

A p a r t m e n t

SAFETY



NOTES

SPOKANE FIRE DEPARTMENT

March 2012

DAYLIGHT SAVINGS TIME



Sunday, March 11 is the time for springing clocks forward one hour to get back into Daylight Savings Time.

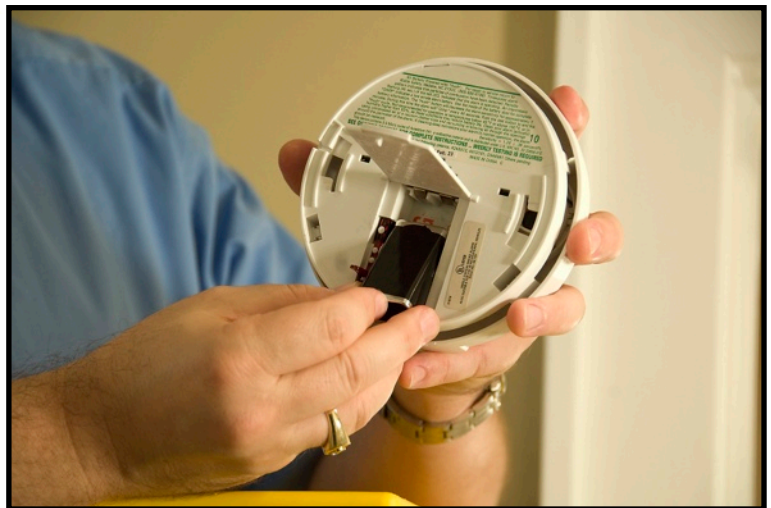
For many years, Fire Departments have tagged this event with “Change your Clock, Change your Battery” in hopes that everyone would always have a fresh battery working in their smoke detectors.

Now we recognize that there is more to smoke detector safety than just the battery. It is critical that people know how old their detectors are and what type of detector they have.

For apartment managers, it is a good idea to have a list of the brand, type (i.e. ionization or photoelectric) and manufacture date of each detector installed in rental units. All of this information is on the back label of every detector. A unit-by-unit listing not only assures that smoke

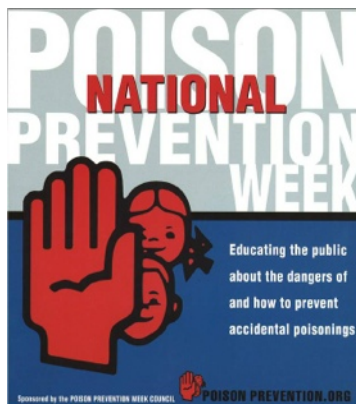
detectors in every unit are less than 10 years old but also serves as a way to project the date by which replacement detectors need to be purchased.

As we “Change our Clocks”, you have the opportunity to have tenants help you check the type and age of their detectors. According to RCW 43.44.110 and WAC 212-10, owners / managers must provide working smoke detectors for tenants.



Some will also provide the extra batteries because they want to make sure every unit is protected at all times. However, according to Washington State law, it is the responsibility of each tenant to keep batteries connected in the detectors and to replace them as needed. Most alkaline batteries will last for one year. Most lithium 9-volt batteries cost about \$5 and will last up to ten years.





POISON PREVENTION WEEK: MARCH 18-24, 2012

Each year the nation's Poison Control centers respond to about 2 million calls for help. The poisoning problem differs

by age group and living circumstances.

For example, about 60,000 young children end up in emergency rooms every year because they found medications adults had failed to secure. This finding prompted the current national campaign of "Up and Away" www.upandaway.org to remind parents and caregivers to keep all medications securely locked in a space that young children cannot reach. Despite the frustration that some adults have experienced with "child proof" containers, it is important to know there has been a 40% decline in aspirin poisonings alone since child-resistant packaging was enacted in 1970. Hundreds of children's lives have been saved.

The familiar round and green "Mr. Yuk" sticker has now been used for 40 years to deter children from opening dangerous containers. Anyone needing a few stickers for their home can ask for a Yuk Pack by calling the Poison Prevention phone number at 1-800-222-1222. This is also the same number to call in the event of a poisoning. About 70% of poisonings are now handled by a call to Poison Help rather than an automatic trip to the emergency room.

It surprises many to learn that over-the-counter analgesics (e.g. aspirin, Tylenol, and Advil) are among the most common substance exposures for both children and adults. Cosmetics, personal care products, and household cleaning substances also rank high on the list.

According to the WA Poison Center, the average senior takes seven medications a day. The greater the number of prescription medications, the greater the risk for a drug interaction. It is wise to use the same pharmacy for filling prescriptions since the pharmacist may notice any possible drug reactions between prescriptions ordered by different physicians over time. Seniors also need to take extra care that their medications are out of reach of young grandchildren or toddlers who delight in exploring purses, drawers or cupboards.

- ✓ Keep medicines and cleaning fluids in their original packaging.
- ✓ Use the same pharmacy to fill all prescriptions.
- ✓ Keep medicines out of reach of children and pets.
- ✓ Recognize that some vitamins and herbal supplements may cause side effects when used with prescription drugs or certain foods.
- ✓ If you have a concern, know you can call the free and confidential poison information line 24 hours a day, 7 days a week.
- ✓ Keep the WA Poison Center number near your phone:
1-800-222-1222

You can sign up for this monthly newsletter, ask a fire-related question or suggest a specific safety topic by contacting Jan Doherty at jdoherty@spokanefire.org or by calling (509) 625-7058.



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