

Bedroom Safety

Wake Up to Safety in the Bedroom

The average adult sleeps almost 8 hours per night, spending at least one-third of every day in their bedroom. Unfortunately, we are often at our most vulnerable while asleep. Thirty-six percent of people killed in home fires never wake up. Take steps to make sure your bedroom is safe—you'll sleep better!

Safety Tips:

- Before installing a portable air conditioner, make sure that the electrical circuit and the outlet are able to handle the load.
- Large window A/C units should have their own separate electrical circuit so the system is not overloaded.
- Air conditioners need to be cleaned at the beginning of every season to keep them running safely and efficiently.
- Check ceiling fans regularly for a wobble, which will wear out the motor over time. To fix the wobble, turn off power to the ceiling fan, and tighten the screws.
- Replace any lamp whose cord is damaged or cracked.
- Use correct bulb wattage in fixtures. Light bulbs with wattages that are too high for the light fixture can overheat the fixture and start a fire.
- Always turn lamps off when you leave the room for an extended period of time.
- If you have a rechargeable battery, be sure to use the proper battery charger intended for the size and type of battery you have.
- Unplug battery chargers or power adapters when equipment is fully charged or is disconnected from the charger.

Safety Spotlight: Smoke Alarms

Smoke alarms save lives by providing early warning of fire. Smoke alarms should be installed in every bedroom, outside each sleeping area, and on every level of the home.

For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds. Battery-operated alarms can now be connected by wireless technology.

Test smoke alarms monthly by pushing the TEST button. Change smoke alarm batteries at least once a year. If an alarm chirps or beeps to indicate low batteries, change them right away.

Energy Saving Tip:

If you have a portable air conditioner, turn it off when a room will be vacant for a few hours. You'll use less energy cooling the room down later than if you had left the unit running.

Visit ESFi's *Virtual Home* at <http://virtualhome.esfi.org/> to learn more about home electrical safety.