

# Fire Safety Guide

## Fire Safety in the Home

- Plan and practice two escape routes out of the house or apartment building.
- Plan two ways to get out of every room.
- Discuss the fire escape plan with your family.
- Practice escapes at night. That's when most deadly fires occur.
- Designate an outside meeting place a safe distance away.
- Decide who'll take charge of each child.
- Draw a picture of the inside of your home and map the escape routes.
- Teach children to crawl under smoke and to touch doors before opening them.  
Do not open the door if it is hot.
- Never stop to call the fire department before leaving the building. Never reenter a burning building.
- Teach children how to stop, drop and roll (drop to the ground and roll back and forth) if clothing catches fire.
- Show children who live in high-rise buildings the shortest route to a safe exit. Do not use the elevator.
- Install smoke detectors in all sleeping areas and on every level of your home.
- Test smoke detectors once a month.
- Clean the smoke detector regularly. Dirt can lead to malfunction.
- Replace the batteries at least twice a year.
- Know what the smoke detector alarm sounds like and what to do when it goes off.

## If your clothing catches fire:

Stop, Drop and Roll to extinguish fire.

## If you are burned:

1. Cool the Burn: Cool the burned areas immediately with cool water. This reduces skin temperature and stops the burning process, numbs the pain and prevents or reduces swelling. Do Not use ice directly on the wound. Do Not break blisters.
2. Remove Clothing: Remove burned clothes. Lay the victim flat. Remove non-sticking clothing. Loosen or remove tight clothing, jewelry or boots before swelling occurs. For scalds, immediately remove hot, wet clothing.
3. Cover the Burn: Cover the burn. After cooling the burn with water, apply a clean, dry dressing to the burned area. Cover the victim to keep him/her warm.
4. Get Medical Help: Get medical help. Call 911. Get the victim to a hospital. Do not underestimate the seriousness of the burn!
5. Burns should be evaluated by medical staff specializing in burn care of adults and children if:
  - The burn covers more than 10% of the body
  - The burn involves the face, hands, feet, groin or major joints.
  - Third degree burns.
  - Electrical or chemical burns.
  - Inhalation injury such as exposure to smoke and fumes.
6. No Ointments: Do not use ointments, sprays, first aid creams or butter.

*Fires and burns kill hundreds of children each year and permanently scar thousands more. Yet more fire victims die from smoke than flames. Smoke can overwhelm a child or adult in minutes. Protect your family.*