

FOUR SIMPLE STEPS WILL SAVE YOUR LIFE!

1. PREPARE

INSTALL SMOKE DETECTORS.

Have smoke detectors on every floor and outside every bedroom. Check all smoke detector batteries once a month and replace them at least twice a year.

GET ORGANIZED.

Keep all rooms neat and orderly. Clutter contributes to a fire's spread and may block your escape. All stairwells, doors and windows must be clear and unobstructed.

CHECK DOORS AND WINDOWS.

Keep the keys to all deadbolt locks either in the doors or near the doors. All windows should unlock and open easily. Make sure windows with security bars open quickly from inside.

BUY ESCAPE LADDERS.

Purchase fire escape ladders for second floor windows and above.



2. PLAN

HAVE A MEETING.

Hold a fire safety meeting with every member of your household.

Create a fire escape plan.

DRAW A MAP.

Make a floor plan for each level of your home on a large sheet of paper.

Mark the location of all doors and windows. Map two ways out of every room.

Pick a safe meeting place outside and away from your home where everyone will meet after getting out. Clearly mark it on your fire escape plan. If you live in a high rise, learn your building's fire escape plan and emergency exits.

POST YOUR PLAN.

Hang your fire escape plan map in a visible area. Each member of your household should learn it by heart.

3. PRACTICE

DO IT REGULARLY.

Drill at least two times a year. Use a stopwatch to track your time.

DRILL BOTH DAY AND NIGHT.

Remember EDITH (Exit Drills In The Home) and DAN (Drills At Night). Night drills simulate the conditions of the smoke in a fire. Drilling at night will better prepare you for a real emergency.

SURPRISE!

Hold surprise fire drills. Have everyone agree on a day for the drill, but don't set an exact time.

SOUND THE ALARM.

Trigger a smoke detector alarm (or another signal everyone has chosen like a loud bell or whistle). Begin timing when you sound the alarm.

SIMULATE REAL EXPERIENCES.

- Roll out of bed and onto the floor. Crawl with your head close to the ground. The only breathable air in a fire is 1-2 feet above the floor.
- Check doors for heat. With the back of your hand, check the surface of the door, the hinges, the door knob and the cracks around the door. In a real emergency, if you feel heat, do NOT open the door. Crawl to your second way out.
- Close all doors behind you. Closing doors prevents fire from spreading.
- Never use elevators. Always use the stairs in a fire. Elevators are fire and death traps.
 - Block a major exit with a sign that reads, "FIRE AND SMOKE." Make everyone find a second way out.
 - Exit through first floor windows. Climb out feet first. Lean your chest on the window sill,

use your arms to lower yourself, then drop, bending your knees to cushion the landing. In a fire, your only escape may be through a window. Only practice using an escape ladder from the ground. NEVER practice exiting from a second floor window or higher, and NEVER drop from a window above the second floor.

- Practice helping children escape through first floor windows. Always get children out first. Hold their wrists in your hands and lower them close to the ground. If possible, have someone on the ground catch the child.
- In a high rise, use an exterior fire-escape staircase. Walk slowly and hold the rails at all times. GO DIRECTLY TO YOUR SAFE MEETING PLACE. When the last person arrives, note the time and write it down.

4. REVIEW

DISCUSS THE RESULTS.

Review each drill with everyone in the household. How much time did it take to get to the safe meeting place?

CORRECT PROBLEM AREAS.

The drill will show you some areas you need to improve. If anything caused a problem during the drill, fix it immediately. This could be a piece of furniture that was in the way or a window that is painted or nailed shut. Every second counts.

DRILL AGAIN!

Practice your escape plan several times each time you drill.

Every 105 minutes someone in the United States dies in a fire. In one year alone, more than 4,000 people died in residential fires.

