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“EVERYDAY HERO CT” REMINDS RESIDENTS TO “CHANGE YOUR CLOCK, CHANGE YOUR BATTERY”

February 29, 2016 | Cromwell, CT – It’s time to “spring ahead” and gain an hour of light in the evening. The Everyday Hero CT Program reminds residents that Daylight Savings Time begins at 2:00 a.m. on Sunday, March 13, 2016. When setting clocks ahead one hour before going to bed on Saturday, March 12, remember to also change smoke alarm and carbon monoxide (CO) detector batteries.

“It’s a habit that’s both simple and life-saving,” says Chief Fred Dudek, Everyday Hero CT program manager. “Yet, so many people ignore their smoke and CO detectors. We urge everyone to not only change their batteries when they change their clocks but also set a reminder to test their alarms once every month.”

According to the [National Fire Protection Association](#) (NFPA), roughly two-thirds of home fire deaths occur in homes with no smoke alarms. And, in homes with working alarms that simply fail to operate, it is usually because of batteries were missing, disconnected, or dead. Everyday Hero CT shares the following NFPA guidelines:

- Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
- Replace all smoke alarms when they are 10 years old.
- Replace the smoke alarm immediately if it doesn’t respond properly when tested.
- Smoke alarms with nonreplaceable (long-life) batteries are designed to remain effective for up to 10 years. If the alarm chirps, a warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms with any other type of battery, replace batteries at least once a year. If the alarm chirps, replace only the battery.

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Volunteers Needed

Everyday Hero CT is a program dedicated to increasing the number of volunteer firefighters throughout the state. Eighty percent of all fire personnel in Connecticut are volunteers, and the majority of fire departments throughout the state are experiencing a volunteer shortage. Local fire departments need volunteers of all skill levels and abilities, people willing and able to respond to emergencies whenever called upon.

“The skills and experience gained as a volunteer firefighter are invaluable and have a positive and lasting impact on the lives of others,” says Chief Dudek. “Those who join their local fire departments sign up for one of the most rewarding opportunities they’ll ever have.”

About Everyday Hero CT

A partnership of the [Connecticut Fire Chiefs Association](#) (CFCA) and the [International Association of Fire Chiefs](#) (IAFC), the Everyday Hero CT campaign is a two-year Volunteer Workforce Solutions (VWS) initiative designed to address the shortage of volunteer firefighters in Connecticut. It is helping achieve a viable and sustainable volunteer firefighter workforce for 15 Connecticut fire departments: Broad Brook Volunteer Fire Department, Cromwell Fire and EMS Department, Gales Ferry Volunteer Fire Company, Gardner Lake Volunteer Fire Company, Inc. (Salem), Greenwich Fire Department, Killingworth Volunteer Fire Department, Middlefield Volunteer Fire Company, Old Mystic Fire Department, Rocky Hill Fire Department, Somers Fire Department, Stamford Volunteer Firefighters Association, Trumbull Volunteer Fire Services, Westfield Fire Department (Middletown), Windsor Volunteer Fire Department, Wolcott Fire Department. Everyday Hero CT is funded by a Staffing for Adequate Fire and Emergency Response (SAFER) grant awarded to the CFCA by the U.S. Department of Homeland Security’s Federal Emergency Management Agency (FEMA) to develop a model to enhance the recruitment and retention of volunteer firefighters. For more information, visit www.EverydayHeroCT.org.

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