty.com) to schedule an appointment.

### Show some love for American Heart Month!

Red doesn't just represent Gwinnett Fire and Emergency Services! It's also worn in honor of American Heart Month, which is celebrated every February.

Heart disease is still the leading cause of death in the United States according to the National Heart, Lung, and Blood Institute. Here are some ways to get involved during American Heart Month:

- Eat healthy: Enjoy a variety of fruits and vegetables, whole grains, and low-fat or fat-free dairy products. Refrain from foods that are high in sugar and saturated fat and cut back on alcohol consumption.
- Talk with your doctor: Schedule an appointment with your medical professional to help understand any heart-related concerns.
- Learn CPR and how to use an AED: [Take one of our CPR classes](#) to learn how to perform CPR and use an AED.



For more safety tips, visit [GwinnettSafety411.com](http://GwinnettSafety411.com).

### Sign up for the 2025 Citizens Fire Academy!

Our Citizens Fire Academy will be available for all county residents once again, with classes scheduled for spring and fall 2025.

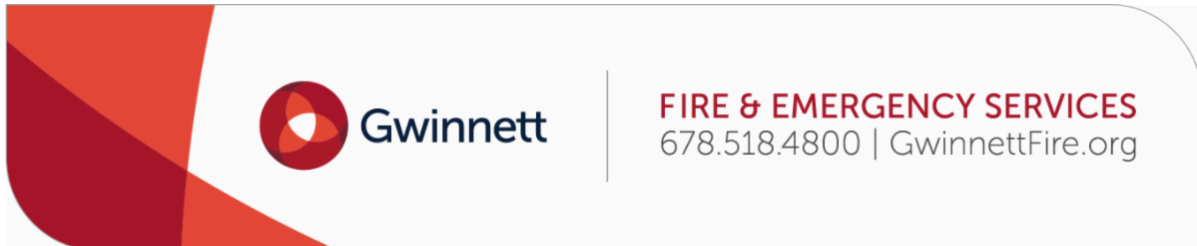
Join us to learn vital lessons that could help prevent a fire or save a life, including CPR/AED, portable fire extinguisher use, EMS operations, and more. There will also be demonstrations from our specialty team units

including Swiftwater, Hazmat, Mass Casualty, and Technical Rescue (trench collapse, confined space, high-angle rope rescue), and Georgia Search and Rescue Technicians.

“It’s a ‘behind-the-scenes’ on what firefighters do,” said Gwinnett Fire Educator Jaclyn Roberson. “They get to meet all the specialty teams and see their equipment. There are nights where they do different simulated drills like our firefighters.”

Spring classes will be held from **April 17 to June 12**, while fall classes will be scheduled from **September 11 to November 6**. All classes will be held on Thursdays from **6:00pm to 9:00pm**.

Participants must also be 18 years of age or older to enroll in the nine-week course. Click [here](#) for more information and to register!

A banner for Gwinnett Fire & Emergency Services. On the left is a red and white logo consisting of a stylized flame or drop shape. To the right of the logo is the word "Gwinnett" in a dark blue font. Further right, separated by a vertical line, is the text "FIRE & EMERGENCY SERVICES" in red, followed by the phone number "678.518.4800" and the website "GwinnettFire.org" in a dark blue font.

**Gwinnett** | FIRE & EMERGENCY SERVICES  
678.518.4800 | GwinnettFire.org

Gwinnett County Fire & Emergency Services | 408 Hurricane Shoals Road NE | Lawrenceville, GA 30046 US

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