

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.

Quarterly Safety Tips

Connect with your community through Citizens Fire Academy

If you're looking for a way to engage with your community, consider our Citizens Fire Academy! This nine-week program will give you an up close look at what Gwinnett Fire and Emergency Services does for our community. It also teaches skills to keep you and your family safe in emergency situations. A few of the topics covered in the program include:

- How to administer hands-only CPR
- Hands-on search and rescue tactics for firefighters
- How a fire is investigated if arson is suspected
- Community education programs and courses



Participants also have a chance to ride in a fire engine and ambulance, so don't miss out! Availability is limited and applications must be received before Friday, March 8. Apply now at GwinnettCounty.com/CitizensFireAcademy!

Live a heart-healthy lifestyle!

Living a healthy lifestyle is key to prevent or control risk factors and health issues that could lead to sudden cardiac arrest or even death. Here are some great ways to ensure you live an active and heart-healthy lifestyle:

- Exercise regularly
- Eat healthy meals
- Maintain your health screenings
- Manage existing health conditions



Another important aspect of living a heart-healthy lifestyle is to learn CPR and how to use an automatic external defibrillator. You can learn how to save a life in just a couple minutes with our adult hands-only CPR class. Get active and involved! Sign up for one of our classes at GwinnettFireEducation.com.

Fire and life safety for older adults

Did you know that older adults have a greater risk of injury or death in a home fire? They may not react as quickly when the smoke alarm sounds or be able to move as fast to escape the smoke and flames. Early warning of a fire could provide more time to escape. Protect older adults from home fires with these three tips:

- Install working smoke alarms on every level of the home and in each of the bedrooms. The more smoke alarms you have, the earlier you will know there's fire.
- Have two ways out of every room (a door or a window) and develop a home fire escape plan. Be sure to practice fire drills to test your plan.
- Get rid of home hazards and habits that could cause a fire to start or grow in intensity. This includes overloaded electrical outlets, poorly maintained heating appliances, cluttered exit pathways, and unsafe cooking practices.



Want to learn more safety tips for older adults? We have a class dedicated to our 55 years and older community that teaches medication safety, fire safety, how to avoid falls at home, and so much more. [Click here to register for the class today!](#)



Gwinnett

FIRE & EMERGENCY SERVICES
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