



Safety Newsletter

David Stephens, Director of Risk Mgmt.

“Safety First, Then We Teach”

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news & notes

FAST FACTS ABOUT FIRES!

Smoke Alarms

- Three out of five home fire deaths in 2007-2011 were caused by fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 93% of the time, while battery powered alarms operated only 79% of the time.
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.
- An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed, to awaken or assist others, both types of alarms, or combination ionization and photoelectric alarms are recommended.

Escape Planning

- According to an NFPA survey, only one-third of

October is National Fire Safety Month! Fire Prevention Week is Oct 4-10!



Did you know that roughly half of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep?

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

Get to know NFPA's Fire Prevention Week website. Learn about the new resources to make your 2015 Fire Prevention Week a success.

When it comes to smoke alarms, it's about "location, location, location".

The **key message** of this year's Fire Prevention Week campaign, October 4-10, is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms.

NFPA is excited to share this important information so everyone better understands the life-saving value of home smoke alarms. Visit NFPA's ["Smoke Alarm Central"](http://www.nfpa.org/smokealarmcentral) for more information.

-Article from the National Fire Protection Association website
<http://www.nfpa.org/safety-information/fire-prevention-week>

Americans have both developed and practiced a home fire escape plan.

- Almost three-quarters of Americans do have an escape plan; however, more than half never practiced it.
- One-third (32%) of survey respondents who made an estimate thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less. Only 8% said their first thought on hearing a smoke alarm would be to get out!

For more Fast Facts on Fire, go to <http://www.nfpa.org/safety-information/fire-prevention-week/fast-facts-about-fire>.



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**David Stephens,
Director of Risk
Mgmt.**

**Florida School
Boards Insurance
Trust
800 N. Calhoun St.
Tallahassee, FL
32303
850-414-0021
850-414-0019 Fax**



Holistic health

Know the mind/body connection

The first full week of October is “**Mental Illness Awareness Week**” (www.nami.org/miaw), which makes it a good time to discuss this important wellness issue. In a blog entry called “Morbidity and Mental Illness”

(www.nimh.nih.gov/about/director/2015/mortality-and-mental-disorders.shtml), Dr. Thomas R. Insel, director of the National Institute of Mental Health, discusses a study that shows the median reduction in life expectancy among those with mental illness was 10.1 years less than the general population.

Insel, citing a paper (www.ncbi.nlm.nih.gov/pubmed/25671328) in the *Journal of the American Medical Association (JAMA)*, says the paper “does support the longstanding view that people with mental disorders do not die of their condition; they die from the same chronic health conditions as the rest of the population”

While Insel writes that the study’s results show, “17.5 percent of deaths appeared related to ‘unnatural causes’ such as suicide and unintentional injuries,” he notes that “[m]ost of this early mortality was attributed to ‘natural causes’ such as acute and chronic co-morbid conditions (heart diseases, pulmonary diseases, [and] infectious diseases).”

“This is an important insight because it means that mortality may be reduced by addressing the high rates of behaviors such as smoking, substance use, physical inactivity, and poor diet that contribute to chronic and deadly medical conditions,” he says.



***If you have any ideas or recommendations of items
you would like to see in the newsletters, please
contact the FSBIT Safety Program.
We look forward to your ideas!***

FSBIT Safety Specialists

Stephen Fields – sfields@fsbit.net

Tracy Wade – twade@fsbit.net

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