

# PLAY IT SAFE!

## Plan Home Fire Drills



The Facts You Need to Know  
About Fire Escape Planning.

Let's face it, fires happen. It's easy to believe that it will never happen to you. Statistics indicate that thousands of people die each year in home fires. They probably thought the same thing. With proper planning, you and your family don't have to become just another statistic.

### What can you do?

There are two very important measures that you can use to protect yourself and your loved ones.

1. Install smoke detectors on all levels of your home.
2. Have and follow a carefully thought out and practiced escape plan.

### Smoke Detectors - The First Line of Defense

Most fires occur at night while you and your family are asleep. Without a properly installed and operational smoke detector, you might not be aware of a fire until it is too late.

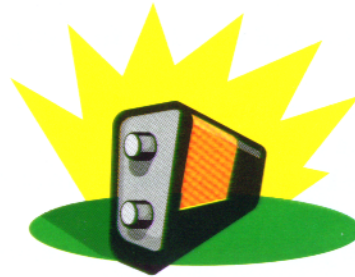
In order to ensure that a smoke detector will help to save your life, follow these simple tips.

- Install smoke detectors on every floor of your home.
- Position smoke detectors in the hallway outside of all bedrooms.



Sleep with your door closed. Be sure that you can hear the detector go off. If you can't, install an additional unit in your room.

- Make sure that the detector you buy is approved by a testing laboratory.
- Read and follow the manufacturer's directions carefully.



- Test each smoke detector at least once a month. Keep extra batteries on hand and replace expired batteries immediately.

### Escape Planning - Know Your Role!

Once a fire breaks out, you need to know what to do. A moments hesitation can prove fatal. By preparing and practicing an escape plan, you have a better chance of surviving a fire.

Here are a few ways that you and your family can plan for your evacuation from a fire.

- Draw an escape plan. Make sure that there are at least two ways to exit from every room.
- If you have small children or family members who need special assistance, allow some provisions for their escape.

Teach your family to help in the event of an emergency.

- Educate everyone on how to open and close all doors and windows quickly and easily. Remember to close all doors behind you once a room has been evacuated.
- Test doors before opening them. Make sure they are not hot. If they are, use an alternate route for escape.
- If you live in a high rise building, use the stairs.  
**Never use the elevator!**
- Stay low. Teach everyone to crawl from the building. Smoke and heat rise. Staying low will help you breathe the clearer air that is near the floor.



- Plan a meeting place at a neighbor's. Once the family is together and safe outside, call the fire department.

- **Never go back in for anything!**
- Most importantly, **PRACTICE!** Go through all of the above rules as part of your escape plan training and put them into action. Remember to begin your practice drills in your bedroom as most fires occur at night.



## Trapped! - What to do if you are caught in an actual fire.

Fire spreads quickly. Even with an early warning, you can be trapped in a fire. If you know what to do and are prepared, you may save your life and the lives of others.

- Most importantly, ***DON'T PANIC!***
- Smoke and fumes are toxic. Remember to stay as low as you can and keep your head down. Crawl quickly to safety.
- Touch all doors to see if they are hot before you open them. If the door is hot, use an alternate escape path. If the door is not hot, open it very carefully. Be prepared to close it quickly if you feel smoke or fire coming towards you. Remember to close the door behind you as you exit the room.
- If, for any reason, you can't get out of the room, keep the door closed. Stuff blankets, towels, or sheets in any cracks or openings around doors and heating or air conditioning ducts. Open the window as long as no smoke is entering the room.
- Use a bright cloth or flashlight to signal your whereabouts. If there is a phone, call the fire department and tell them where you are.
- Stop, drop and roll if your clothing catches on fire.

## Plan Your Escape- It Could Save Your Life!

1. Everyone should start the fire exit drill in their bedrooms with the door closed.
2. Test your smoke detector to sound the alarm.
3. Test the door. If hot, use an alternate escape.
4. Crawl fast and stay low to escape the smoke.
5. Go to your pre-arranged meeting place and take a roll call.
6. Call the Fire Department from a neighbor's house.
7. Practice your fire exit drill twice a year.

