

# Practice, Practice, Practice!

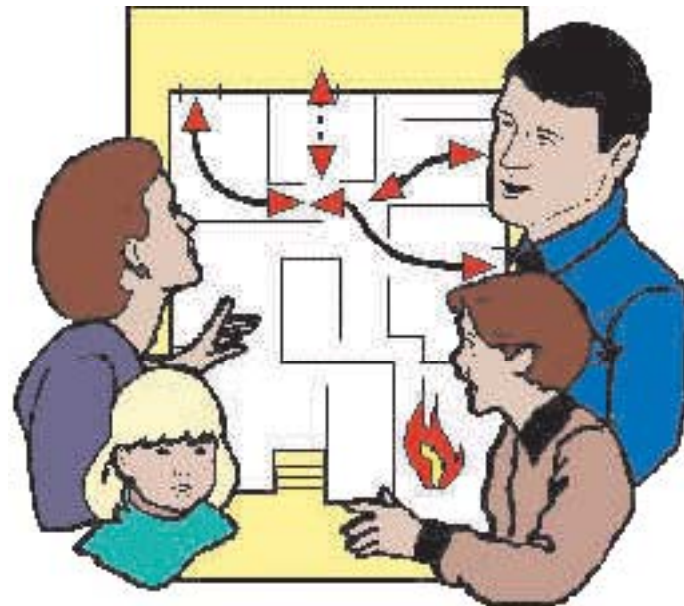
Conduct home fire escape drills frequently, at least twice a year, so actions become automatic behaviors.

- Hold a family fire drill during the day, while everyone is awake and another one at night while children are asleep to see how they will respond.
- Following the drill, make adjustments to the plan.
- Does someone in the family, who may be too young or physically impaired, need assistance?
- An adult can go to their room and help that person to an alternate escape route.
- If a child sleeps through an alarm they may need to be awakened by an adult.
- Infants will need to be carried to safety.

## Remember...

When the alarm sounds:

- Leave the building.
  - Get out, stay out!
  - Go to the family meeting place.
  - Dial 911 from a neighbor's house.
  - Wait at the meeting place for the fire department to arrive.
- Let them know if everyone is safe.



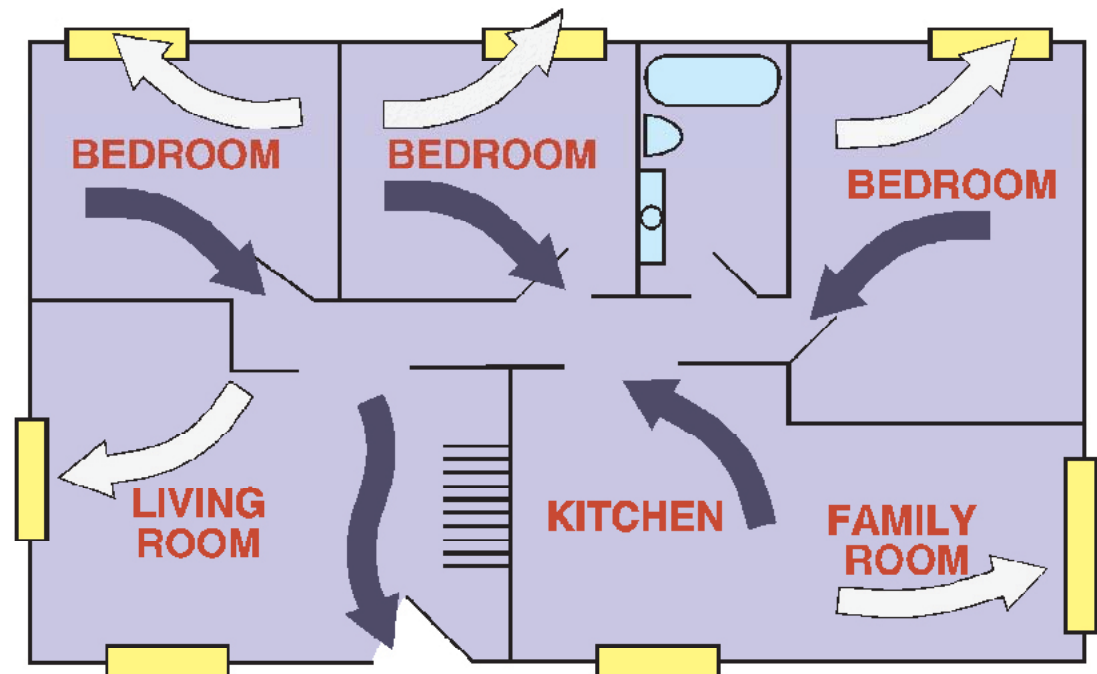
Be sure to have your street number posted on your home, in numbers clearly visible from the street. This will help emergency personnel to locate your house quickly.

# Home Fire Escape Drills

*It starts with Planning, It works by Practicing*



## Plan 2 Ways Out of EVERY Room!



Outdoor Meeting Place

**When the smoke alarm sounds...Get Out, Stay Out!**



## FireFACTORS

Office of the State Fire Marshal  
Department of Fire Services

P.O.Box 1025 State Road • Stow, Massachusetts 01775 • (978) 567-3300 • [www.mass.gov/dfs](http://www.mass.gov/dfs)



**Most fatal fires occur in the home.**

Having working smoke alarms as well as planning and practicing home fire escape drills can reduce your risk of injury or death.

**Children practice fire drills in school at least four times per year.**

Do you practice how to react to fire in your home? **You should!**

When fire strikes... you may have **less than one minute** to safely get out of the building.

**Knowing what to do can mean the difference between life and death!**

**Fires are fast.**

Fires double in size every minute.

**Fires are dark.**

They are not like what you see on television or in the movies. Fires create thick, black, choking smoke which makes it impossible to see and breathe.

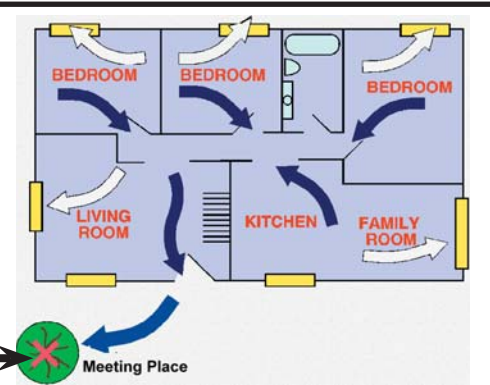
**Fires produce heat, smoke and toxic gases.**

Smoke alarms warn residents in the event of a fire. Smoke alarms give you time to leave the building before your escape route is blocked by deadly smoke, heat and toxic gases.

**Plan 2 ways out of each room...**

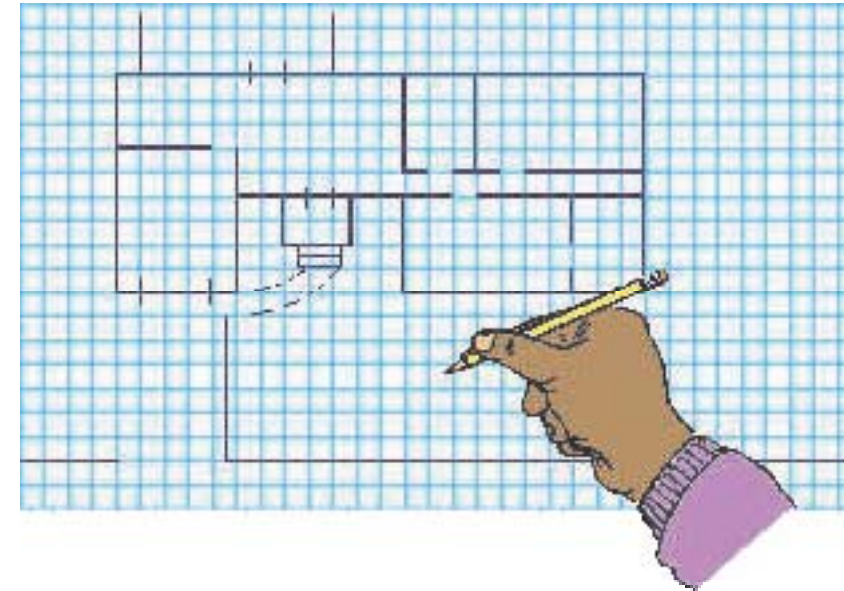
**Discuss the plan with each member of the family so everyone understands what to do in an emergency.**

**Choose a meeting place outdoors**



# Make an Escape Plan!

**Draw a floor plan of your home**



**Plan a HOME fire escape route**

**What to do...**

- Locate all doors, windows, halls, stairs and fire escapes that can be used to get outside.
- Using arrows, show 2 ways out of every room, especially bedrooms.
- Make sure that each family member can open door locks and window latches.
- Check to see if all windows that are part of the escape plan open easily and have not been painted shut.
- If your home has security bars or child window guards, they should have a quick-release feature that can be operated from the inside.
- Keep exits and paths clear of obstacles such as furniture, newspapers, toys, etc.
- Plan around your abilities. If you wear eyeglasses or hearing aids – keep them at your bedside along with a flashlight.
- When the smoke alarm sounds, remember to:
  - Roll out of bed; onto the floor, stay low beneath smoke
  - Crawl to the door.
  - Check the door for heat with the back of the hand
  - If cool, open the door slowly. If the coast is clear, crawl to escape. Signal others by calling / banging.
  - Do not open a hot door. Place a towel or blanket under the door to keep smoke out. Crawl to the window. Turn on a light, open the window. If you can safely reach the ground, exit the window. Otherwise, shout and signal for help. Don't jump. A fire fighters first priority is to rescue people.