

## Fall Back and Do This...

It's that time of year again! As we prepare our clocks to "fall back" for the end of Daylight Saving Time on November 2, use this opportunity to also prepare your home for fire emergencies by changing the batteries in your smoke alarm. According to the U.S. Fire Administration, most alarms need a new battery at least [once a year](#). In addition, if your smoke alarm is more than 10 years old, replace it with a new alarm and a new battery.

And with colder temperatures on the way, you may want to review heating safety techniques with your family and create a [fire escape plan](#). Heating equipment is a leading cause of home fire deaths.

Some [simple steps can prevent](#) most heating-related fires from happening. These steps include:

- Keep anything that can burn at least three feet away from heating equipment, such as a furnace, fireplace, or portable heater;
- Turn portable heaters off when leaving the room or going to bed; and
- Have heating equipment and chimneys cleaned and inspected yearly by a qualified professional.

Making a fire escape plan and practicing a fire escape drill are important elements of home fire safety. Start planning today! This [toolkit](#) from the National Fire Protection Agency has everything you need to get started.