**Do You Have an Alerting Device You Could Hear?**

**Smoke and carbon monoxide detectors sound at a frequency that may not wake or alert people who are hard of hearing or Deaf**

**Monthly Meetings**

See website for time and location.

#### info@hearinglossdv.org



**We provide communication access**

Our meetings are captioned. The meeting room has a hearing loop. ASL on request.



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# ATTENTION

Safety



## Fire

**Hearing Loss Association of America**

Diablo Valley Chapter

925.264.1199

[www.hearinglossdv.org](http://www.hearinglossdv.org/)

## Make your home, fire and carbon monoxide safe today!

### **Safety!**

* **Get out fast**—research shows that once a smoke detector is activated from a fire in your home, you may have as little as **two minutes** to escape unharmed.
* A carbon monoxide alarm is a signal of a potentially **deadly** hazard.
* People who are hard of hearing or deaf **may not** be alerted to a fire or exposure to carbon monoxide by a normal smoke or carbon monoxide detector.
* Recent research shows that most people with a hearing loss, even a mild one, will not be awakened from a **deep sleep** by a standard smoke detector.
* Hearing loss typically affects the high tones more than the low tones. A standard smoke detector emits a 3100 Hz **high tone signal**.
* A **standard smoke detector,** for a person who has a hearing loss, **increases their risk** of not getting out of their home safely during a **fire.**

### **Alerting**

#### Sound ● Vibrate ● Strobe

* + Get a system that sends **multiple alerting signals** around your home.
	+ Use more than one type of alert to be fire and carbon monoxide safe:

#### low tone bed shaker flashing



**Lifetone**

**A low tone alerting device and a bed shaker are the most effective ways to be awakened from a deep sleep.**

The information in this document is meant to be used for educational and guidance purposes only.

* A visual strobe light may be effective during the day however strobe lights are the least effective devices during sleep.


### **TIPS**

* Make sure you wear your hearing aids during the day to help you hear the smoke or carbon monoxide detector.
* Interconnected smoke alarms are recommended so your alerting device is activated no matter where the fire takes place in your home**.**
* Some bed shakers can be clipped right to the pillowcase so they do not get misplaced.
* Make sure your alerting device is compatible with your smoke alarm!
* If you are traveling, ask the hotel if they have an alerting device or bring your own.