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Getty Images Protect your children from fire not only but also the elderly (especially those with physical or cognitive problems) 1. Check the smoke alarm. Put them on all doors, including inside each bedroom and near all sleeping areas. Caregiver's tip: Go with all your smoke alarms. Usually when one sounds, they all will - giving you extra time to help children or older adults. GH Institute pick: Nest Protect (2nd generation) is equipped with voice alarms and alerts and notifies you when the batteries are low. BUY NOW: \$119, NEST.COM 2. Make an escape plan. The practice of evacuating today with all family members. Teacher's Advice: People with physical or cognitive impairment should be included in exercise; develop a specific plan to help those with limitations. Go to the websites of the National Fire Association and the Alzheimer's Association for more safety strategies for the elderly. 3. Fireproof your kitchen. Install safety handles and activate lock settings on the stove (if it has one) to keep kids and confused or forgetful adults from leaving the burner on. Caregiver's tip: Also secure all flammable liquids in a locked container in a cool, dry place - away from heat and combustible materials. BUY NOW: \$7, amazon.com 4. Use alert stickers. Place them on windows and doors to notify fire crew members who may need more help to get out. Care Tip: Go to Fire Safety for Life for stickers that allow you to indicate if you live with children or the elderly who are disabled in some way. BUY NOW: \$72 for 100 stickers, firesafetyforlife.com RELATED: I Had to Walk Through Fire for My Kids This article originally appeared in the July issue of Good Housekeeping magazine in July 2017. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io last update on October 6, 2020 Is it time to make some changes in your life? It just might be. Life is too short not to live to the fullest. Here are some signs that it's time to change your life. Every week, you can't wait for Friday.Fridays are fun, but one thing I've discovered in my quest to find and do a job that I absolutely love is that almost every day can be a lot of fun. If you save all your life on the weekend, it's time to really think about your lifestyle and consider making some changes. Don't get me wrong; it's great to have plans you look forward to on weekends but what if you could what excited Friday feeling most, if not all, days of the week? It takes a lot of self-knowledge and work, but it's really possible to live the life you love, even on Mondays. You live for your vacation. Rest is great, but what's even better is building a life you don't need to take a vacation from. As Seth Godin said: Instead When your next vacation, maybe you should create a life you don't need to run away from. Rest is fun and exciting, but even better builds a life where you have the potential to do something that illuminates you many weeks of the year, not just two dedicated vacation weeks.3 When you stop and think about it, you don't really focus your life on your priorities. Write down your top three priorities. Then write down 3 things that you focus on for most of your life. Do you spend your time living your top priorities? Consistently wasting time doing what is most important to you is one of the keys to feeling fulfilled in your life. If you don't focus your life on what's important to you, it's time to make some changes. 4. You have no idea what illuminates you and you have no place in your life to discover it. If you haven't found your passion in your current life, you're not going to find it unless you continue to do your same routine, over and over, year after year. In order to find out what illuminates you, start by creating space in your life to look for it. Give yourself time to figure out who you are, what your strengths are, and what piques your interest. Experiment with learning new things by spending time with inspiring people and doing more of what excites you, and fewer things that suck your energy.5 You're jealous a lot. If you often feel jealous of someone, there are 3 changes to consider making: Make a point to focus on your journey rather than his or her journey. Sometimes this includes a break from social media. Be inspired by someone you are jealous of and work towards a similar goal in your life. Decide that the other person is not something you are willing to put in the effort to achieve, so you will cheer him or her but decide not to be jealous. When you feel jealous, think about why you want that other person and what your motives are. Living on your terms, focused on your priorities, passions, and strengths, will give you much more satisfaction than trying to be someone else. 6. You can't remember the last time you stepped out of your comfort zone. According to Neil Donald Walsh, life begins at the end of your comfort zone. Your life can become even more amazing if you extend beyond your comfort zone. If you're not sure where to start, try the tips in this article about small ways to get out of your comfort zone. Life is too short to spend years without reporting its full potential. If you decide you are willing to change your life, I encourage you to start taking small steps towards the life you want to live. Keep moving forward. Check out this video if you're willing to make a difference in life: Featured photo credit: Lauren / through flickr.com When thinking about dangerous situations, most most imagine storms or conditions from which they cannot escape. Experienced sailors almost always feel safe on the water when they are ready for threatening conditions with the right equipment and knowledge of what to do. This includes classic navigation skills such as: Heavy weather swimming techniques such as heaving-overboard training and equipment Effective navigational skills to prevent grounding, collision, etc. along with ChartplotterSafety equipment, such as fire extinguishers, first aid kit, PFD for all on board, etc. It's not storms or other terrible dangers. Most sailing-related fatalities occur with sailors who fall into the water not during dangerous sailing, but during anchoring, docking, etc. Based on Coast Guard statistics, this is a lesson #1. The most important safety lesson for all sailors is the attitude of readiness, knowing that a tiny slip at any moment can lead to a sudden emergency. Whenever you are on the water you have to think about what might happen. What if someone falls overboard right now in this situation? What if my engine is dying right now when I'm entering this narrow channel? Just thinking what to do if, and acting in a way that prevents or solve problems, can make most sailors safer than buying specialized safety equipment. Only two pieces of equipment are essential to prevent most sailing emergencies and deaths - but only if you actually use them before an emergency (remember: when you least expect it): Wear PFD. A huge number of things can lead to a sailor a sinking in the water. Remember that many sailors die just slipping up the landing stairs to the boat from the boat. About 83% of those killed in sailing were drowning, and 88% of boaters who drowned did not wear their PFD. With new, light inflatable PFDs that you don't even feel like you're wearing, there's really no excuse not to use one. Keep the portable VHF radio on your face. Many lone sailors died (again, usually in calm conditions, and very often in the port) because they were in the water and could not call for help. With the exception of very cold water, PFD will keep you alive for a long time - but you may be able to achieve safety yourself. This also applies to groups of people on small sailboats. Countless times each year, small boats in a sudden gust or unexpected thunderstorm, plunging sailors into the water too far from the shore to reach safety on their own. Smart sailors keep a small underwater VHF radio (preferably an underwater portable VHF DSC GPS) on their belt. The lucky ones saw someone on the shore who calls for help, others sometimes die. If If VHF radio boats are DSC-capable, connect it to your plotter's GPS for greater safety in an emergency. By doing just these two things, along with filing a float plan, sailors significantly

reduce their chances of becoming one of the boat's mortality statistics each year. Best of all, the outfit is relatively inexpensive and once it becomes a habit to don both, you don't have to think about them for the rest of the day. Keep your home and family safe. Want to get great advice on how to keep your home safe from fire? Just follow these tips and suggestions from the Centers for Disease Control and Prevention and the National Center for Injury Prevention and Control of the Unintentional Injury Prevention Division: The most common causes of residential fires are cooking and heating equipment. When cooking, never leave food on the stove or in the oven unattended, and avoid wearing clothes with long, loose-fitting sleeves. Smoking is the leading cause of fire death and the second most common cause of house fires. If you smoke, do not smoke in bed, never leave burning cigarettes unattended, do not empty smoldering ashes in the trash can, and keep the ashtrays away from soft furniture and curtains. Keep matches and lighters away from the reach of children. It is safe to store flammable substances used around the house and never leave burning candles unattended. Set a smoke alarm outside each individual sleeping area and on every floor of your home, including the basement. A working smoke alarm can reduce the risk of death in an apartment building fire by 40-50%. The CDC offers smoke alarms with lithium batteries and silence buttons. The lithium battery can last up to 10 years, and the silence button allows you to quickly stop the unpleasant alarms caused by steam, smoke in the oven, etc. If a 10-year smoke alarm is not available, set a smoke alarm that uses conventional batteries and replaces batteries every year. (A helpful tip to help you remember: In the fall, when you change your watch for standard time, change your batteries!) Test smoke alarms every month to make sure they work properly. Make a family fire evacuation plan and practice it every six months. In the plan, discuss at least two different ways to get out of each room and assign a safe space in front of a house or apartment building for family members to meet after escaping from a fire. 1. Every year in the United States, more than 400,000 residential fires account for approximately 3,600 deaths and 18,600 injuries. 2. Older people, children under the age of 5 and people from low-income groups are most at risk of death associated with and burns. 3. Cooking is the leading cause of house fires, and smoking is the leading cause of fire death. 4. Approximately 59 per cent of fatal house fires occur in homes without smoke alarms. 5. Most residential fires occur winter months (December to February). 6. Most of these deaths in residential areas are preventable. Sources: Centers for Disease Control and Prevention; The National Center for Injury Prevention and Control of the Department of Unintentional Injury Prevention All content here, including the advice of doctors and other health care providers, should be considered only as an opinion. Always seek direct advice from your own doctor for any questions or questions you may have regarding your own health or other people's health. Other. firefighter safety equipment list. fire safety equipment list pdf. fire safety equipment list for home. usha fire safety equipment list. fire safety equipment price list. list fire safety equipment that is recommended to be in a house. fire safety equipment name list

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