

PLAN NOW

**Family Activity
HOME ESCAPE PLAN
Exercise**



Plan your escape today...Your life may depend on it

 stcatharines.ca/FireSafeSTC



 St. Catharines

Plan Your Escape Today... Your Life May Depend On It Tomorrow.



Anyone who has lived through a fire will tell you how terrifying it is. Sadly, sometimes people don't live to talk about it. We know, because we see the tragic results of fire every day.

Often the victims of fire need not have perished. They did because they did not react quickly enough or because they were not alerted in time to escape. Smoke alarms alert you and are required by law on every storey of your home.

Although schools conduct regular fire drills, most fatal fires happen at home. It is critical to develop an effective home fire safety plan and practice it regularly. This will ensure that if a fire happens, everyone will know exactly what to do.

In more cases than we'd like to remember, help or escape was on the other side of a door, or at the opposite end of a corridor. Lives were lost because people either didn't

know or couldn't find their way out of a burning building. Don't let this happen to you or your loved ones. Use the grid sheet inside this booklet and the accompanying fire safety checklist to eliminate fire hazards and plan your escape route.

Home Fire Safety advice from the St. Catharines Fire & Emergency Management Services.

Practice And Talk About Your Fire Escape Plan.

Anyone who has lived through a fire will tell you how terrifying it is. Sadly, sometimes people don't live to talk about it. We know, because we see the tragic results of fire every day.

Often the victims of fire need not have perished. They did because they did not react quickly enough or because they were not alerted in time to escape. Smoke alarms alert you and are required by law on every storey of your home.

Although schools conduct regular fire drills, most fatal fires happen at home. It is critical to develop an effective home fire safety plan and practice it regularly. This will ensure that if a fire happens, everyone will know exactly what to do.

In more cases than we'd like to remember help or escape was on the other side of a door, or at the opposite end of a corridor. Lives were lost because people either didn't

know or couldn't find their way out of a burning building. Don't let this happen to you or your loved ones. Use this grid sheet and the accompanying fire safety checklist to eliminate fire hazards and plan your escape route.

Plan to Live.



Each member of the household should become familiar with the methods of escape, and take part in regular fire drills. Fire safety and escape planning is a family affair.

Pre-arrange a meeting place a safe distance away from the building so you can make sure everyone is accounted for.

Make sure family members, overnight guests and babysitters are familiar with your home escape plan. You may wish to post the escape plan where it will be seen by everyone (ie. on the fridge).

Have an alternate plan. The main escape route may become impassable because of smoke or fire.

Decide in advance who will assist the very young, the elderly or the infirm in the event of an emergency.

Conduct regular fire drills. Have family members practise escaping 'blind' from every area of the house.

Install extra alarms if necessary – in bedrooms where doors are kept closed or for persons who are hard of hearing.

Be sure everyone in the household knows how to dial 911 and report a fire as soon as they are safely out of the house or apartment.

GET OUT AND STAY OUT!

Never let anyone go back into a burning building!

Use this grid to draw a map of your home, similar to the example shown. Prepare a diagram for each floor. Include all emergency exits (at least two exits from each room, if possible). Show all walls, doors, windows and stairs. Clearly mark your agreed-upon meeting place **away from the home.**

Draw Your Own Home Escape Here.

If a fire occurred in your home tonight, would your family get out safely? Everyone must know what to do and where to go when the smoke alarm

sounds. Take a few minutes with everyone in your household to make a home fire escape plan. In the grid below, draw a floor plan of your home. You

should draw a diagram for each level of your home and show 2 ways out of every room, if possible.

A large grid for drawing a home escape plan. The grid is 20 columns wide and 30 rows high. The number '3' is printed in the bottom-left corner of the grid.

Protect Your Home and Family from Fire.

Follow these steps, and keep yourself and your family safe from the dangers of fire:

- *Smoke alarms provide a precious early warning that can make the difference between living and dying in a fire. Install a smoke alarm on every storey of your home, including the basement and outside all sleeping areas.*
- *Heat, smoke and deadly gases rise. In the event of fire, cover your nose and mouth with a cloth and crawl to the nearest exit.*
- *If you plan to escape via a window, be sure to shut the door to the room before opening the window, otherwise the resulting draft could fan the fire and cut off your escape.*
- *Closed doors help slow the spread of fire, smoke and gasses but make sure you have an alarm inside the bedroom if you sleep with the door closed.*
- *In the event of fire, shout warnings and get everyone out of your home immediately. Once outside, stay out. Never go back into a burning building.*
- *If your clothes catch on fire, stop, drop to the ground, and roll to smother the flames.*

If you need help in preparing your fire escape plan, or if you have any questions concerning fire safety, visit your nearest fire station, or phone St. Catharines Fire & Emergency Management Services at 905.688.5601x ext. 4224.

To test how safe your home is from fire, refer to the Checklist to Fire Safety on the back.

Alarms Save Lives

Carbon Monoxide (CO) Alarms

CO is the number one cause of accidental poisoning in North America. Carbon monoxide can come not only from your

furnace but from gas stoves and dryers, fireplaces, wood stoves, attached garages, etc. Due to the number of potential CO sources and the danger this poison presents, carbon monoxide alarms are mandatory in Ontario.

Purchase only those detectors recognized by ULC (Underwriters Laboratory of Canada) and bearing a ULC stamp.

Ensure there is a carbon monoxide alarm by every sleeping area in your home. Having an alarm in the furnace room is not required.

When the CO alarm sounds, leave the home, do not open any windows and call 911 from outside the home.

Test your CO alarm with a recognized test kit available from your local hardware store or from the alarm manufacturer.

Smoke Alarms

Most fatal fires occur at night, when people are asleep. Under these circumstances, you can be overcome by smoke and never wake up. Seconds can make the difference between life and death. Are you and your loved ones protected?

Smoke alarms detect smoke in the early stages of a fire and sound a warning. Proven effective, these inexpensive, easy to install devices are either battery operated or electrically connected to household circuits.

Location of Alarms

Install at least one smoke alarm on every storey of your home, and outside all sleeping areas.

Smoke rises, so it is important to locate alarms on the ceiling whenever

possible (see the manufacturer's recommendations).

If you sleep with your bedroom door closed ensure there is a smoke alarm in the bedroom.

Avoid placing smoke alarms in kitchens and washrooms where steam etc. can accidentally activate alarms. Another option is to install a photoelectric smoke alarm in these rooms.

Testing and Maintenance

Smoke alarms should be tested monthly. Never use an open flame to test your smoke alarm. Test for operation using the test button until the alarm sounds.

If battery operated alarms do not sound, replace the battery and try again. If electrically operated alarms do not sound, check the fuse and try again. If the alarm still does not sound, replace it immediately.

Clean the alarm detection chamber and protective cover every six months using the soft brush attachment on your vacuum.

Battery Replacement

To ensure proper operation, replace batteries at least once a year (or when intermittent beeping is heard).

If the smoke alarm is activated accidentally, (by cooking fumes for example) ventilate the affected area by opening a window or fanning the alarm with a newspaper.

Always read the manufacturer's instructions for specific installation, maintenance and testing information.

Install only ULC (Underwriters Laboratory of Canada) labelled smoke alarms.

Replace or relocate smoke alarms which activate and sound continually for no apparent reason.

Check Your Way to Fire Safety. Don't Give a Fire a Place to Start.

How safe are you from fire? Ask yourself these questions. Be honest. If you answer no to any of these questions, you have potentially life threatening fire hazards in your home.

The best way to protect yourself and your family from the dangers of fire is to eliminate these hazards and develop a fire escape plan. Fire safety is a family affair. Everyone has a role to play in eliminating fire hazards and planning to get out alive.

The best way to protect yourself and for advice on how to prepare a fire escape plan and avoid hazardous situations around the house, visit your nearest fire station, or contact St. Catharines Fire & Emergency Management Services.

Prepare A Fire Escape Plan Today...

- | | Yes | No |
|--|-----------------------|-----------------------|
| Does your family have a fire escape plan? | <input type="radio"/> | <input type="radio"/> |
| Is the plan practiced regularly? | <input type="radio"/> | <input type="radio"/> |
| Does your home have at least one smoke alarm on every storey? | <input type="radio"/> | <input type="radio"/> |
| Are they tested once a month? | <input type="radio"/> | <input type="radio"/> |
| Does your family know how to "stop, drop and roll" if their clothes catch fire? | <input type="radio"/> | <input type="radio"/> |
| Does your family know that they should crawl to safety in the event of fire and dense smoke? | <input type="radio"/> | <input type="radio"/> |
| Do you check regularly for fire hazards? | <input type="radio"/> | <input type="radio"/> |
| Do bedrooms with closed doors have a smoke alarm? | <input type="radio"/> | <input type="radio"/> |

In the Kitchen...

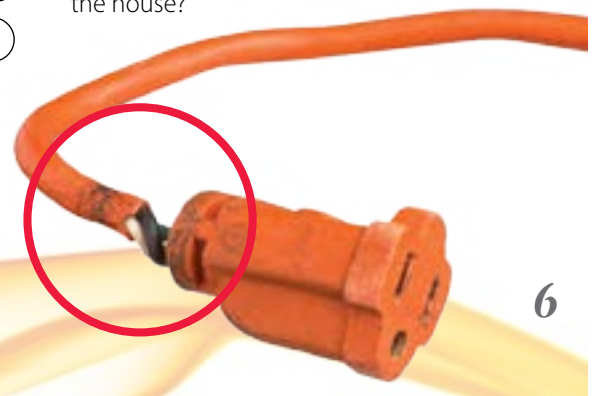
- | | Yes | No |
|--|-----------------------|-----------------------|
| Is your range kept clean and free of grease? | <input type="radio"/> | <input type="radio"/> |
| When cooking, do you avoid wearing loose clothing with long sleeves? | <input type="radio"/> | <input type="radio"/> |
| Do you keep paper towels, tea towels, curtains and other combustibles away from heat sources? | <input type="radio"/> | <input type="radio"/> |
| Is cooking supervised closely to prevent boiling over? (This could extinguish a gas flame and cause a health hazard and result in an explosion.) | <input type="radio"/> | <input type="radio"/> |
| Are children always supervised around cooking equipment and advised not to cook without adult supervision? | <input type="radio"/> | <input type="radio"/> |

Plan to Get Out Alive.

- | | Yes | No |
|--|-----------------------|-----------------------|
| Are you in the habit of turning pot handles inward when cooking? | <input type="radio"/> | <input type="radio"/> |
| Do you keep a proper fitting lid close at hand when deep-fat-frying? | <input type="radio"/> | <input type="radio"/> |
| Children may get burned climbing onto the stove to reach for an item overhead. Do you store cookies, cereal and other temptations away from the stove? | <input type="radio"/> | <input type="radio"/> |
| Do you check to ensure electrical cords do not run under rugs and are never nailed in place? | <input type="radio"/> | <input type="radio"/> |
| Are only 15 amp fuses used on lighting and household appliance circuits? | <input type="radio"/> | <input type="radio"/> |
| Do you make sure that all electrical appliances are turned off when you go to bed or leave the house? | <input type="radio"/> | <input type="radio"/> |

Electrical ...

- | | Yes | No |
|--|-----------------------|-----------------------|
| Do you check electrical cords and plugs for damage and wear? | <input type="radio"/> | <input type="radio"/> |





Smoking Materials

- Is everyone aware of the danger of smoking in bed? Yes No
- Do you provide large safe ashtrays wherever people smoke? Yes No
- Do you empty ashtrays into a non-combustible container for disposal? Yes No
- Are matches and lighters kept away from heat and children? Yes No

Housekeeping

- Do you keep your basement, storeroom, garage and yard clear of rubbish and other combustible waste? Yes No
- Is all necessary storage kept away from sources of heat, such as the furnace, radiators and portable heaters? Yes No
- Is the lint trap on your clothes dryer cleaned after each use? Yes No

Heating Appliances

- Do you have your furnace, pipes and chimney cleaned and checked before each heating season? Yes No
- Portable fuel-burning heaters require oxygen to operate efficiently. Do you provide proper ventilation when they are in use? Yes No
- Do you keep portable heaters at least one metre (three feet) away from drapes, couches, etc.? Yes No
- Is your fireplace equipped with close-fitting metal fire screen or heat-tempered glass doors? Yes No
- Are ashes for disposal kept in metal containers? Yes No

Flammable Liquids

- Are all flammable liquids, solvents and adhesives stored in approved containers? Yes No
- Are these items stored and used in well-ventilated areas, away from children, sparks or heat? Yes No
- Are all gasoline powered appliances stored outside the house? Yes No
- Are all pressurized aerosol cans stored in a cool place away from heat sources? Yes No



If, in spite of everything, you do have a fire, remember these important points:
Alert everyone in the house/apartment and follow your escape plan.
Once outside, alert the Fire Department by phoning 911 as soon as possible from a safe location.