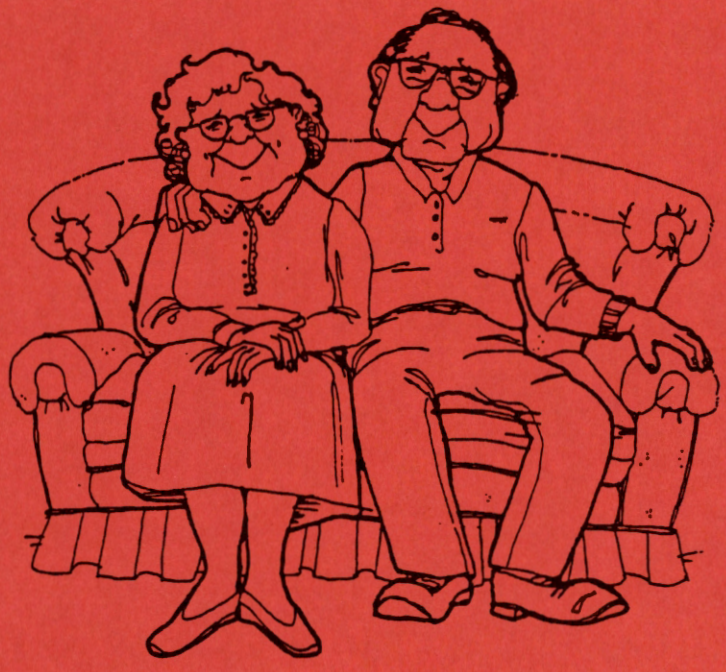
Fire & Burn Safety Program For Senior Citizens



THE NEW JERSEY DIVISION OF FIRE SAFETY
Department of Community Affairs
CN 809
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Jim Florio
Governor

Department Of DCA Community Affairs

Stephanie R. Bush
Commissioner

The ***Fire & Burn Safety Program for Senior Citizens*** is based upon a program originally developed by the Burn Foundation with grant assistance from the Federal Emergency Management Agency's Community Volunteer Fire Prevention Program. The program, which was developed to provide fire safety education to seniors, has been modified by the Division of Fire Safety to better meet the specific fire safety needs of the State of New Jersey. Topics covered are considered to be the most important by fire safety experts. The text has been enlarged for easy reading and the graphics can also be used for overhead projection. There are no copyright restrictions.

The program has five distinct sections. Each section can be considered one lesson. The topics do not have to be taught in sequence. Volunteers from civic, fraternal and senior organizations can be recruited and trained as course instructors.

The Division of Fire Safety extends special thanks to the following individuals and organizations for their assistance in making this program possible:

The Burn Foundations Allentown and Philadelphia, Pennsylvania; Burn Foundation Project Director Joanne F. McLaughlin, R.N., who supervised the preparation of the original program; Janet C. Stever, who created the graphics and illustrations; Sue Guenther, William Jacobs and Paul E. Lawrence of the National Community Volunteer Fire Prevention Program; and the Public Education Advisory Council of the New Jersey Fire Safety Commission.

NEW JERSEY DIVISION OF FIRE SAFETY

STATE OF NEW JERSEY
Jim Florio,
Governor

DEPARTMENT OF COMMUNITY AFFAIRS
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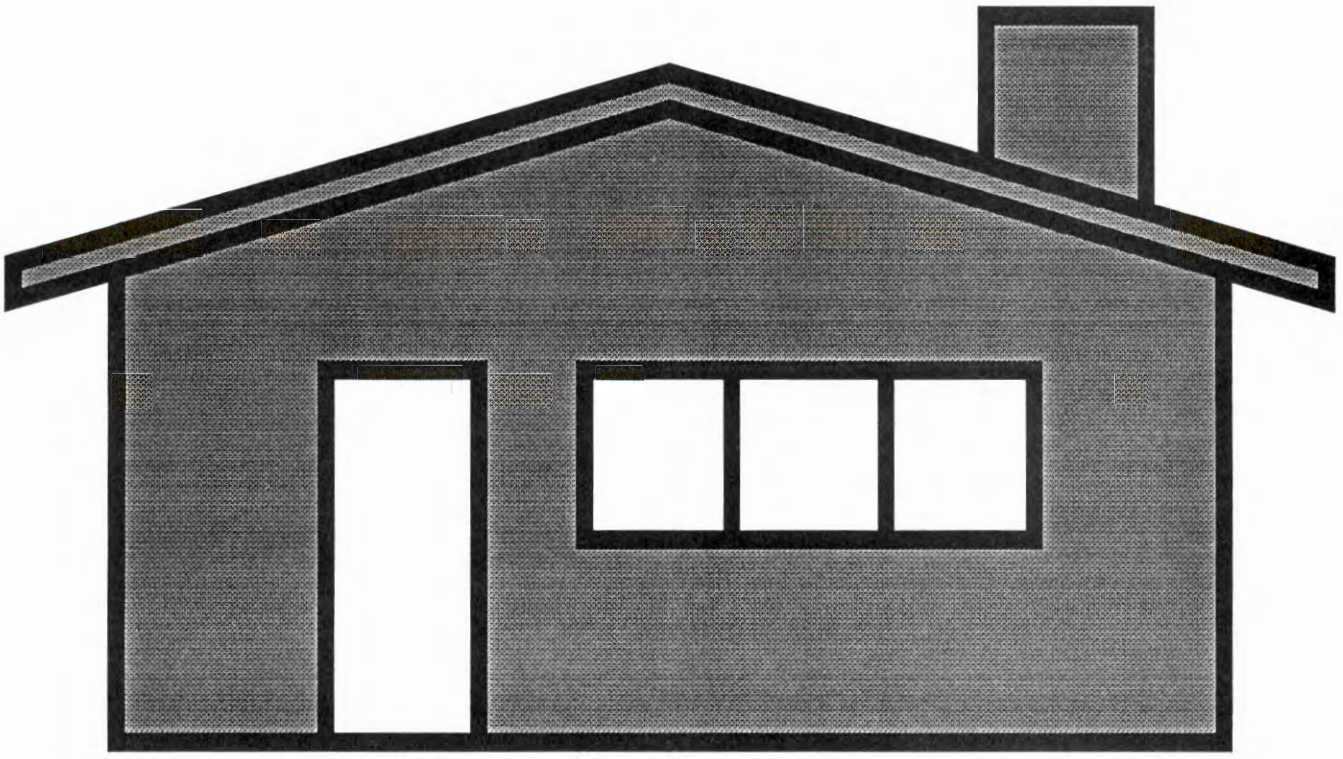


Hazards in the Home

GOALS

- **To increase your awareness about the special fire and burn risks common to your age group**

- **To present several options / actions which will eliminate or decrease these risks**

IDENTIFY:

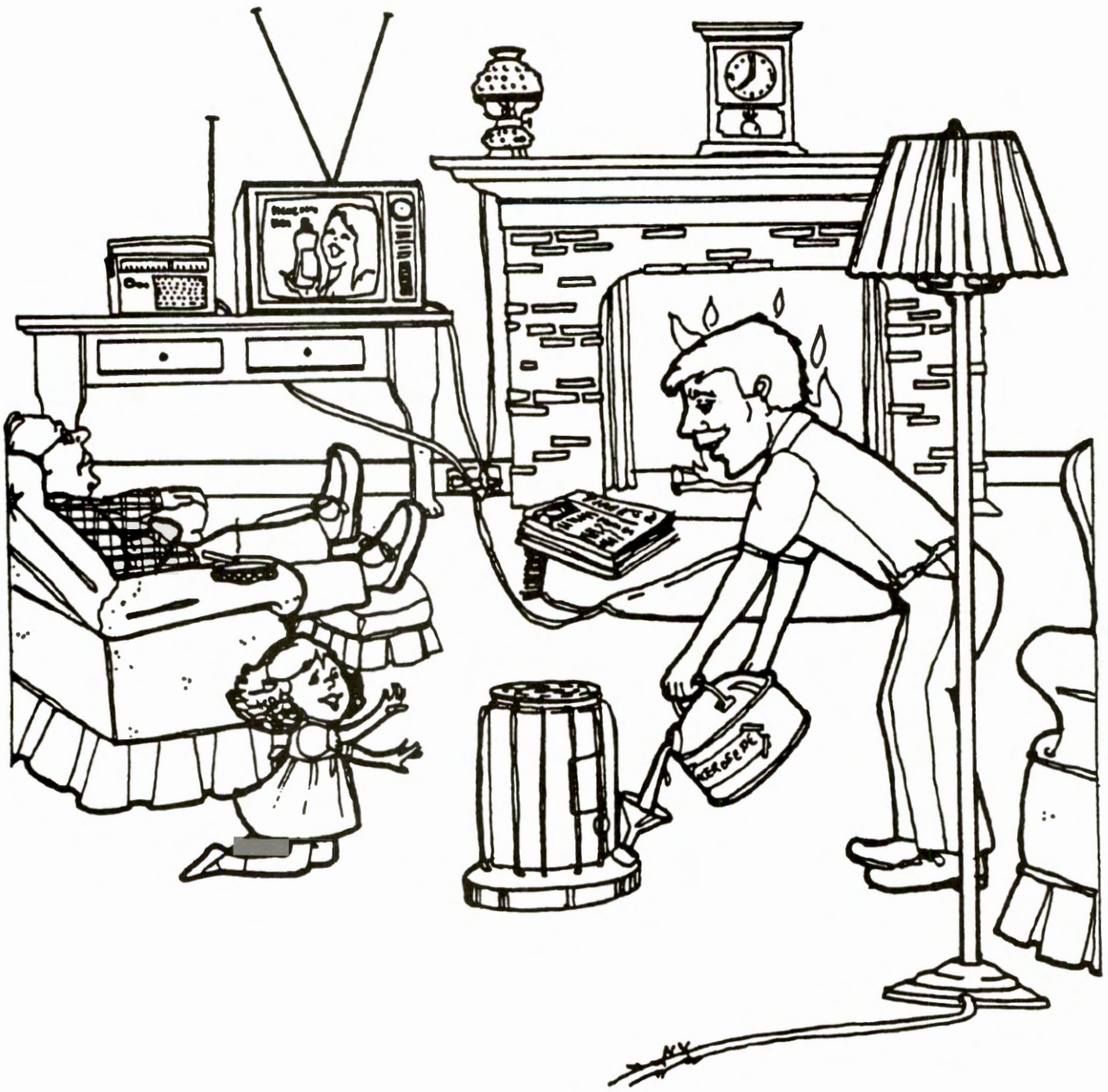
- **Overloaded Outlets**
- **Heavy Duty Extension Cords**
- **Electrical Cords That Need Replacement**
- **Common Scald Hazards**
- **Safe Ash Trays**
- **Ways You Can Be More Careful While Smoking**

EVALUATE your home environment and daily routines for fire and burn risks

SELECT those options / actions which are appropriate and comfortable, that will decrease or eliminate these risks

SHARE this information with your family and friends

Identify The Fire Hazards



Living Room

Electrical Hazards

1. Unsafe Electrical Outlet
2. Extension Cords Under The Rug
3. Frayed Or Worn Electrical Cord

Many older homes have only one electrical outlet in each room or outlets at inconvenient places in the room. This problem forces many people to use extension cords and occasionally overload outlets. An outlet is overloaded when appliances are drawing more current than the outlet or circuit can handle. When this happens, the wires get hot and this heat can radiate to walls, paneling, etc., and cause a fire.

When extension cords are placed under a carpet, walking over the rug may wear the insulating covering away, exposing the wires which could ignite the rug.

Many times we take for granted lamps and other electrical appliances we've had for years and never bother to check their cords.

Options / Actions which can decrease or eliminate these risks:

- Have a professional licensed electrician rewire your home and add more circuits and outlets.
- Limit the number of electrical appliances used in each outlet if rewiring isn't possible.
- Purchase only UL listed extension cords that clearly label the wattage that they can carry. Use the correct extension cord for each situation.
- Inspect cords on old lamps and appliances. If cords are frayed or cracked, have them rewired immediately.

Other Hazards:

4. No Screen In Front Of Fireplace.
5. Video Game Placed Too Close To Fireplace.
6. Kerosene Heater Being Refueled In The Home.
7. Child Too Close To Kerosene Heater.

NOTE: The use of kerosene space heaters has been outlawed in many municipalities. Before using or purchasing one, check to make sure that it is legal to use them in your town. Even municipalities that permit their use allow them to be used only in one- and two-family homes. Follow these recommendations if you decide to use one in your home:

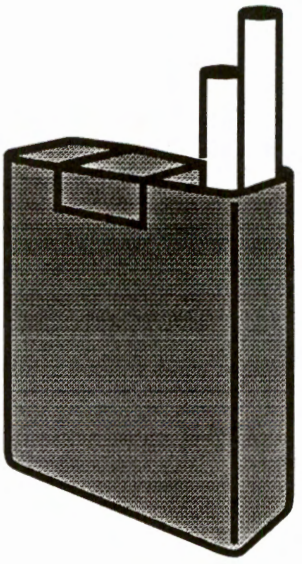
- Never refuel a kerosene heater inside your home, and never refuel a hot kerosene heater. Refuel them only outside, and only after allowing the heater to cool.
- Allow plenty of space around the heaters while they are operating. Keep all combustibles, such as clothing, draperies, blankets, newspapers, etc. away from them.
- Don't let small children near space heaters.
- Provide adequate ventilation.
- Store kerosene outside your home.
- Use only clear kerosene as fuel.

Other Hazards, Continued:

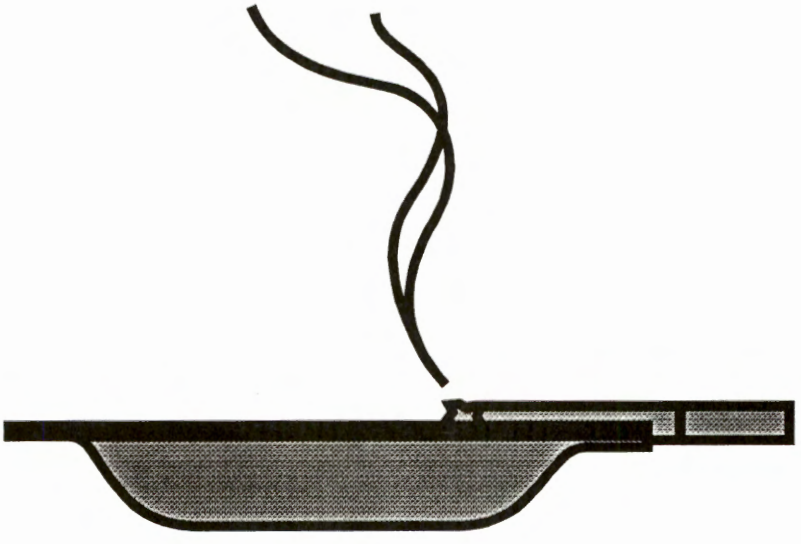
8. Smoking In Comfortable Upholstered Armchair.
9. Placing Ashtray On Arm Of Chair.

Identify The Fire Hazards

The Leading Cause of Fire Fatalities.....



Accidental House Fires Started By Careless Use Of Smoking Materials



Falling asleep while smoking is the most common cause of serious burn injury to older men, and also results in many fatalities. It doesn't take much imagination to figure out how that happens. Typically, the older smoker is tired, fatigued, or under the influence of alcohol or medication. He sits down in a comfortable upholstered chair, lights up a cigarette, and turns on the TV. After a little while, he begins to feel drowsy, and then falls asleep. The cigarette falls from his hand onto his lap, the chair, or the rug. Or, the cigarette may have been placed in an ashtray on the arm of the chair, and when the smoker falls asleep, he knocks the ash tray over without ever waking up. Cigarettes continue to burn even though they are not puffed, and will ignite fabric and other materials used in upholstered furniture. If undetected, these cigarettes can smolder for hours before a flareup occurs. Burns occur when the person's clothing, the chair, the rug, or other combustibles such as newspapers or draperies are ignited.

- **NEVER SMOKE IN BED.**
- Don't smoke when you are tired, drowsy, drinking, or taking medication which makes you sleepy.
- Install smoke detectors in rooms frequently used by smokers.
- Dispose of cigarette butts properly.
- Use only safe ash trays.

What is a safe ash tray?

Safe ash trays are large and stable and have a central island so that cigarettes cannot fall out if they are unattended.

Safe ash trays make excellent gifts for smokers.

The New Jersey Bureau of Fire Safety Offers This Advice To Consumers:

- **Have a licensed electrician look at the wiring in your house**
- **Make sure your electrical circuits are not overloaded**
- **Overheating, unusual smells, electrical shorts and sparks are all warning signs that appliances need to be repaired or replaced**
- **Leave small appliances unplugged when not in use**
- **When using any electrical appliance, always follow the manufacturer's instructions**
- **Replace any frayed or cracked cords**

- **Be on the lookout for outlets that don't work and light switches that feel hot to the touch**

- **Never place heat-producing appliances (such as electric curlers) on a bed**

- **If you have any question about fire safety, contact your local fire department. Fire prevention is their mission - make it yours too.**

Electric Heating Pads

Many people use these pads for a variety of purposes. It is dangerous to go to bed or recline in a lounge chair when using these appliances because you can easily fall asleep and incur a serious burn.

When using heating pads, it's a good idea to set a timer or an alarm clock to prevent burn injury.

Congested / Cluttered Exit Pathways

Exit pathways should be clear and uncluttered. This is most important in preventing falls and providing easier escape in case of fire. *(Most residential fires occur between midnight and eight A.M.)*

Identify The Fire Hazards

Bedroom

Hazards

1. Electric space heater using an undersized extension cord

2. Using a heating pad while sleeping.

3. Unsafe ash tray being used, and lit cigarette could easily fall onto combustible material (rug, bedding, wastepaper basket)

4. Congested / cluttered exit pathways.

If an extension cord must be used on occasion to supply power temporarily to an appliance, make sure that it is the proper size for the appliance. Special heavy-duty cords are available for use with appliances that have high current draws. An Underwriters Laboratories label will describe the use that the cord is listed for.

Small, light duty extension cords, such as those commonly found in the supermarket, should only be used with electrical appliances that draw small amounts of electricity, such as table lamps, clocks and radios. These light-duty cords are not designed to be used with electrical appliances that draw heavier amounts of electricity, such as vacuum cleaners, refrigerators or washing machines.

Identify The Fire Hazards

Bathroom

Hazards:

1. Electrical appliance close to water.
2. Tap water temperature above 120° F.
3. Skiddish rug close to tub.
4. Cigarette in ash tray very close to combustibles.
5. Hair spray - should be used very carefully near sources of ignition

Options:

- Use hair dryers and other electrical appliances such as curling irons, shavers, etc., in another room, away from possible contact with water, to avoid the possibility of electrocution.

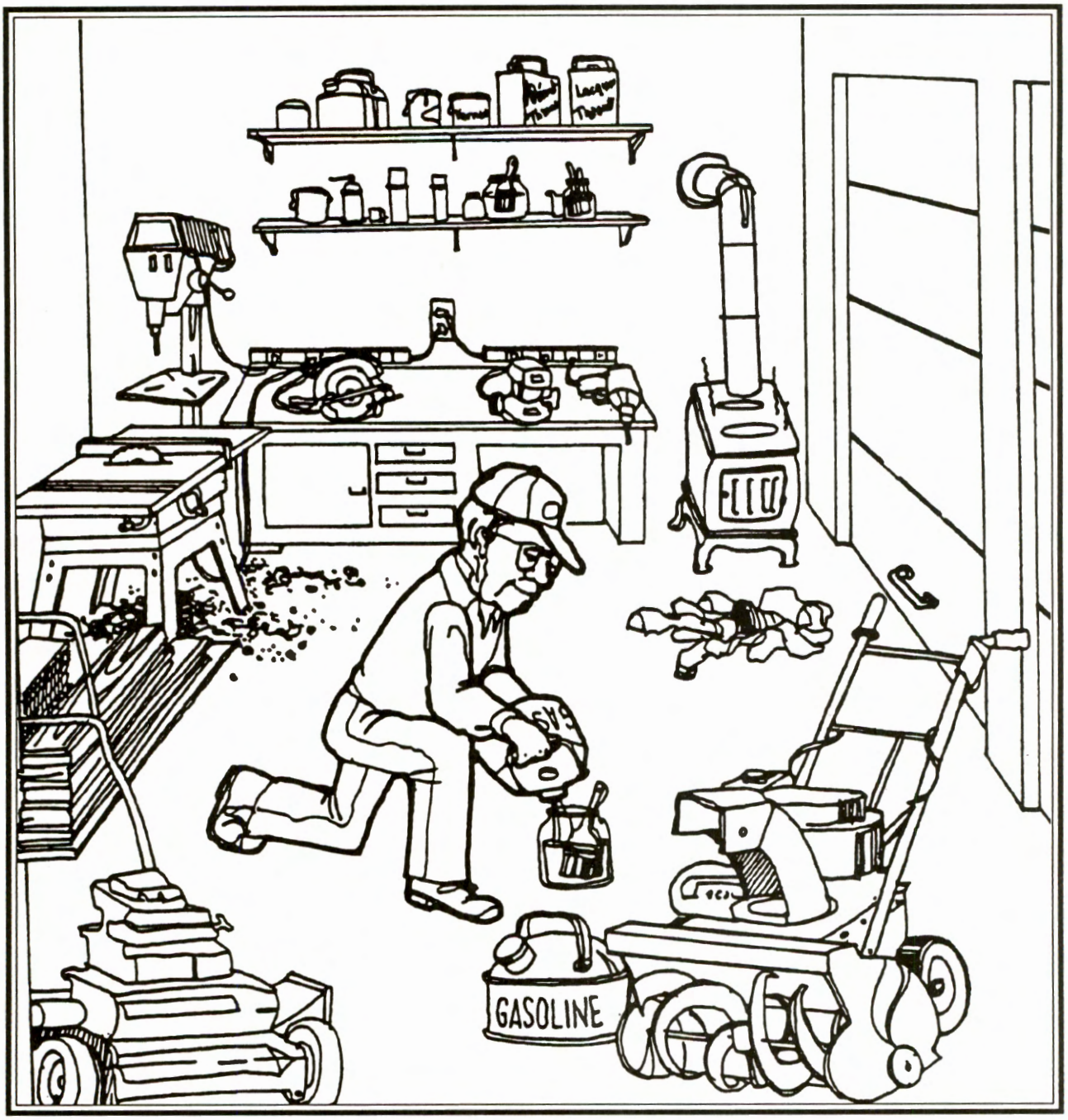
- Avoid risk of tap water scald by testing hot water temperature. This can be done by running hot water in bathroom faucet for 3 to 5 minutes and then testing the water temperature with a thermometer. If temperature exceeds 120° Farenheit, reset the thermostat on your water heater. Wait a full day to allow the water temperature to change, then retest and readjust the thermostat again, if necessary.

- Always check the temperature of the water in the tub with the inside of wrist or elbow before stepping into the tub.

- Use safe ash trays and keep them away from combustibles.

- Use hair spray in well-ventilated area away from cigarettes or other ignition sources. Never spray hair while smoking.

Identify The Fire Hazards



Garage

Hazards:

1. Overloaded outlets.
2. Oily rags stored improperly.
3. Flammable liquids stored and used improperly.
4. Combustibles stored too close to ignition sources.
5. Sawdust on the floor.

Options / Actions Which Will Decrease Or Eliminate These Risks:

- Unplug all small appliances when not in use. Every year, there are about 5,200 fires, 250 injuries and 60 fatalities associated specifically with portable electrical appliances. The Consumer Product Safety Commission and the Burn Foundation are recommending an "Unplug It" campaign that advocates unplugging all small appliances when not in use.

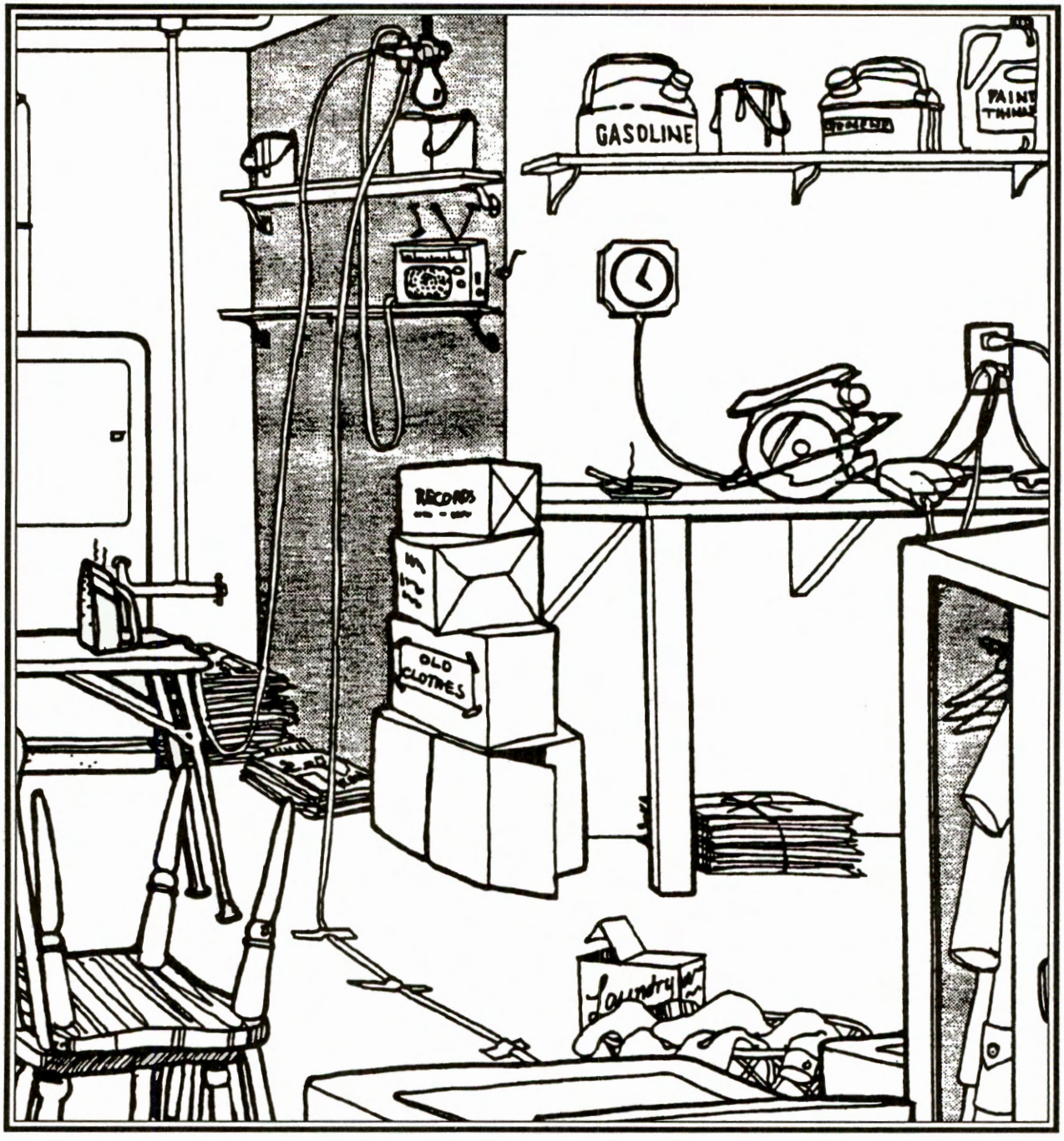
- Flammable liquids should be stored in original containers or UL listed containers. These should preferably be stored outside and away from the house. Flammable vapor can travel to ignition sources such as furnaces, sparks from appliances, etc., and ignite. Many paint thinners and cleaners are flammable. Gasoline should not be used for such jobs as cleaning paint brushes or auto parts.

- Combustibles should not be stored too close to heat sources.

- Oily rags should be placed in an airtight metal can or spread out on a clothesline. *(Ignition can occur when oily rags are placed in a pile).*

- Sawdust on floor should be removed after each accumulation.

Identify The Fire Hazards



Basement

Hazards:

1. Combustibles stored too close to furnace.
2. Flammable liquids stored close to a heat source.
3. Electrical appliances left plugged in when not in use.
4. Overloaded electrical outlets.
5. Improper use of extension cords.
6. Burning cigarette left unattended.

Options / Actions:

- Keep area around the furnace free of combustible storage items such as old newspapers, old furniture, boxes of clothing, etc.
- Store flammable liquids in original containers or UL listed containers **OUTSIDE** the home.
- Unplug all small appliances when not in use.
- Make sure extension cords are used properly and are of an appropriate size.
- Have additional circuits added if your present wiring is inadequate.

HOME SAFETY CHECKLIST

Use this checklist to identify the fire hazards in your home.

Kitchen	**Yes**	**No**
1. Do you wear plain, fitted garments when you use the kitchen range?	[ ]	[ ]
2. Do you have good lighting in your kitchen work areas?	[ ]	[ ]
3. Do you keep combustible materials away from the heat of the range?	[ ]	[ ]
4. Do you avoid hanging items used in cooking over the range?	[ ]	[ ]
5. Do you include grease removal in your regular kitchen cleaning?	[ ]	[ ]
6. Are your burner and oven control markings easy to read?	[ ]	[ ]
7. Are your pots and pans stable and easy to handle?	[ ]	[ ]
8. Do you always turn pot handles away from the front of the range?	[ ]	[ ]
9. Do you keep pot holders and oven mitts within easy reach of the range?	[ ]	[ ]
10. Do you keep a pot lid close to the range to use in case you have to smother a stovetop fire?	[ ]	[ ]
11. Do you unplug all small appliances when not in use?	[ ]	[ ]

Heating Equipment

12. If you are responsible for heating your home, do you have your heating system inspected and serviced regularly?	[ ]	[ ]
13. If you have fireplaces, do you always use them with fire screens?	[ ]	[ ]
14. Do you avoid storing combustible materials near heating units or fireplaces?	[ ]	[ ]
15. If you use portable heaters, do you keep them away from combustible materials?	[ ]	[ ]
16. If you have electrical heaters, do they shut off automatically if tipped over?	[ ]	[ ]
17. If you have a space heater, do you always make sure you have adequate ventilation when you use it?	[ ]	[ ]

Electrical Appliances

		Yes	No
18.	Are all of your appliance cords and plugs in good condition?	[ ]	[ ]
19.	Do you use extension cords only for temporary connections?	[ ]	[ ]
20.	If you use extension cords with tools or appliances, do you make sure that they have adequate capacity for the power the item draws?	[ ]	[ ]
21.	Do you avoid running extension cords under floor coverings?	[ ]	[ ]
22.	Do all of your electrical appliances have Underwriters Laboratories (UL) labels?	[ ]	[ ]
23.	Do you have the operating instructions for all of your appliances?	[ ]	[ ]
24.	Do all appliances that build up heat have adequate space around them to allow air to circulate?	[ ]	[ ]

Household Wiring

25.	Do you have enough circuits and outlets for all the appliances you use?	[ ]	[ ]
26.	If your system uses fuses, do you always replace blown fuses with fuses of the correct amperage?	[ ]	[ ]

Gas Appliances

27.	Do you know how to light pilot lights (if your appliances don't have electronic ignition)?	[ ]	[ ]
28.	Do your gas appliances have American Gas Association (AGA) labels?	[ ]	[ ]

Housekeeping

29.	Are basement, closets, attic, and other storage areas free from clutter?	[ ]	[ ]
30.	Do you recycle newspapers and magazines regularly to keep them from accumulating?	[ ]	[ ]

		Yes	No
31.	Do you store flammable substances away from heat sources?	[ ]	[ ]
32.	Do you keep flammable liquids in original or safety containers?	[ ]	[ ]
33.	Do you substitute nonflammable products for flammables whenever possible?	[ ]	[ ]
34.	When you must store oily rags, do you keep them in metal containers?	[ ]	[ ]
35.	If you store gasoline, do you keep it outside of your home?	[ ]	[ ]
36.	Are all the cleaning fluids you use nonflammable?	[ ]	[ ]

Smoking Materials (if people smoke in your home):

37.	Do you have ashtrays wherever they may be needed?	[ ]	[ ]
38.	Do you have large, deep ashtrays that don't tip over easily?	[ ]	[ ]
39.	Do you stop people from using paper cups or plates to hold ashes?	[ ]	[ ]
40.	Do you empty ashtrays into a metal container?	[ ]	[ ]
41.	Do you check areas where people have been smoking for cigarette butts and ashes that may still be lit?	[ ]	[ ]
42.	Do you make sure that everyone in your home observes the *"No Smoking In Bed Or While Lying Down"* rule?	[ ]	[ ]
43.	Does everyone in your home observe the *"No Smoking When Drowsy"* rule?	[ ]	[ ]

Fire Emergency Preparation

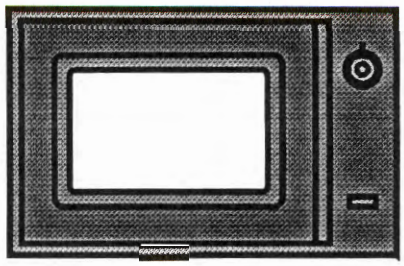
44.	Do you have a portable fire extinguisher in your home?	[ ]	[ ]

if yes.....

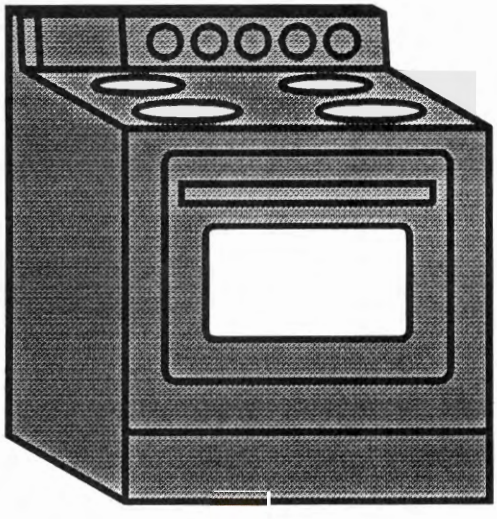
45.	Is it a multi-purpose (ABC) type?	[ ]	[ ]
46.	Does it have an Underwriters Laboratories (UL) or Factory Mutual (FM) label?	[ ]	[ ]
47.	Do you know how to operate it?	[ ]	[ ]

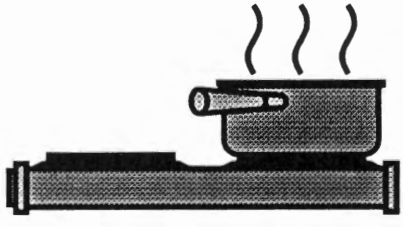
	YES	NO
48. Do you know how to have it inspected and serviced?	[ ]	[ ]
49. Do you have one or more smoke detectors in your home?	[ ]	[ ]
If Yes:		
50. Does it have a UL or FM label?	[ ]	[ ]
51. Is one installed on the ceiling just outside your bedroom door?	[ ]	[ ]
If It's Battery Operated:		
52. Does it have a built-in signal to let you know when the batteries are low?	[ ]	[ ]
53. Do you test it every month?	[ ]	[ ]
54. Do you change your battery when you change your clock in October?	[ ]	[ ]
55. Do you have a fire emergency escape plan for your home?	[ ]	[ ]
56. If you have an escape plan, does it include alternate routes to be used if main routes are blocked?	[ ]	[ ]
57. If you have an escape plan, and you live with others, does it include an outdoor meeting place?	[ ]	[ ]
58. If you live in an apartment building, do you know the location of stairways and fire doors?	[ ]	[ ]
59. Do you keep your bedroom doors closed at night?	[ ]	[ ]
60. Do you know how to find the purest air in a smoke-filled room?	[ ]	[ ]
61. Do you know how to test the doors on your escape route?	[ ]	[ ]
62. Do you know how to keep smoke out of a room if your exits are blocked and you must remain there?	[ ]	[ ]
63. Do you know what to do if your clothing should catch fire?	[ ]	[ ]
64. Do you have your local emergency telephone number posted near your telephone? Or, if your area has no emergency number, have you posted your local fire department's telephone number near your telephone?	[ ]	[ ]
65. Do you know what information to provide if you need to report a fire?	[ ]	[ ]
66. Do you hold fire drills in your home?	[ ]	[ ]

Your Kitchen:



Haven or Hazard?



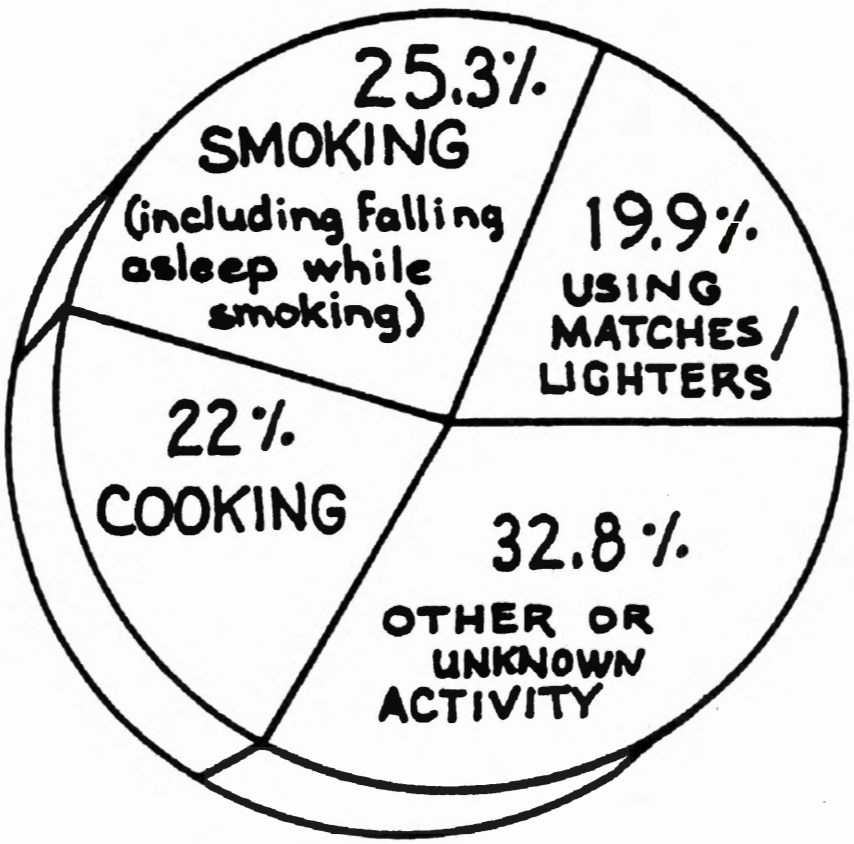


What are some of the ways your clothing can catch on fire in the kitchen?

Activities Associated With Fabric Ignition Among Older Persons:

- Falling Asleep While Smoking
- Cooking
- Using Matches & Lighters
- Other Activities Involving Heat Sources

Most Frequent Activities Associated With Fabric Ignition Accidents Among Older Persons *



* Consumer Product Safety Commission

Identify:

- Safe Clothing To Wear While Cooking
- Common Scald And Flame Hazards Found In The Kitchen
- Things That Are Safe To Store Above The Stove
- Safe Potholders

Burn Hazards:

- Wearing loose or frilly clothes while cooking
- Reaching for things above or behind the stove
- Reaching over front burners that are in use to stir or cook on pots and pans on rear burners
- Using burners too large for pots or pans
- Leaning against the stove
- Warming yourself over burners

Other Burn Hazards To Watch Out For:

- **Barbecuing or cooking over outdoor grills**
- **Burning leaves outside**

Safety Rules:

- DON'T wear loose or frilly clothes while cooking
- MODIFY clothes to make them safer
- PURCHASE fire resistant or fire retardant clothing for cooking
- REARRANGE cupboards for safety
- USE burners of appropriate size
- LEARN what to do if your clothing catches on fire
- KEEP large towel readily available in kitchen

Identify The Burn Hazards

What are some of the options or actions which can prevent a person from being burned?

1. Avoid cooking while wearing sleepwear or clothes that are loose fitting.

2. If you have been making and eating your breakfast in your bathrobe and you don't intend to change .... what actions could you take to decrease your risk of a clothing ignition accident?

   a. Purchase a close fitting bathrobe that is made of a flame resistant and tightly woven fabric.

   b. If purchasing a new bathrobe is not possible, or you can't find a bathrobe that is designed any better than the one you have, these suggestions may be helpful:

      (1) An arm band made of elastic and velcro can be used to keep floppy sleeves close to your body and away from heat sources.

      (2) A button and loop can also be sewn on the sleeve to make it more form fitting.

3. Rearrange cupboards.

   Which items are appropriate for above-the-stove storage?

   Items in above-stove cupboards should be things that are not used very often. Items that are used frequently should be stored in easy-to-reach cupboards that don't bring you in contact with a heat source. Avoid hanging items behind the stove or storing items on the back of the stove, such as salt and pepper shakers.

4. Use appropriate sized burners for pots and pans.

5. Learn and practice what to do if your clothes should catch on fire.

STOP, DROP AND ROLL

Stop where you are
Drop to the ground
Roll back and forth until the flames are extinguished

Then: **Cool** burns immediately with cool water.

If dropping and rolling are not possible because of a disability, you can smother a clothing fire with a large blanket or towel. You might consider keeping a large towel or blanket near your kitchen in case you need it for this purpose.

Cool burns immediately with cool water. This has three benefits:

- It reduces the skin temperature and stops the burning
- It minimizes the pain
- It reduces swelling

This is the immediate first aid for all burns regardless of the cause.

- **Remove burned clothes.** Lay the burn victim flat. Remove clothing, PROVIDED THAT IT DOES NOT STICK TO THE BURN. Loosen or remove tight clothing, jewelry or boots before swelling occurs.

- **Cover the burn.** After cooling the burn with water, apply a clean, dry dressing to the burned area. Cover the victim to keep him or her warm.

- **Get medical help.** Know your emergency telephone number. Get the victim to a hospital or to a doctor. Do not underestimate the seriousness of a burn.

- **Don't break any blisters.** Do not use antiseptic lotions, ointments or sprays.

Identify The Burn Hazards

Hazards include:

1. Pot handles perpendicular to stove.

2. Cooking with hot grease.

   OPTION: Always keep a lid handy or a cookie sheet within easy reach when cooking with grease to extinguish a fire should it occur. Never attempt to carry a burning pot or pan. Never throw water on a grease fire.

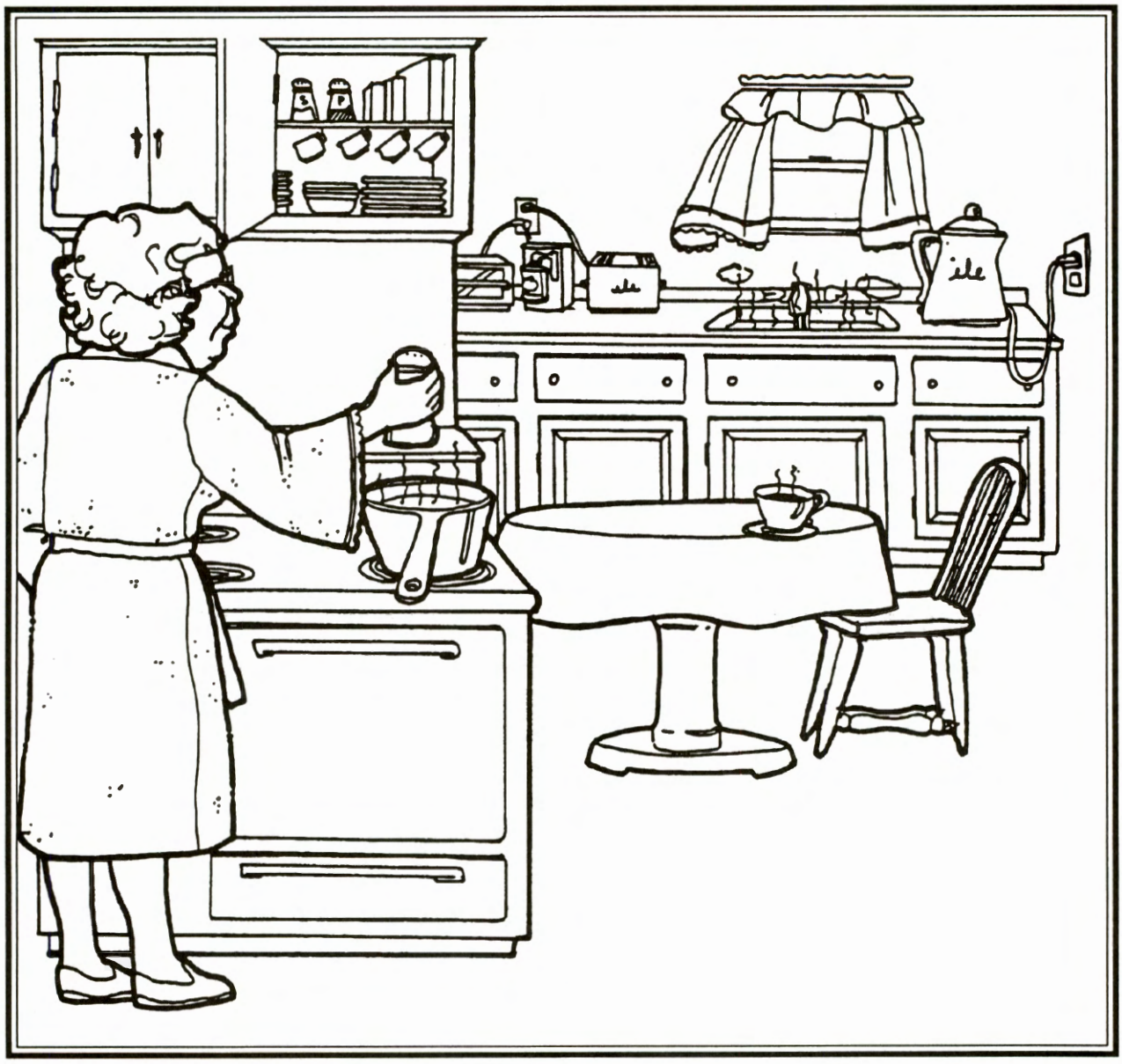
3. Unstable pot and pans.

   OPTION: Replace with more stable ones.

4. Using hot water to defrost refrigerator.

Oven mitts protect both sides of the hand and the wrists. They make very nice gifts for Mother's Day, Christmas, etc. Remember yourself on your next trip to the store. Make sure they are long enough to protect your wrists and heavy enough to protect hands from heat.

Identify The Burn Hazards



Hazards Include:

1. Frequently used items stored above and behind the stove.

2. Dangling cord from coffee pot.

3. Electrical appliances used in close proximity to water source.

4. Hot tap water.

5. Cooking while wearing garment with loose, floppy sleeves.

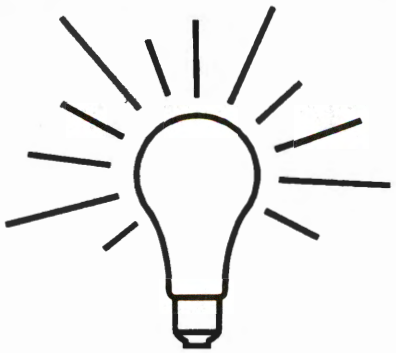
6. Pot handles **NOT** turned inward.

7. Coffee cup close to edge of table.

8. Overloaded outlet.

9. Some folks have the problem of leaving their cooking unattended and then forgetting about it. Remedy: Set a timer in the kitchen. Or, you can use a small pocket timer.

GOOD



LIGHTING

is very important for Safety!

Do You Have Adequate Lighting In Your Kitchen?

Last, but not least:

Do you have adequate lighting in your kitchen?

Good lighting is very important for safety.

SUMMARY

In summary, the kitchen area seems to be a hazardous area, especially for women. Clothing ignition burns are the most frequent type of accident. Careful attention to what you wear while cooking and some thought about your daily routines can pay off by reducing your burn risks.

What You Should Know About Smoke Detectors

GOAL OF THE PROGRAM:

To Increase Your Knowledge and Understanding About Smoke Detectors

so that you will be able to:

- **IDENTIFY the proper LOCATION and PLACEMENT for a smoke detector in your home or apartment.**

- **TEST and MAINTAIN your smoke detector.**

Home Fires Are A Serious Threat To The Safety Of Your Entire Family!

4,465 People Died As A Result Of Fire In 1991. Fires In Homes Accounted For 78.3% Of These Deaths.

Planning Ahead Can Greatly Increase Your Chances Of Surviving An Accidental Housefire Without Being Injured.

What You Should Know About Smoke Detectors

Information On Home Fires:

Home fires are a serious threat to you and your family. Each year, more than 4,000 people die in residential housefires.

Most of these deaths are caused by SMOKE - not flames.

Many deaths and injuries occur in fires that happen at NIGHT - while victims are asleep.

In order to escape uninjured from a night-time fire, those who are asleep need to be awakened before the smoke becomes too thick.

Goal For Program: To increase your awareness about the importance of smoke detectors.

Participating in this program will increase your knowledge about smoke detectors so that you will be able to:

Identify the proper location(s) for smoke detector(s) in your home

Test and maintain your smoke detector(s)

Myths and Misconceptions

- "Do I really need a smoke detector?"
- "The smell of smoke will awaken me."
- "There'll be plenty of time to get out."
- "Fire only happens to other people."
- "Having a smoke detector is really not that important."

Clearing Up Misconceptions About Smoke Detectors

A. "Do I really need a smoke detector?"

If you're not certain, you probably have some of the same misconceptions that make many Americans underestimate the danger of death from nighttime fires.

B. "The smell of smoke would awaken me."

Smoke doesn't wake you up. It contains carbon monoxide, the same odorless, tasteless and colorless gas that causes death when people breathe automobile exhaust in a confined space. Housefires produce large quantities of carbon monoxide and other toxic gases, which put you into a deeper sleep. If you're already asleep when these gases enter your room, you will probably never wake up. Toxic gases also dull the senses and cause disorientation, so that even if you do happen to wake up, you may not be able to react properly to the fire danger.

C. "There's plenty of time to get out."

Imagine being sound asleep without smoke detectors when an accidental fire starts in your home at 3 o'clock in the morning. Try to picture what the situation would be like when you realize that your house is on fire. Imagine trying to arouse the rest of your family, some of whom may have already been overcome by smoke. With flames raging, you may not have enough time to get everyone out safely.

Only smoke detectors can be relied upon to give you the early warning you need so that everyone has enough time to escape safely. Fires don't give you much time, so the EARLIER the fire is discovered, the more chance that you and your family have to escape without injury.

Smoke detectors can also help the fire department in two important ways: they can warn of fire while it is still small, making extinguishment easier; and when occupants escape from a burning home because of an early warning, the firefighter does not have to attempt an unnecessary or risky rescue. Therefore, early warning from a smoke detector can benefit you and the firefighter, as well as reducing possible property damage.

D. "Fires only happen to other people."

This is perhaps the most dangerous idea of all ... and it's probably just what all those "other people" thought before their fire occurred.

E. "Well, just how effective are smoke detectors?"

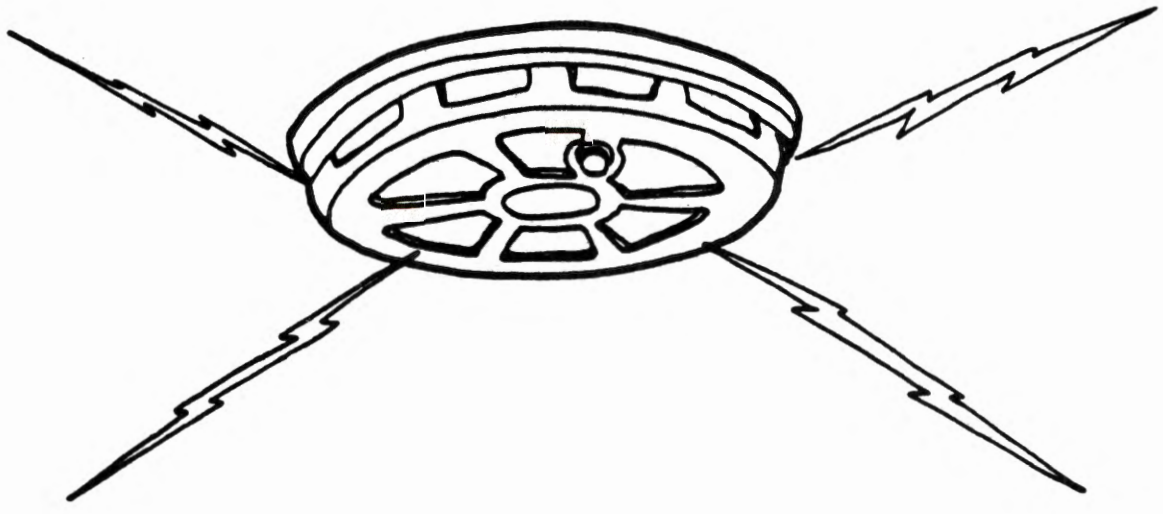
They won't prevent fires, they won't protect your property (especially if you're not at home), and they won't put out the fire for you - but they will increase your chances of getting up, getting out, and calling the fire department. Communities across the country are reporting families saved from certain tragedy by the early warning provided by residential smoke detectors. This evidence of effectiveness points out an opportunity for dramatically reducing the number of residential fire deaths that occur yearly. If all homes were protected by smoke detectors, the residential life-loss could be reduced by 50%.

78.3% of this nation's fire deaths occur in residential buildings.

Most
FATAL FIRES
take place between
midnight and 8 AM,
while people are asleep.

79% of all multiple death fires occur between midnight and 8 AM

A Smoke Detector
Will Alert You When There Is A Fire



....In Time To
SAVE YOUR LIFE!

IV. How Do Smoke Detectors Work?

There are two basic kinds of smoke detectors - ionization and photoelectric. Each senses smoke by a different principle of operation. You'll hear arguments in favor of and against each type, but the best information currently available is that either type can provide adequate time to escape safely. In fact, there often appears to be more difference in performance between two models of the same type than there is between the two types.

Both types are equally effective and neither requires that you be familiar with its inner workings. Numerous field tests have shown that either type of detector, when correctly installed, will provide adequate warning for escape.

Smoke detectors work extremely well. They have proven effective both in the testing laboratory and in those real life situations where they had to perform. The laboratory test is important for prospective purchasers. Buyers should consider only the models listed or approved by a nationally recognized testing organization such as UNDERWRITERS LABORATORIES (UL), INC. Always look for this label or tag.

Heat detectors use a piece of specially formulated metal which either melts or distorts because of heat in the air around it, and then sets off an alarm when a certain temperature is exceeded. Heat detectors do add some protection, but they must be close to a fire to set off the alarm. *A heat detector is no substitute for a smoke detector.* Remember, it is more often the smoke that causes injury and death than the heat of a home fire. A heat detector is capable of totally ignoring a smoldering fire that is pouring out lethal amounts of smoke, carbon monoxide, and other toxic gases.

V. How Smoke Detectors Are Powered:

Batteries or household current can power residential smoke detectors.

A. Battery-operated detectors offer the advantage of easy installation - a screwdriver and a few minutes are all that is needed. They operate independently of house power circuits and will operate during a power failure. Be sure you use the proper battery.

Power failures are relatively infrequent in most urban areas. There is a much higher probability of people becoming complacent and not replacing batteries when required than of a power outage occurring during a fire, either due to utility failure or the fire itself.

B. Electric-powered, or hard-wired units are probably more reliable, because they don't need to depend on people replacing the batteries.. They do need an electrician to install them, although there are some models that can simply be plugged into any electrical outlet. Some models also have a backup battery in case of a power outage, and these batteries need to be replaced periodically just like the battery-powered models.

How Are Smoke Detectors Powered?

- **BATTERY POWERED**
  - \+ Easy to install
  - \+ Will operate during power failures
  - \- Complacency about changing batteries is HIGH

- **ELECTRIC POWERED (HARD-WIRED)**
  - \+ More reliable
  - \+ Doesn't rely on people to replace batteries
  - ± Some models have a standby battery which still needs replacement
  - \- Needs to be installed by a licensed electrician

VI. Where should I install my smoke detector?

A. Location

Depends on the size and layout of your home and where the members of your family sleep.

The primary purpose of a smoke detector is to awaken sleeping persons and warn them of urgent danger.

The most critical requirement is that you place your detector as close as possible to the bedrooms in which you and other members of your family sleep.

The simplest rule for locating the basic (or only) detector in your home is "between the bedrooms and the rest of the house, but closer to the bedrooms."

Consider the probable path along which smoke would flow from the rest of your home. You should be able to hear the detector in bedrooms with doors closed or open! If two sleeping areas are separated by any significant distance (say, 20 feet or more), each should have its own detector.

In single floor homes, this usually means placing the detector in the hallway off which the bedrooms open.

In a two-story home, a minimum of two smoke detectors is recommended. One detector should be placed in the hallway leading to the bedrooms, while the second detector can be placed on the other floor in the path along which the smoke would probably flow if there were a fire.

In a multi-story house, a detector on each level affords good protection. The basement ceiling, near the steps to the rest of the house, is a good location for placement on the lower level.

Where shall I install my Smoke Detector?

LOCATION depends upon:

- **The SIZE and LAYOUT of your home**

- **Where the members of your family sleep.**

PURPOSE: to AWAKEN sleeping persons and WARN them of urgent danger.

RULE: Put smoke detectors as close as possible to the bedrooms in which the members of your family sleep.

Life Safety Index

The Life Safety Index for an escape time of three minutes shows the value of installing smoke detectors on every level. Notice that a single smoke detector outside a sleeping area is three times as effective as a heat detector in every room.

For extra protection, consider putting a detector in each bedroom. This is especially appropriate if your family prefers to sleep with the bedroom doors shut. Also, consider placing a smoke detector in the living / family room where a smoker may smoke and watch TV on comfortable furniture, which increases the possibility that the smoker may fall asleep while smoking.

Interconnecting Smoke Detectors

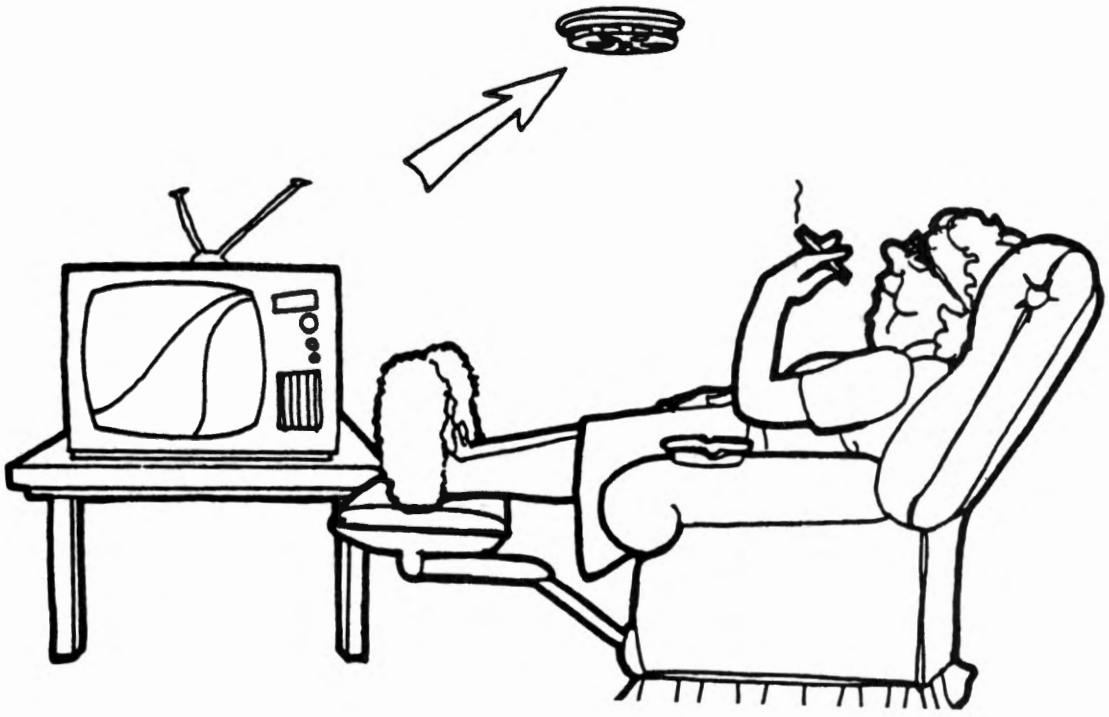
Audibility is critical. If the alarm cannot be heard, a smoke detector does not protect the building occupants. The level of sound necessary to wake a sleeping person varies considerably. The level of background noise, the stage of sleep and physical condition are all important factors. It is questionable whether a detector other than one near the bedrooms will awaken sleeping occupants.

To help solve this problem, many detectors can be interconnected so that when one alarm sounds, other alarms also sound in unison. This interconnected feature can be found on some electric-powered and battery-powered smoke detectors. Each model must be examined to determine the method used to interconnect the alarms.

Some devices not only connect together, but can be connected to an electrically activated switch called a relay. When the smoke detector senses smoke and turns on all the interconnected elements, the relay also closes its electrical contacts which can turn on the lights in a deaf person's room, or activate an exterior bell, or a vibrator under a bed, or whatever switching may be set up.

Interconnection is a good feature that is well worth its premium price.

Install A Smoke Detector In Every Room!



B. Position

Once you've picked the proper **LOCATION** - What's the correct **POSITION** for the detector?

Check the instructions that come with the detector. Most will recommend installing detectors on the ceiling or on the walls between 4 to 12 inches below the ceiling. This not only takes advantage of the fact that most smoke rises, but puts the detector safely above accidental bumps and the inquiring hands of children.

Avoid placing detectors in the "dead air" space high in corners where the wall and ceiling meet.

Some peculiarities of air flow and ceiling temperature need to be considered in certain installations.

- Excessive "clean" air flow across a detector can keep smoke-filled air from reaching the smoke chamber. This can happen if the detector is mounted in front of an air supply duct outlet, or between the bedroom and the furnace cold air return. In either of these instances, relatively clean air may still be "washing" the detector, even when most of the air in the house is unbreathable.

- Also avoid putting a detector on a ceiling which is substantially WARMER or COLDER than the rest of the room. In either of these cases, an invisible "thermal barrier" near the surface can prevent smoke from reaching the detector. This can be a problem in mobile homes or in older, poorly insulated houses, and also includes attic stairway panels or attic trap doors and hatches. In such cases, maintaining the unit on an outside wall, between 4 to 12 inches from the ceiling, will provide more reliable operation.

- Radiant panel heating in the ceiling also creates a layer of hot air that may prevent smoke from reaching the detector. Detectors should not be mounted on radiant heated ceilings.

- In conventional homes with long central halls, users can increase potential escape time by installing a detector at each end of the hall, or installing a unit approximately every 20 feet.

To minimize false alarms, avoid these locations:

- Areas where detector will be exposed to fumes from cooking, furnaces or fireplace.

- Garages where car exhaust can set off the smoke detector.

- Bathroom and the hallway directly outside a bathroom door where moist air can affect the smoke detector.

- Attics where temperature may be very hot or very cold.

- Near a light fixture, decorative object, door or window molding, etc. that may prevent smoke from getting to the smoke detector.

Summary: Smoke Detector Installation

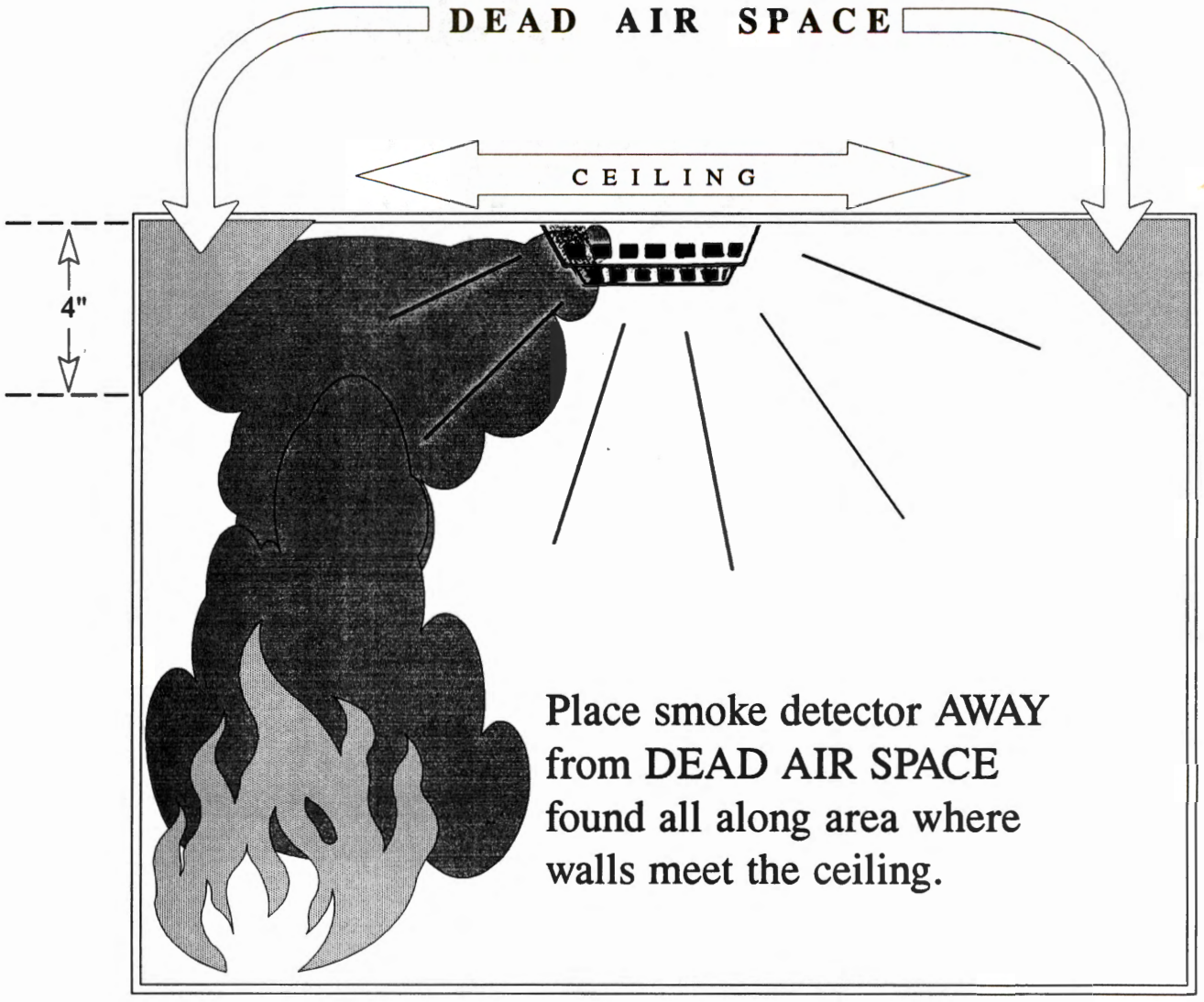
Place Smoke Detectors:

- Between bedrooms and rest of house but closer to bedrooms
- Outside each sleeping area when sleeping areas are separated by more than 20 feet
- On each level of a multi-storied home
- Away from dead air space (where the wall meets the ceiling)
- At least 3 feet away from any air register or vent

Avoid placing smoke detectors:

- On surfaces which are substantially warmer or colder than the rest of the room
- Too close to areas exposed to cooking fumes and grease, fireplace smoke, dust, car exhausts or moist air
- Near light fixtures, decorative objects, door or window moldings, or anything else that can prevent smoke from reaching the smoke detector

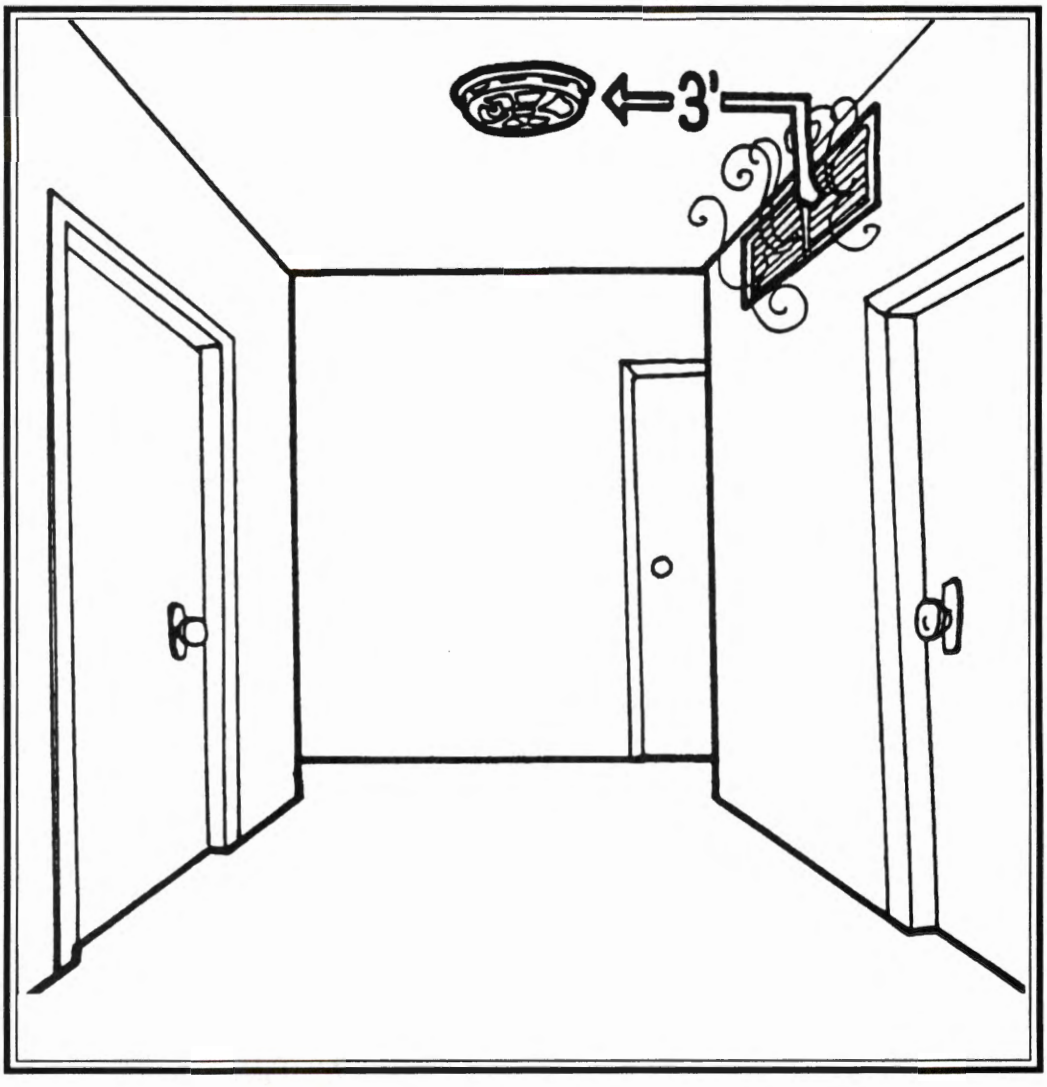
Where's the CORRECT place to install a smoke detector?



- **Best Location: on ceiling, as close to center as possible, but away from light fixtures, air vents, or any other items that can interfere with the flow of smoke to the detector.**

- **If ceiling placement is not possible, then place on a wall below area of dead air space (4" to 12" from ceiling).**

Place Smoke Detector AT LEAST 3 Feet Away From Vents and Air Registers!



PROBLEM AREAS

- **Ceilings which are substantially WARMER or COLDER than the rest of the room.**

- **Exposure to FUMES / GREASE from:**

    - **COOKING**

    - **FURNACE**

    - **FIREPLACE SMOKE**

    - **DUST**

Examples: **Kitchens, Attics, Garages, Some Furnace Rooms**

SUMMARY:
Smoke Detector Installation

PLACE SMOKE DETECTORS:

- Between bedrooms and the rest of the house, but closer to bedrooms
- Outside each sleeping area, where sleeping areas are more than 20 feet apart
- On each level of a multi-storied home.
- Away from the dead air space (where the walls meet the ceiling)
- AT LEAST 3 feet away from air registers and vents

AVOID PLACING SMOKE DETECTORS:

- On ceilings or surfaces which are substantially warmer or colder than the rest of the room
- In areas exposed to fumes, vapors, grease, etc. - Too close to cooking, fireplaces or furnaces.

HOW TO MAINTAIN YOUR SMOKE DETECTOR

Test it regularly

Replace batteries promptly when needed - at LEAST once a year

Clean regularly

How To Maintain Your Smoke Detector:

Smoke detectors don't need very much attention, EXCEPT FOR:

1. Regular testing;

2. Prompt replacement of batteries when needed; and

3. Regular cleaning.

How do I test my smoke detector? How often should I test it?

Safety experts agree that monthly testing of battery-powered smoke detectors provides the best protection. Testing can be done by simply depressing the test button.

WHEN To Test:

- Monthly - before you cash your Social Security check
- In the presence of children - to teach them the importance of fire safety
- Before and after a vacation, or any other time you have been away for several days
- Change your battery when you change your clock
- Test your detector - It's *SOUND* advice

Battery Replacement

- The MAJOR cause of non-working smoke detectors is *human failure to replace the batteries when required.*

- All NEW UL-LISTED BATTERY OPERATED SMOKE DETECTORS are required to sound a trouble signal when batteries are low.

- Keep extra batteries on hand to make it possible to replace batteries without delay when the low-battery signal starts to sound.

- Change your batteries on the date that's easiest for you to remember: your birthday, your favorite holiday, or, "Change Your Clock, Change Your Battery" when the times change.

When To Test

Always test the detector when you return from a vacation - or when no one has been in the house for several days or more.

The Consumer Product Safety Commission recommends monthly testing. You might do this each month BEFORE you cash your Social Security check OR on the date of your birthday. For example, if your birthday is February 2, then test on the 2nd day of each month.

It's a good idea to test your detectors in front of the whole family, especially children, so that everyone knows what the sound means. **Human failure to replace batteries is THE major cause of smoke detector malfunction.**

The smoke detector's low-battery signal (the "chirping" sound) usually lasts for about seven days. That's why it's advisable to check your smoke detector if you've been away from home for a while.

It's a good idea to keep replacement batteries on hand so that batteries can be changed quickly when necessary.

Replacement lamps for photoelectric detectors should be kept on hand so that there is no delay in restoring them to full function.

OWNER NEGLIGENCE in changing smoke detector batteries has been the major cause of smoke detector failure, often with tragic results.

Select a birthday or holiday as your annual date for replacement of smoke detector batteries. Easiest of all to remember is "Change Your Clock, Change Your Battery."

Regular Cleaning

Dirt, extreme changes in temperature and cooking exhaust can cause false alarms or malfunction of a detector. This is why they should be placed well away from air vents, air conditioners and fans.

Dirt, spider and cobwebs and dust can also interfere with the smoke detector's sensing mechanism. Dust can "confuse" the detector and lead to false alarms, or cause the detector to stop operating altogether.

Keep grillwork free from dust and cobwebs by an occasionally vacuuming.

NEVER PAINT A SMOKE DETECTOR

Do **vacuum the grill of your**

smoke detector regularly

Don't Ever Ever

paint over the grill

WHEN PURCHASING A SMOKE DETECTOR, BE SURE TO CHECK FOR:

- ☑ UL Label
- ☑ Malfunction Signal
- ☑ Loud Alarm
- ☑ Easily Replaceable Batteries & Bulbs
- ☑ Warranty
- ☑ Easy Maintenance

Smoke Detectors typically cost between $8.00 and $20.00 for basic battery-operated models.

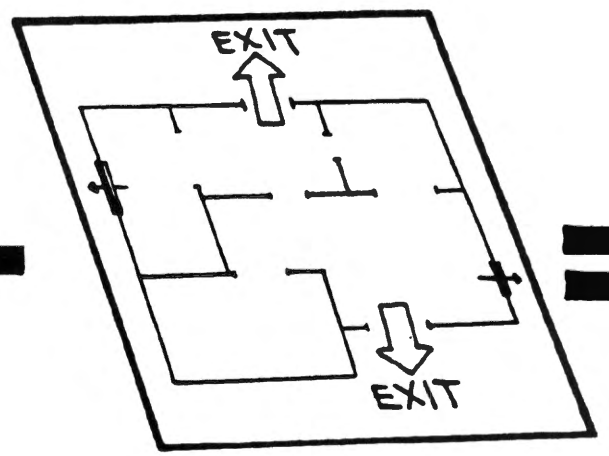
Having interconnected detectors can run the costs up to around $80.00.

Insurance companies may offer premium discounts for some types of smoke detection systems.

How Can YOU Help Your Smoke Detector Protect You And Your Family?

DEVELOP AN ESCAPE PLAN AND PRACTICE IT!

Smoke Detector



Exit Plan

Safe Escape

What should you look for when you purchase a smoke detector? Check for the following:

- UL Label - This means that the smoke detector has been tested under operating conditions by the Underwriters Laboratories, Inc.

- Malfunction Signal - If it's a battery-operated detector, does it warn you when the battery needs replacing? If it's a photoelectric model that has a bulb, does it warn you when the bulb needs replacement?

- Loud Alarm - Is the alarm loud enough to awaken a sleeping person, even those who sleep behind closed doors?

- Easily Replaceable Bulbs & Batteries - Are the bulbs and batteries easy to purchase and convenient to install?

- Warranty - How long is the manufacturer's warranty? Most have a five-year warranty.

- Easy Maintenance - Is it simple to clean and test the detector?

How Much Do They Cost?

Most battery-operated models cost about $8.00 to $20.00, depending on the type and features. *This is a small price to pay compared with the lives and property they protect.*

Some insurance companies offer discounts if you have smoke detectors.

Next Section: What To Do When Your Smoke Detector Awakens You At Night!

Fire Survival

The FIRE SURVIVAL program focuses on options available to senior citizens when they are confronted by a life-threatening fire in their home. The program will emphasize the development of a plan for survival, as well as the practicing of all aspects of the plan.

Objectives

Identifying the following keys to safety on several layout drawings of homes:

- **Primary Escape Routes**
- **Secondary Escape Routes**
- **Outside Meeting Locations**
- **Safe Sheltering Rooms**
- **Safe Sheltering Actions**

Participants will create a fire survival plan which identifies:

- **Primary Exit Routes**
- **Secondary Exit Routes**
- **An Outside Meeting Location**
- **Sheltering Rooms**
- **A Schedule for the Practice of Exit and Other Fire Safety Drills**

GOAL:

To help you become more aware of the options available to you in a fire, and to help in planning which options to use under what conditions.

You Will:

- **Identify escape routes, meeting locations and safe sheltering areas.**

- **Prepare a plan for a senior couple which they can use in their home.**

NEW INFORMATION

How many times have you read about serious home fires in your local newspaper, or seen a film of a burned out home on the local television news? Fires in homes are a regular occurrence in our area, and unfortunately, deaths are a frequent result of those home fires. However, you have probably also seen similar coverage of fires in hotels, high rise apartment buildings, and mobile homes. It seems that the place where we should feel the safest, turns out to be the most dangerous when it comes to fires. The majority of the fires in our state occur in residences and the majority of fire deaths as well. In virtually all of these fires, the people died because they either did not or could not act on the principles of fire survival.

No two fires are exactly alike. Even fires in similar buildings do not burn the same way. There are many variables, such as the amount and arrangements of the burning materials, the amount and flow of air currents in the building, storage arrangements, and even the weather.

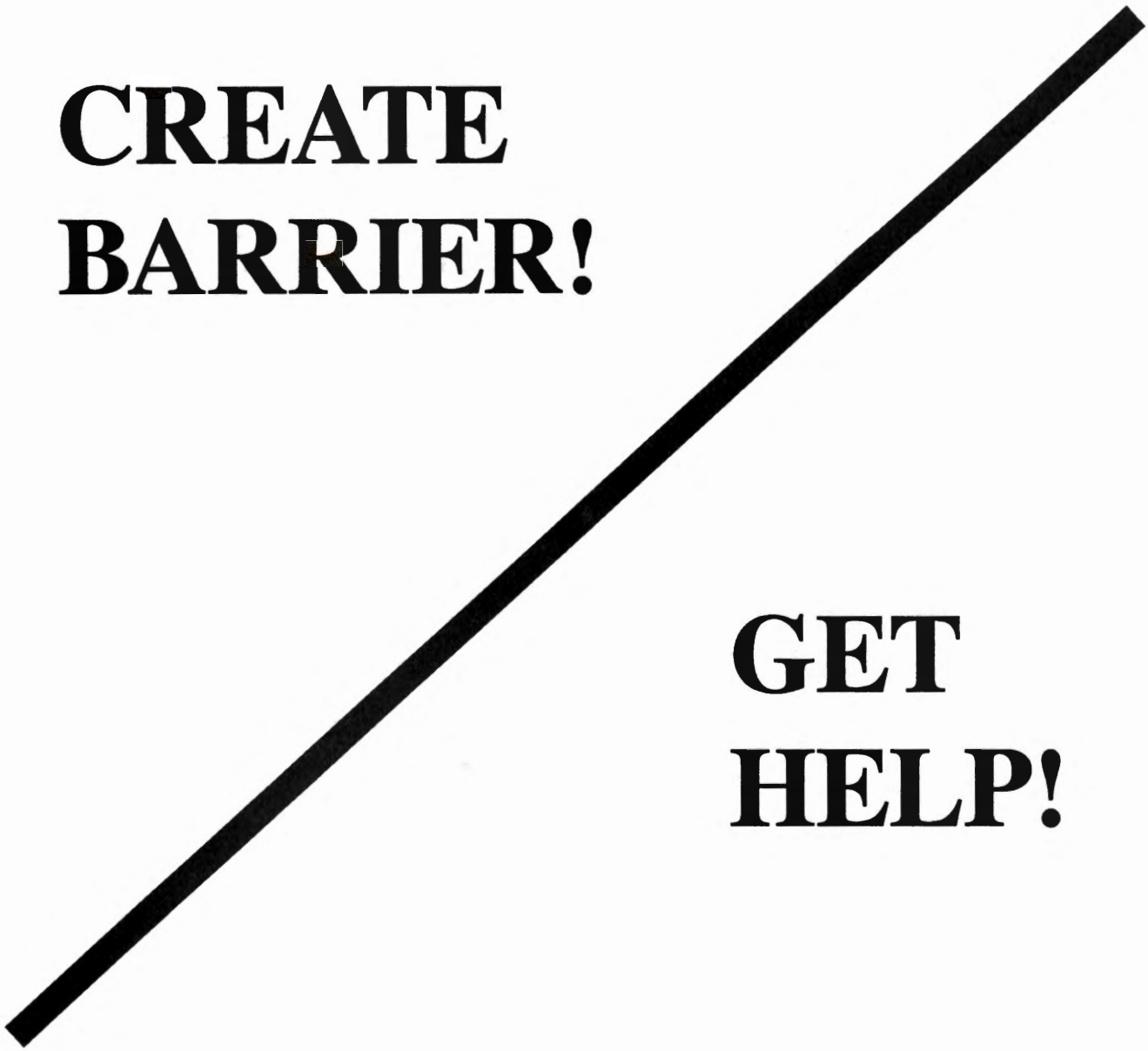
Although no two fires burn alike, they all produce four dangerous results: flames, heat, smoke and toxic gases. While you can usually see the flames and feel the heat, smoke can make it difficult to breathe and to find an exit. The toxic gases are not visible, have no taste or smell, can impair your thinking and coordination, make it difficult to make the correct decisions about escaping, or to carry out your decisions once you have made them.

REMEMBER:

Your Firesafe Response is to
GET OUT AND STAY OUT!!!

PRODUCTS of FIRE

- **Flame**
- **Heat**
- **Smoke**
- **Toxic Gases**


CREATE
BARRIER!
GET
HELP!

What should you do if you discover the fire too late, if you find that all the escape routes out of the house are blocked by smoke and/or fire, and you cannot get out, or if you are unable to leave? In this case, you must try to put a solid barrier between you and the fire and try to get help. This is called *sheltering.*

In sheltering, you place a barrier of walls and doors between yourself and the fire. You can take temporary shelter in another room, preferably one with a door, a window and a telephone. In a high rise apartment, you can take shelter in one of the stairwells, or you can stay in your apartment until help arrives. You can even take shelter on your balcony if you have one. Wherever you shelter, though, you must remember that you will need to be able to put a solid barrier between you and the fire. You will need a supply of fresh air, and you should choose a place where firefighters will be able to reach you.

The normal exits we use every day - doors, hallways, etc., are called primary exits. In a fire situation, however, do not consider elevators in a high rise buildings a primary escape route. Elevator shafts can act like a chimney in a fire, funneling smoke and gases up from lower floors and killing anyone in the elevator car. When primary exits are blocked, you must use a secondary exit, usually a window, and the use of a window as a secondary escape route can cause problems.

Because windows were not intended to be regular means of escape from a room, they complicate the process of escape. The window could be too high up in the wall, or too small. It may also be located several stories above the ground. Even first floor windows may have flower boxes built onto the sill, or bushes planted underneath that can cause injuries. Using a window as an alternate escape route requires careful planning. It may be that this route is not practical, which leaves sheltering as the next alternative.

Keeping in mind the requirements for sheltering (solid barrier, fresh air, and accessibility to help), take a few minutes to identify the best places to take shelter. It is crucial that any room chosen for sheltering have a door which can be tightly closed. It is even a good idea to have some heavy tape stored in the rooms where you might shelter so that you can tape around the edges of the doors, which will seal them more tightly and prevent smoke from entering. You will need a room that has a window which can be opened. This will provide you with fresh air, as well as allow you to signal the rescuers when they arrive to let them know where you are.

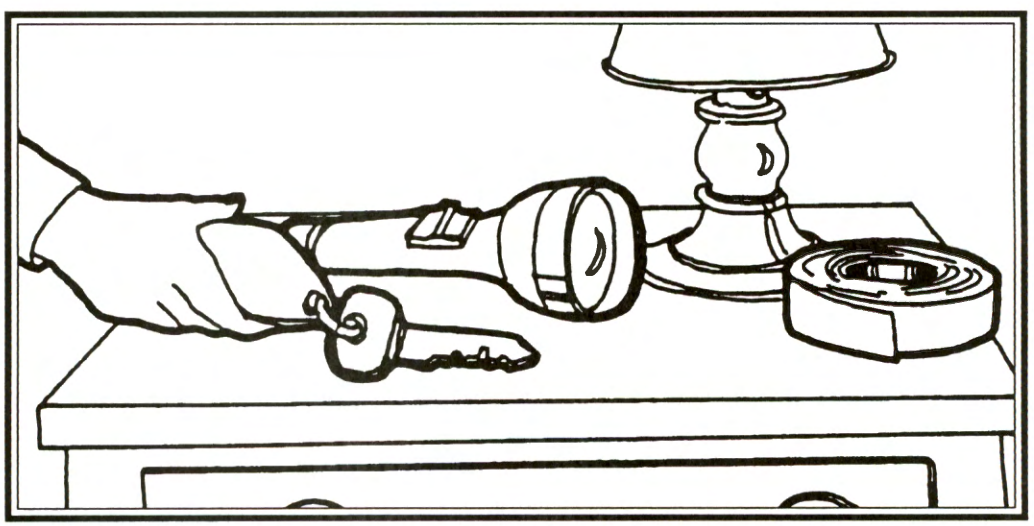
Another important consideration in choosing a sheltering room is a telephone. It is important because it will enable you to contact emergency help quickly and have a means of maintaining communication so that you can keep them informed about the situation. If you don't have a phone in a room that might be used for sheltering, pick a room that is within reach of the telephone cord, and plan to take the phone into the room with you.

TEST your room windows

LEARN the layout of the room

KNOW how to unlock your door in the dark

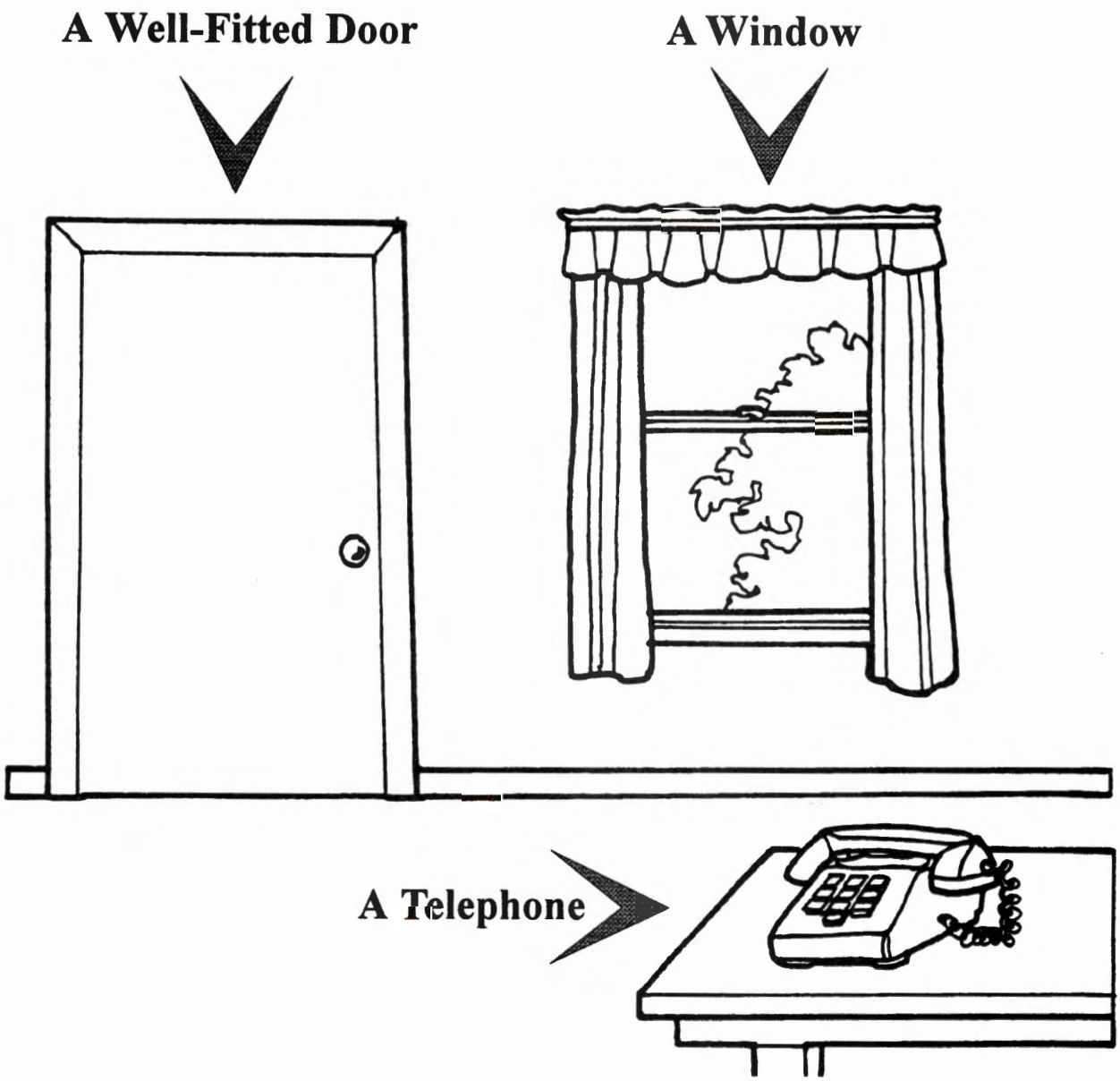
PUT your room key and flashlight close to where you sleep



Survival Items For Sheltering Room

- **Roll Of Duct Or Other Heavy Tape**
- **Flashlight**
- **Emergency Numbers & Home Address By The Telephone**
- **Throw Rug Or Towel For Under Door**

A Sheltering Room Should Have:



PRIMARY

Normal Escape Route

SECONDARY

Emergency Escape Route

MEETING PLACE CRITERIA:

- **Away from building**
- **Near front of building**
- **Away from emergency equipment**

IN A FIRE:

1. GET OUT AND STAY OUT!

2. MEET AT A PREDESIGNATED PLACE OUTSIDE!

How To Survive A

Hotel Fire

HOTEL FIRE SURVIVAL

Surviving a hotel fire really begins before you leave home.

Before you leave home . . . .

- Find out if the hotel has fire safety plans. Do they have smoke detectors and a sprinkler system?
- Assemble and pack a personal survival kit which includes a flashlight, a portable smoke detector and a roll of wide duct tape.
- When traveling in a foreign country, learn the word for "fire" in the native language.

As soon as you check in . . . .

- Ask about the hotel's evacuation plan.
- Find out where the fire alarms are located.
- Check to see if there are smoke detectors and a sprinkler system in your room.

HOTEL SURVIVAL KIT

- **Portable Smoke Detector**
- **Duct Tape Or Other Heavy Tape**
- **Flashlight**
- **Hotel Key**

WHEN YOU CHECK IN:

- Ask about the hotel's fire evacuation plan
- Find out where the fire alarms are located
- Check to see if your room has a smoke detector and a sprinkler system

Check the Exits

When you arrive at your room . . . .

- Find the fire exits on your floor. This is very important. In an emergency, it enables you to feel your way to the exit door. Count the doors and any other features between your room and the exits. Make sure that the exits are not locked or cluttered.

- Test your room windows. Do they open?

- Learn the layout of your room.

- Know how to unlock your door in the dark.

- Place your flashlight and room key close to where you sleep so you can find them easily in an emergency. (You will need your room key to get back into your room if the hall or exits are filled with smoke or fire.)

- Hang your portable smoke detector over the door if your room does not have a smoke detector.

- Find the location of the nearest fire extinguisher. Be sure you understand how to use it.

- The first time you leave your room on your way out of the hotel, walk down the primary exit stairway to the outside.

CHECK your room windows to make sure they open and close properly

LEARN two ways out of your room

KNOW how to unlock your door in the dark

KEEP your room key and flashlight near your bed and remember where they are at all times

If a fire starts in your room . . . .

- Leave the room immediately and take your key with you.
- Close the door.
- Sound the fire alarm.
- Walk to safety. Leave the building.

WHEN A FIRE STARTS IN YOUR ROOM:

- **Evacuate - Close Door**
- **Sound Alarm - Alert Neighbors**
- **Use Nearest Phone To Call Hotel Operator**
- **Walk To Safety Via Fire Exit**

When a fire starts in another part of the hotel . . . .

- Get your key and flashlight.
- Test the doors to see if they're hot.
- Check hallways for smoke.
- Crawl low under the smoke if necessary.
- Exit via fire stairs.

If the room door is hot, or if there's smoke in the hallway . . .

- Shelter in your room.
- Call for help.
- Fill tub with water.
- Stuff bottom of door with throw rug or wet towels.
- Tape edges of door.
- Hang sheet from window to signal for help.

WHEN A FIRE STARTS IN ANOTHER PART OF THE HOTEL:

- **Grab Key & Flashlight**
- **Test Door**
- **Check Hall For Smoke**
- **Crawl Low Under Smoke If Necessary**
- **Exit Via Fire Stairs**

WHEN ROOM DOOR IS HOT, OR WHEN THERE IS SMOKE IN THE HALL:

- **Shelter In Your Room**
- **Call For Help**
- **Fill Tub With Water**
- **Seal Edges Of Door With Tape, Put Throw Rug Or Wet Towels At Bottom**
- **Cover Or Tape Vents**
- **Hang Sheet From Window To Alert Firefighters**

Block Out Smoke!

REVIEW

You have been given a pamphlet on fire survival. The main point of the pamphlet is that you need to plan for fire survival before an incident occurs. The first thing you need to figure out is how to get out and stay out. If you are not able to leave, your alternative is *Sheltering* - staying in a relatively safe room, which temporarily shelters you from the fire and smoke.

The key to a successful plan is not just thinking about it, but also practicing it so that in an emergency, you will be able to follow your plan quickly and smoothly.

You must decide which choices would be best for you to make in a fire emergency. Remember also, that you need the earliest possible warning in order to have the best chance for your plan to work, and the most time available to successfully survive a fire. You can do this by maintaining your smoke detectors with regular checks, cleanings and battery changes.

Finally, take the principles of fire survival with you whenever you are staying away from home. Making a plan and testing it through practice can make a big difference in your chances of surviving a fire at a hotel or resort. Fires can be survived if the people confronted with them have a plan that they have practiced.

Checklist for Seniors Trapped In A High Rise Building

1. Stay Calm

2. Avoid the Elevators. Use the stairs if you can.

3. Crawl Low In Smoke, If Necessary.

4. If Exits Are Blocked, Go To A Room With An Outside Window And Stay There.

5. If There Is A Telephone, Call The Fire Department And Give Them Your Exact Location.

6. Put A Sheet Out The Window, Or Wave Light Colored Material In Front Of The Window.

7. To Keep Smoke Out - Tape Edges Around Doors, Place Wet Towels Or Throw Rugs Across Bottom Of Door and Cover Vents.

8. Fill Tub With Water. Dampen A Cloth And Breathe Through It.

9. Wait Patiently Until Rescuers Arrive.

Fire Safety Volunteers

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