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Fire evacuation tips

- Ensure everyone is aware of the escape plan.
- Ensure windows are easily opened by children. If windows have security bars, install quick-release devices on the inside.
- Ensure two story homes have escape ladders that are accessible.
- In basements, place furniture under the window to aid in escaping.
- Make sure doors and windows are not blocked by furniture or other items.
- Test doors before opening them. Keep low and closer to the floor to prevent inhalation and burn injuries from super heated gases as the door opens. Just crack the door open slightly to see the other side. It is good to have the door between your knees to prevent it from flying open due to pressure from the other side.
- Be prepared to slam the door shut if heat or smoke rush in, and look for another way out. If safe, open the door to escape. As you escape, close all doors behind you to hold back toxic smoke and flames.
- If you are trapped, protect yourself until help arrives. Go to a room with an outside window and telephone. Cover the vents. Close the door and seal cracks around the doors with rags or bedding and call 9-1-1 to tell them where you are. Wave a flashlight or coloured cloth to help guide them. If possible open the window at the top or bottom; do not break the window unless you have to. Protect yourself from broken glass.
- Get out and Stay out. When an alarm sounds, don't stop to get dressed or gather valuables. Never go back inside a burning building no matter what. Smoke is toxic and inhalation can kill you.
- Get low! Go under the smoke to the nearest exit. Smoke will rise to the ceiling, leaving cooler, cleaner air close to the floor.
- Teach children never to hide in closets or under beds.
- Teach every family member to 'Stop, Drop and Roll' if clothes catch fire.
- Call 9-1-1 once you are outside.

Seniors and persons with disabilities:

- Make escape easy. Locate bedrooms on the ground floor near an exit.
- Install alarms near sleeping areas.
- If deaf or hard of hearing, install flashing strobe light or vibration along with the alarm.
- Practice a fire drill at least twice a year.
- If you or someone you live with cannot escape alone, designate a member of the household to assist them. Have a back-up plan in case the helper is away at the time of an emergency.

- Keep a telephone and emergency numbers nearby at all times should they be needed.
- Use a flashlight in the event of smoke or to signal firefighters.
- Crouch as low as you can to move through smoke. Stay low and get out.

Heavy sleepers:

- Practice a fire drill at least twice a year to identify if this is a concern in your household.
- Small children, the elderly, sleep deprived students, shift workers, teens, and the hearing impaired all react differently to an emergency. This makes practicing vital.
- Appoint a member of the family to take responsibility for others.

College or university students:

- Ensure you have a fire extinguisher in your room and you know how to use it.
- Take each alarm seriously.
- Do not deactivate nuisance alarms, relocate the smoke alarm if necessary.
- Always know two ways out of the building no matter where you are.
- Check seat cushions after parties for cigarette butts. Ensure cigarette butts are disposed of properly at all times.
- Do not overload extension cords or leave lit candles or cooking unattended.

Apartment fires:

- Participate in fire drills conducted by your building management.
- Make sure everyone in your apartment knows and practices the building evacuation plan.
- Know where your building's fire alarm is and how to use it.
- Never prop open or block the exit of a fire door.
- Never use the elevator. If you can't use the stairs, stay in your unit and stay calm. Go to a room with an outside window and telephone. Cover the vents. Close the door and seal cracks around the doors with rags or bedding and call 9-1-1 to tell them where you are. Wave a flashlight or coloured cloth to help guide them. If possible open the window at the top or bottom; do not break the window unless you have to. Protect yourself from broken glass.