



Dighton Fire

Monthly Newsletter

Close Before You Doze

Your Safety Hinges On It

50% of home fire deaths happen between 11PM and 7AM. Closing doors before you go to bed helps keep you safe. Fire and toxic smoke can spread through your home quickly leaving you with three minutes or less to escape. There won't be time to plan a way out in the moment. Don't wait, plan ahead. Use the How-To-Guide at <https://closeyourdoor.org/#escape-plan> to start the fire safety conversation.

One of these rooms is safer than the other.

CLISE®
BEFORE YOU DOZE

Scan to learn a simple step that could save your life in a home fire.

VIDEO

© 2022 Underwriters Laboratories Inc. All rights reserved.

February Recap

Ambulance Calls
80

Fire Calls
40

1

TEMPERATURE

A closed door can mean the difference between 100 degrees and 1,000 degrees

2

TOXIC GASSES

A closed door can keep carbon monoxide levels at 1,000PPM vs. 10,000PPM when a door is left open

3

TIME

The average amount of time to escape a fire 40 years ago was 17 minutes. The average time to escape today is 3 minutes

Remember to get your burning permits! Open burning is allowed from January 15th to May 1st.

Training Corner

Members of DFD trained on ice/cold water rescue operations in February. Members were able to practice hand signals and different techniques to rescue victims who have fallen through ice. Remember: always consider ice to be potentially dangerous. You can't judge ice conditions by appearance or thickness alone; many other factors like water depth, size of waterbody, water chemistry, currents, snow cover, age of ice, and local weather conditions impact ice strength. If you fall through ice, don't panic: Call for help if there are people nearby. Don't remove winter clothing: Air trapped in your clothes can provide warmth and help you float. If a pet falls in, do not attempt to rescue the pet. Go find help. Well meaning pet owners can easily become victims themselves when trying to assist their pets. Remember to always keep pets leashed while walking on or near ice.



Catch Some Zzz's

Sleep is absolutely instrumental in cognitive function, mental acuity and the ability to concentrate and learn new things. During sleep, your brain deals with information received during the day. It consolidates memories and clears plaque-forming amyloids and tau proteins associated with Alzheimer's disease. There's a cleanup process that happens in brains when we sleep. There's a pressure to sleep, and when you do, that pressure gets dissipated and that's how you feel fresh in the morning. REM sleep, or the dreaming phase of sleep, has been shown to enhance learning, memory and emotional well-being. Sleep disruptions affect your levels of neurotransmitters and stress hormones, which may make it more difficult to think and regulate your emotions.

An infographic from the American Heart Association titled "3 TIPS FOR BETTER SLEEP". It features a woman sitting up in bed at night, looking thoughtful. The background is a dark night sky with a clock showing approximately 10:10. The infographic lists three tips: 1. SET AN ALARM: Set a daily alarm for 1 hour before bedtime. This will remind you it's time to wind down. 2. SIGNAL YOUR BRAIN: Once your alarm goes off, do something your brain associates with bedtime, like brushing your teeth or washing your face. 3. RELAX AND UNWIND: Reclaim your calm by doing something that helps you unwind - a bath, reading, journaling or something else relaxing. The infographic also includes the American Heart Association logo and the text "Healthy for Good". At the bottom, it says "© Copyright 2023 American Heart Association, Inc. All rights reserved. Unpublished and prohibited. #123" and "If you consistently have trouble sleeping well, please talk to your doctor." and the website "heart.org/sleep".