

Senator Hugh T. Farley  
44th Senate District

# THE STEPS TO FIRE SAFETY

What You Need to Know To Protect Your Family & Home

## Know Who And How To Call For Help

It is important that everyone in your family knows the phone number of, and how to call, your local fire department. Have your children practice what they would say on the phone in case of a real emergency.

In the space provided write down your emergency numbers and keep this important information by your phone.

◆ **Fire Department**

◆ **Police Department**

◆ **Ambulance**

◆ **Personal Physician**

◆ **Neighbor's House**

Senator Hugh T. Farley  
412 LOB • Albany, New York 12247  
(518) 455-2181 • www.senatorfarley.com

PLEASE, CLIP AND RETURN THIS CARD

If you would like to obtain more informative brochures on how to safeguard your family, please check the brochure you would like, and clip and return this card to me.

Senator Hugh T. Farley, 412 LOB, Albany, NY 12247.

- |                                                |                                                                 |
|------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Safeguard Your Home   | <input type="checkbox"/> Four Minute Test — Can Your Home Pass? |
| <input type="checkbox"/> Disaster Preparedness | <input type="checkbox"/> New York's Response...How You Can Help |

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

## The Steps to Safety

When it comes to fire, preparation and practice can save lives. This brochure will help guide you step by step through making an emergency escape plan for you and your family. I hope this information proves useful in helping you teach your family the steps to safety.

### MAKE A PLAN

Sit down with your entire family and make a fire emergency escape plan. Discuss possible escape routes to the outside from every room in your house, especially bedrooms. Then, draw your escape plan with both a **normal exit route** and an **emergency exit route** to be used if the normal route is blocked by fire. **It is also important that you:**

- ◆ Make sure your plan focuses on getting out of upstairs bedrooms without using stairs. Smoke and rising heat usually eliminate stairs as a possible exit.
- ◆ Designate a safe meeting place outdoors.
- ◆ Pick one person to be responsible for calling the fire department from a neighbor's home if there is a real fire.
- ◆ Go over the "Steps to Safety" in this brochure to ensure that all family members know exactly what to do if there is a fire.
- ◆ Make sure everyone knows at least two ways out of each room.
- ◆ Emphasize the importance of **not going back inside the house**. You may have only one chance to get out safely. People are often killed attempting to rescue a person or pet who has already left the house. Make sure children know the importance of not going back into the house to try to save a toy.
- ◆ **Make sure that everyone sticks to the plan.**

### DRILL INSTRUCTIONS

- (1) Practice drills should be held at least **twice a year**. Hold family drills at night with all the lights out.
- (2) Name one family member as the drill leader. The drill leader is responsible for sounding an alarm to start the drill and timing the drill.
- (3) Have everyone go to their bedrooms, turn out the lights and make sure all doors are closed.
- (4) Have the drill leader sound the alarm and begin timing the drill.
- (5) All family members should crawl close to the ground pretending there is smoke.
- (6) Everyone should test closed doors. Each family member should pretend the door is cool and open it carefully. Then everyone should proceed to crawl following the normal exit route.
- (7) Once outside, everyone should go to the designated meeting place. The drill leader should take roll. If this was a real fire, one person would use a neighbor's phone to call the fire department.

Conduct a **second drill** having family members follow **alternate exit routes**. This time however, each family member should pretend the door is hot and not open the door. Everyone should crawl following the alternate exit route. Emergency windows should be checked to see if they can be opened. (Use windows and emergency exits only during an actual fire.) Everyone should leave the house and meet at the designated place as before.

## When conducting drills, keep these questions in mind:

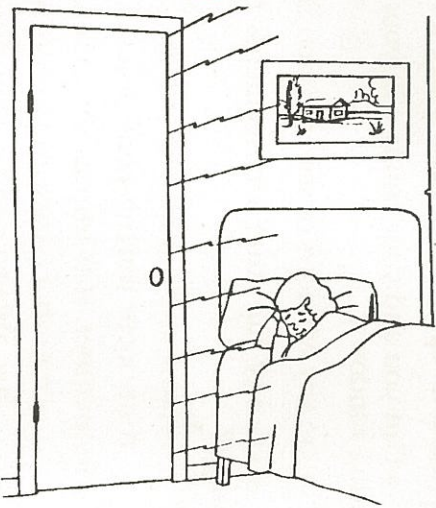
- |                                                                                                        |                                                                |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| ◆ Are any routes blocked?                                                                              | ◆ Can you and your family exit your home safely using windows? |
| ◆ Is there anything that could cause children to fall or stumble?                                      | ◆ Are any windows or screens impossible to open?               |
| ◆ Are flashlights readily available in case the lights are not working?                                | ◆ Do any furniture arrangements block escape routes?           |
| ◆ Are windows low enough to get through and can screens or storms be quickly opened from the inside?   |                                                                |
| ◆ Does each member of your family know how to unlock the windows and remove screens and storm windows? |                                                                |

**Correct any complications or problems that occur during your practice drills. Remember, it is important that all family members, including children, are able to open exit windows.**



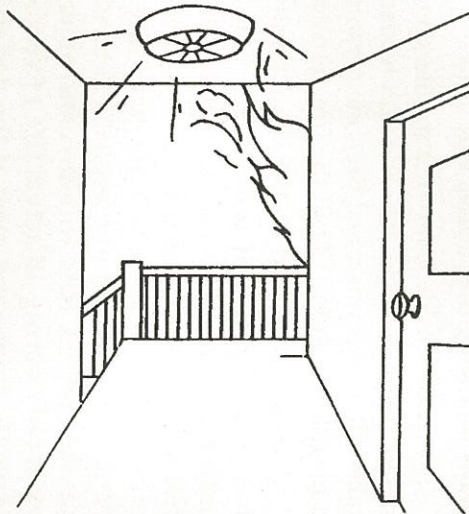
# IN CASE OF A FIRE, FOLLOW THESE STEPS TO SAFETY

**A**



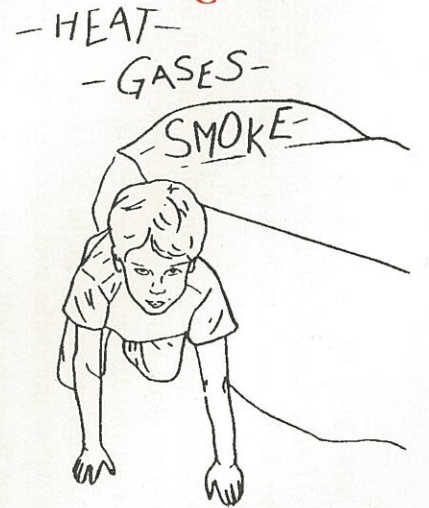
**(A)** Make sure you sleep with your bedroom door closed. If a fire starts, a closed door can give you valuable extra minutes of protection against flames, smoke and toxic gases.

**B**



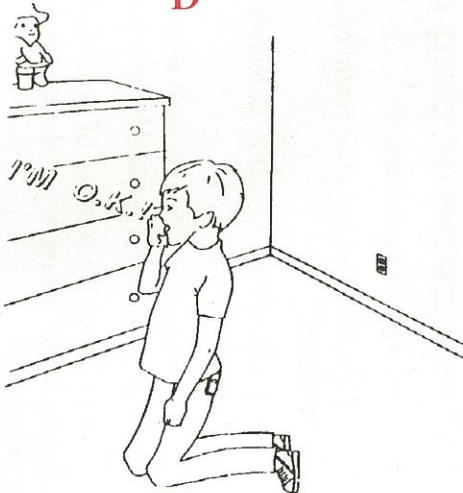
**(B)** A smoke detector will go off to warn you of a fire. Check your smoke detector frequently to make sure it is working.

**C**



**(C)** Once you are awake, do not sit up in bed. Roll out of bed and crawl under the smoke and heat. Remember, smoke and heat rise, so the air is usually better near the floor. Keep calm and remember your escape plan.

**D**



**(D)** Do not hide in a closet or under a bed. Let your family members know that you are okay and then proceed to get out of the house.

**E**



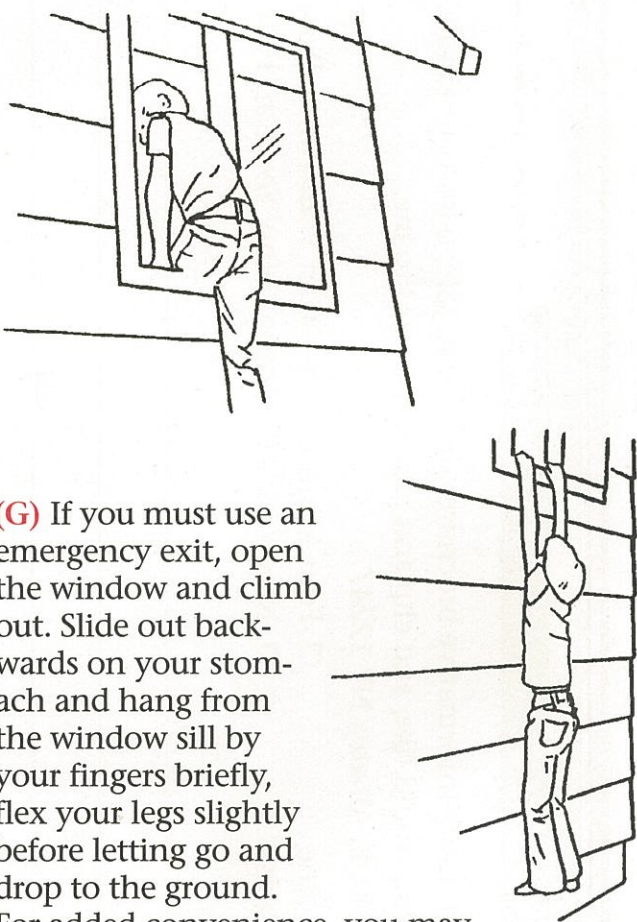
**(E)** Touch the door with the back of your hand. Do not open the door if it feels hot — that means that the fire is on the other side. Proceed to use an emergency exit.

**F**



**(F)** If the door is cool, carefully open the door. If there is fire in the hall, close the door and use an emergency exit. If all is clear, crawl under the smoke to your family's designated meeting place.

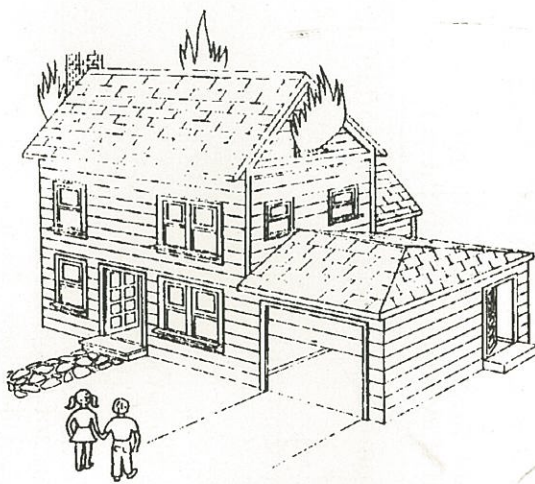
**G**



**(G)** If you must use an emergency exit, open the window and climb out. Slide out backwards on your stomach and hang from the window sill by your fingers briefly, flex your legs slightly before letting go and drop to the ground. For added convenience, you may choose to keep a rope or rope ladder in each room.

When you practice your fire escape plan, just make sure that all window exits are accessible and easily opened from the inside. You should only exit through windows in case of an actual emergency.

**H**



**(H)** Once outside, go to your meeting place and stay put. Do not let anyone re-enter the house. When you and your family practice your fire escape plan, make sure that everyone goes to your pre-arranged meeting point.

**REMEMBER,  
ONCE OUT, STAY OUT!**

**Following these simple steps can help your family escape safely.**



Artwork by: Debra McLaughlin & Rick Van de Kieft for the Suffolk County Fire Safety Educators Association.