

# PLAN AND PRACTICE YOUR ESCAPE FROM FIRE AND SMOKE

## **IT IS IMPORTANT TO MAKE A FIRE SAFETY PLAN AND THEN PRACTICE IT TWICE A YEAR.**

In a fire, you are more likely to act calmly and efficiently if you have planned and practiced how to leave your house. Make sure that none of your outside doors are blocked and that you can open all of your bedroom windows.

- If the smoke alarm sounds, get outside and stay outside.
- Call 9-1-1 when you are safe.
  - If you don't have a cell phone or didn't bring it with you, knock on a neighbour's door and ask them to call 9-1-1 for you.
  - It is your responsibility to call 9-1-1 until you have confirmed that someone else has called. Too many times, people are wondering where the help is when no one has called 9-1-1.
- Never go back inside for people or pets. Most pets will instinctively leave if they aren't in a kennel or have their movements restricted in other ways.
- If the fire has grown and the exits are blocked by smoke and/or fire, close as many doors as possible between you and the fire and call 9-1-1 immediately.
  - A closed door may slow the spread of smoke, heat, and fire.

If you live in a house:

- When the smoke alarm goes off:
  - Have everyone leave the house immediately
  - Once you are safe, call 9-1-1
  - GET OUT AND STAY OUT.

## **FIRE DRILLS**

- Fire drills are important because it gives everyone a chance to practice their escape. Practicing with a fire drill will help you remember what to do in an emergency.

## **SAFETY PRECAUTIONS**

- Make sure you can hear your smoke alarm at night, especially if you have hearing aids and don't sleep with them in.
- Have a landline telephone or cell phone and charger near your bed so you can call 9-1-1 if you are trapped by smoke or fire. Also, keep other necessary items such as glasses and walking aids near your bed.
- Consider subscribing to a personal alarm system, which will provide you with a button you wear around your neck or on your wrist. If you have an emergency, just push the button and the service will send emergency responders.