

# **It's About Time!**

# **Fire Safety in Your Home**

**A Presentation for Tamarack Triangle Civic Association**  
**Montgomery County Fire and Rescue Service**  
**October 7, 2025**



# Your Presenters:

## Mike Grinder

Battalion Fire Chief



## Jim Resnick

Program Manager (contractor)  
Community Risk Reduction Section  
Senior Outreach & Education





**Tamarack Triangle Civic Association**

**Board Members, Committee Members, & Volunteers**

**AND YOU – for your interest and for  
being here!**

# MCFRS Operations

- 618 calls for service within this census tract in CY2024
- 85% were EMS-related
  - 17 ALS2 calls
  - Seven full assignments
- Specifically within the Tamarack community (defined as the boundaries of Fairland Rd., E. Randolph Rd, and Tamarack Neighborhood Park)
  - One reported building fire since 2021
  - Homes are primarily owner occupied
  - Very few cardiac arrests and strokes
  - Traumatic injuries occur more frequently
  - No overdoses






# MCFRS Community Risk Reduction

## PREVENTION & EDUCATION = IMPROVED RESILIENCE

- MCFRS will continue to improve this community's resilience to any emergency through prevention and education initiative
- Fire Prevention & Fire Safety:
  - Ensuring WORKING Smoke and Carbon Monoxide Alarms
  - Learning & Reinforcing Fire Escape Plans for the Home
  - Teaching about Compartmentation, Rapid Notification
- Hands-only CPR
- Stroke symptom recognition
- Stop the Bleed



**Cooking Safety**

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

**"COOK WITH CAUTION"**

- !!! Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- !!! Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- !!! If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- !!! Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

**IF YOU HAVE A COOKING FIRE...**

- !!! Just get out! When you leave, close the door behind you to help contain the fire.
- !!! Call 9-1-1 or the local emergency number after you leave.
- !!! If you try to fight the fire, be sure others are getting out and you have a clear way out.
- !!! Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- !!! For an oven fire turn off the heat and keep the door closed.

**Cooking and Kids**

Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

**FACTS**

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the stovetop.

Call 311 for a FREE Home Safety Check

[www.mcfrcs.org/mcsafe](http://www.mcfrcs.org/mcsafe)

# Time to “Take Charge of Battery Safety”



# TIME & SAFETY

- **17 Minutes**

**Home Fire 1970s-1980s**

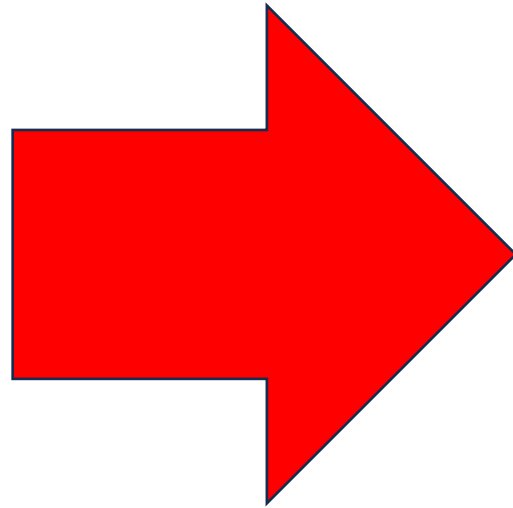


- **Less than 3 Minutes**

**Home Fire Today**

# TIME & SAFETY

- **30 seconds - 1 minute**  
**(Reaction Time)**



**Action!**



# **TIME & SAFETY**

## **Less than 1 Minute**



# TIME & SAFETY

## 1 Minute to Test Your Alarms



**PUT A FINGER ON IT!**  
WORKING SMOKE ALARMS SAVE LIVES.

# Working Smoke & Carbon Monoxide Alarms



*Working*  
**SMOKE ALARMS  
SAVE LIVES**

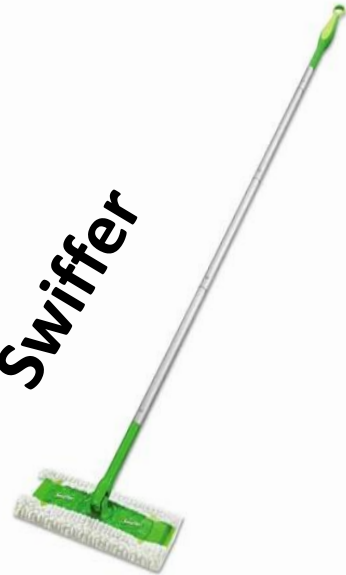


**You MUST TEST YOUR Alarms to ensure that they work!**

*Yardstick*



*Swiffer*



*Broom Handle*



# TIME & SAFETY

## 4 or 5 minutes



Fast. Friendly.  
Reliable. MC311  
is just a call or  
click away!



For information about County services and to  
submit a service request, please visit [MC311.com](https://MC311.com)

[mcfrs.org/mcsafe](https://mcfrs.org/mcsafe)



# Make the Right Call!



**9-1-1** *only for emergencies*

**301-279-8000** *only to report non-emergencies*

**3-1-1** *general Montgomery County government information*



# TIME & SAFETY

## HEART ATTACK:

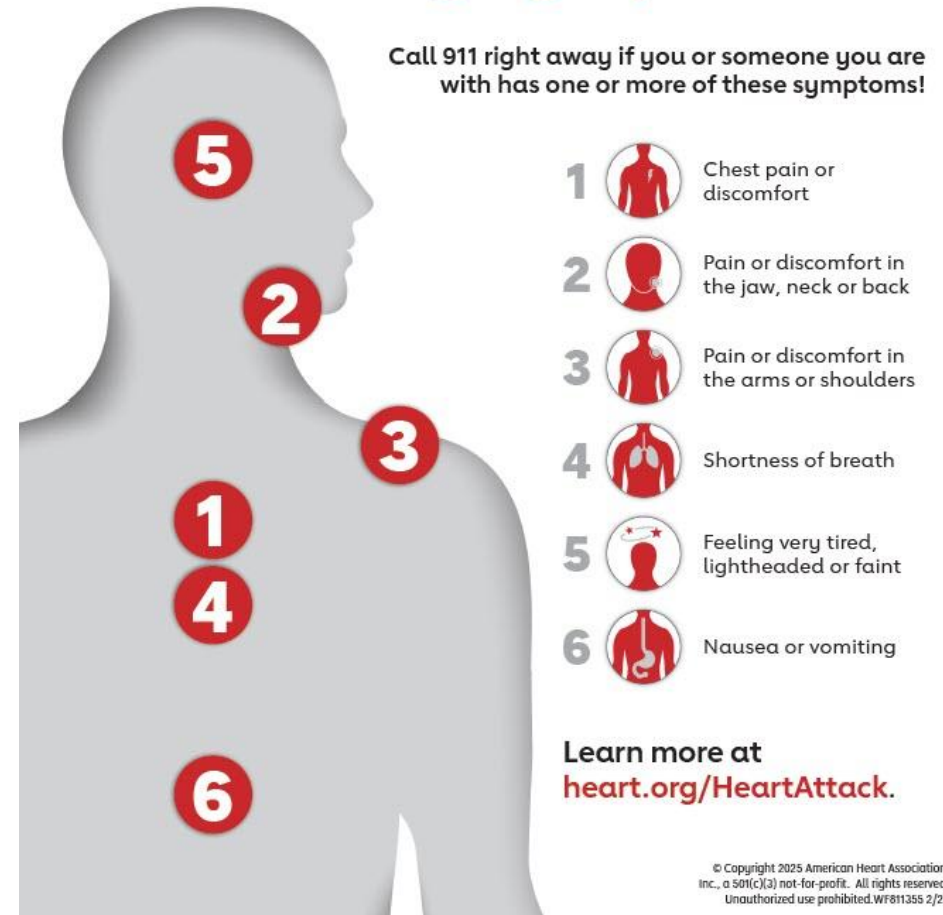
**Notice ANY Signs or Symptoms?  
Call 911**

**TIME = HEART CELLS**



## Common Heart Attack Warning Symptoms

Call 911 right away if you or someone you are with has one or more of these symptoms!



# TIME & SAFETY

## STROKE:

Notice ANY Signs or Symptoms?  
Call 911

TIME = BRAIN CELLS

When it comes to Stroke

**BE FAST. Call 911.**

Any one of these sudden symptoms could mean a stroke.

### HOW TO SPOT A STROKE



<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Balance</b>	<b>Eyes</b>	<b>Face</b>	<b>Arm</b>	<b>Speech</b>	<b>Time</b>
Sudden loss of balance, dizziness	Sudden loss of vision or blurred vision	Uneven smile, one side of face is drooping or numb	One arm is weak or numb	Slurred speech or difficulty speaking	Time to call 911 immediately

### KEYS TO PREVENTION

Know and manage your risks.

Manage high blood pressure, the leading cause of stroke.	Avoid tobacco use and vaping.	Get regular physical activity.	Manage cholesterol.	Eat healthy foods including vegetables, fruits, and lean protein.

Call 311 for a **FREE** Home Safety Check



[mcfcs.org/mcsafe](https://mcfcs.org/mcsafe)

# Calling 911

- When
- Why
- How
- Important Points





# What You Say Matters:

**Fire/Rescue Response is Based Upon Information from Your Call:**

**Sick Person or Injured Person  
w/no complications**

**One Ambulance**



# **What You Say Matters: Fire/Rescue Response is Based Upon Information from Your Call:**

**Chest Pains, Trouble  
Breathing, Diabetic or  
Complex Medical or  
Trauma Patient**

**1 Ambulance & 1 Paramedic Engine**





# What You Say Matters:

Fire/Rescue Response is Based Upon Information from Your Call:

**Unconscious Person,  
Cardiac Arrest**

**1 Ambulance & 2 Paramedic Engines**



# What You Say Matters:

**Fire/Rescue Response is Based Upon Information from Your Call:**

**One Engine & One Truck/Tower**

**Automatic Fire Alarm**





# What You Say Matters:

**Fire/Rescue Response is Based Upon Information from Your Call:**

**House or Building Fire**

**5 Engines, 2 Trucks/Towers,  
1 Rescue Squad, 1 Ambulance,  
2 Chiefs**



# Police/Law Enforcement – Emergency Call 911

## Autism/Alzheimer's/Dementia

- **Call 9-1-1 immediately** if your loved one has wandered so that police can respond.
- **Do not wait to call 9-1-1.**
- In some instances, families will first try and search for their missing loved ones without assistance and feel they can't call emergency responders for assistance immediately.
- If you don't immediately call 9-1-1, precious time is lost, which could lead to a tragic ending.



When in Doubt:

**CALL 911**



# Before We Leave...

- **Fire Prevention**

- Unattended Cooking
- Rechargeable Batteries
- Electrical Issues
- Candles
- Irresponsible Smoking



- **Fire Safety**

- Plan A – Get Out Then Call 911
- Plan B – Get Out Another Way/911
- Plan C – Get Safe Then Call 911
- Practice Your Plan!



- **Injury Prevention**

- Fall Prevention
- Sharp Object Safety
- Hot Objects & Liquids
- Infectious Diseases



- **Medication Safety**

- Organization of Meds
- Listing of Meds
- Getting Assistance
- File of Life





# FILE OF LIFE

Imagine that you are injured or suffer from a medical condition that temporarily renders you unconscious or unable to communicate effectively with paramedics. Without important information about your medical history, how will first responders be able to quickly assess and treat your condition?

The Montgomery County Fire and Rescue Service is pleased to provide a community initiative entitled the "File of Life" program. The File of Life packet enables Montgomery County Fire and Rescue personnel to obtain a quick and accurate medical history when a patient or family member is unable to. The "File of Life" is a red, magnetic packet that contains important medical information about you. The "File of Life" also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know in caring for you. FREE File of Life packets are available to Montgomery County residents. Call 311 to request a File of Life packet be mailed to you.

**DIY option!** Please click on the links below to print out a **File of Life insert**, fill it out and hang on your refrigerator. Since you can not print out the red, magnetic pouch that holds it, consider putting it in a Ziploc/plastic bag. If you still need one mailed out to you, contact 311 for assistance.

-  [Download the File of Life Insert \(PDF, 129 Kb\)](#)
-  [Download the File of Life Insert \(Word, 39 Kb\)](#)

**IMPORTANT: ONLY fill out in English**

## FILE OF LIFE

Prior medical conditions? Allergies? Medications? The **FILE OF LIFE** packet puts these answers in the hands of first responders so they can provide the best possible care and your information can be shared with emergency room physicians – just in case you are unable.

Make your own in 3 easy steps:

1. Click & print out the insert
2. Fill it in with your info
3. Grab a Ziploc baggie & place on fridge



**Wrap Up and Q & A**

**THANK YOU!**