



**When It Comes to Your Family..**



**DON'T LEAVE FIRE & LIFE SAFETY TO PURE LUCK...**

## March 17-23rd: POISON PREVENTION

Let's face it, sometimes kids get into things they probably shouldn't. Here are a few tips to keep little explorers from finding their way into household items that could be dangerous and what to do should your child accidentally ingest something harmful.

As young children explore and develop, they often learn by touch and putting things into their mouths. Liquid laundry detergent packets are designed to dissolve in water, so when they come in contact with their little wet hands or mouths they instantly begin to dissolve. While we want to encourage our kids to explore and discover new things; we



need to make sure we are keeping them safe. Here are a few tips to show you how:



- Keep liquid laundry packets out of children's reach and sight.
- Keep packets in their original container and keep the container closed.
- If a child gets into them, call the **Poison Help Number** immediately.

### POISON PREVENTION TOP TIPS

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Read product labels to find out what can be hazardous to kids. Dangerous household items include makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and carbon monoxide.



- Make sure that all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children.
- Put the toll-free **Poison Help Number 1-800-222-1222** into your home and cell phones. You should also post it near your phone and/or on your refrigerator for the babysitter. Hopefully you'll never need it, but it's nice to have just in case.



## MICROWAVE COOKING SAFETY

Spring is officially here on March 20th and that means busy spring family schedules will have us running here and there and everywhere with fun outdoor activities. With busier lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

- **PURCHASE** a microwave oven that has the label of an independent testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.
- **PLUG** the microwave oven directly into the wall outlet — never use an extension cord.
- **MAKE** sure the microwave oven is at a safe height, within easy reach of all users.
- **OPEN** food slowly, away from the face. Hot steam or the food itself can cause burns.
- **FOOD** heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- **NEVER** heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm water — not hot or boiling.
- **ALWAYS** supervise older children when they are using a microwave oven.
- **AVOID** letting young children use the microwave oven.
- **USE ONLY** microwave-safe food containers or dishes. Never use aluminum foil or metal in a microwave oven.
- **IF YOU HAVE A FIRE** in the microwave, leave the door closed, turn the microwave off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.



[Learn More](#)



The NH State Fire Marshal's Office, in conjunction with the NH Fire Prevention Society, would like to **thank** ALL of the students who participated in the 7th Annual Fire and Life Safety Calendar Contest, as well as the supportive parents and teachers. Winners have been notified. We look forward to celebrating your artistic talent and important safety messages in the upcoming school year calendar.

### MARCH: KITCHEN & COOKING SAFETY by: Analee Wild, Disnard Elementary, Claremont



Analee, from the Disnard Elementary School in Claremont, reminds us that kitchen safety is extremely important. Not only should we turn pot handles in when we are cooking, keep paper towels, dishtowels and potholders away from the stovetop, but that we should turn the stove OFF if we have to leave the room. This is an excellent reminder Analee!

## BARNYARD FIRE SAFETY

Each year, barn fires rack up millions of dollars in loss and take the lives of thousands of animals. In minutes, a barn fire can wipe out the hard work of generations of dedication to breeding, production, showing and training programs. Due to the extent of damage, the cause of a barn fire is often undetermined. Of those where a cause was determined, electrical and heating appliances are the leading causes of barn fires. The good news...barn fires are preventable and often can be avoided with simple maintenance steps. Visit these three links below to learn more.



## CHICKEN COUP SAFETY



Raising chickens has become quite popular here in New Hampshire. Hobby farmers enjoy raising hens as pets or livestock. Protect your home, property and flock with these safety tips. Be sure to check with your home insurance agency before starting this hobby at home.

### SAFETY TIPS

- Properly secure heat lamps to avoid being knocked over. Do not rely just on lamp clamps.
- Keep heat lamps and space heaters away from anything that can burn.
- Place space heaters on a sturdy surface so they can't get knocked over.
- To avoid fire, do not allow other animals to roam freely near heat lamps and space heaters.
- A couple of chickens can create a lot of dust. Dust regularly and be sure to remove cobwebs off heat lamps and light bulbs to avoid risk of fire.
- Choose light fixtures and/or bulbs with covers. This will protect them from dirt, moisture, and breaking.
- **Do not** use extension cords in the coop.
- Use only electrical equipment made for agricultural or commercial use.
- Be careful with electrically heated poultry waterers. Make sure the cord and plug are properly grounded.
- Check all wiring regularly for damage.
- Have electrical work done by a qualified electrician.
- Choose outlets and switch boxes designed to keep out dust and water.

### SAFE HAY AND BEDDING STORAGE

- Store baled hay away from livestock. Hay and bedding storage should not be near anything that can burn.



**LEARN MORE!**



**Paul J. Parisi**  
**NH State Fire Marshal**



**NH STATE FIRE MARSHAL  
DEPARTMENT OF SAFETY**

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**Message from Marshal Parisi:**

On Sunday, March 10<sup>th</sup> we sprung our clocks ahead one hour. If you have not done so already, please take a few minutes today to change the batteries in every smoke and carbon monoxide (CO) alarm in your home. This will ensure that they are in working order. Save removed batteries for other non-life dependent items like toys instead of risking the battery life and waiting for the alarm to chirp that the battery life is over. Did you know that smoke alarms are only good for 10 years? You can check the age of your alarm by looking at the underside of the unit for a date. If you are still unsure of its age, then please **REPLACE** these units. I cannot begin to stress how vital it is that your home has properly placed and working smoke and CO alarms. Should either alarm sound, respond quickly – get up and go, remember to know two ways out of every room, get yourself outside quickly, and go to your outside meeting place with your family.

According to my calendar the first day of spring is just around the corner on March 20<sup>th</sup>. That gives us hope for less wintery days and plans for springtime activities. As we begin to prepare for spring activities and schedules, I ask that you take a moment to read through this newsletter and see what you can do to ensure your home, family, visitors and livestock remain safe this spring. Often times we don't think to keep our barns fire safe, yet it is a proven fact that barn fires are preventable and can often be avoided with proper maintenance steps. Should you have any fire and life safety questions please do not hesitate to contact your local fire department or the NH State Fire Marshal's Office.

**Paul J. Parisi**  
**NH State Fire Marshal**



**K9, Student and Parent Approved Websites:**

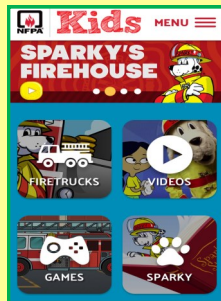
While we encourage students to disconnect and enjoy safe outdoor play we understand that sometimes the weather just doesn't cooperate. So when it comes to computer time...



try any one of these child friendly fire and life safety websites!

Just click a picture to open the link and play.

Have fun learning to be safer!



**Find Us 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:**

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