

Lesson Activity Plan 3: Planning Your Escape!

Parent/Guardian Instructions:

- Review the "Planning Your Escape" steps.
- Draw a floor plan, or map of your home including all doors and windows. Mark two ways out of each room. Mark all of the locations of smoke alarms in your house with SA (Smoke Alarm).
- Pick a family meeting place outside where everyone can meet.
- Remember to practice your plan at least twice a year.

Lesson Discussion:

People can survive even major fires in their home if they are alerted to the fire and get out quickly and stay out. Once a fire has started, there is no time to plan how to get out. Sit down with your family today, and make a step-by-step plan for escaping a fire.

Step 1: Install working smoke alarms. A clean, maintained, working smoke detector is one of the most essential elements in a good fire safety plan, and can buy you precious time in the event of a fire. Have at least one on each level of your home, located between the bedrooms and other living areas. Be sure to check the batteries twice a year, during daylight saving times. A good way to remember this is spring forward and fall backwards; when you change your clocks you also check your batteries in your smoke detectors.

Step 2: Draw a floor plan of your home. Make sure there are two ways out of every room – especially the bedrooms. Two escape routes could save your life if one exit is blocked by smoke or fire. Discuss the escape routes with every member of your household. For two story houses – make sure you have a safe way of reaching the ground.

Step 3: Choose a meeting place that is a safe distance from your home. One member of the family should go to a neighbor's house and call 9-1-1 and report back to the family meeting place. When waiting for the Fire Department – count heads, if someone is missing tell the Fire Department upon their arrival. If a family pet is missing - **DO NOT GO BACK IN THE FIRE ZONE.** Wait for the Fire Department.

Step 4: Schedule a home fire drill. Practice your escape plan at least twice a year. Appoint someone to be the monitor, and have everyone participate. A fire drill is not a race. Get out as quickly and carefully as possible.

Make sure everyone in your family can open the windows and door locks in the daytime as well as nighttime. Windows or doors with security bars need to be equipped with quick-release devices and everyone in the household should know how to use them.

Check the door with the back of your hand. In a fire, the door maybe hot. If it is, fire could already be burning through! That's when you'll use your alternate route. If the door is cool it may be safe. Brace your shoulder against it, turn your face away and

open it a crack to check if there is any smoke or heat. If there is smoke or heat, slam the door shut and head for the alternate exit.

Stay low! Fire creates thick black smoke that makes it difficult to see. Smoke is more deadly than flames. The poisonous gases in the smoke can kill you. If you encounter smoke when using your primary exit, use an alternate escape route. If you must exit through smoke, crawl on your hands and knees, keeping your head close to the ground. Many fire fatalities occur at night while people are sleeping and victims suffocate without even waking or realizing there is a fire danger.

Parent/Guardian and Child (ren) Activity:

- Using the space provided below or a separate sheet of paper (if needed) draw the floor plan or a map of your house.
- Show all doors and windows in the floor plan or map of the house.
- Mark all of the smoke alarms in your house with SA (Smoke Alarm). Be sure there is a smoke alarm near bedrooms and on each level of your house.
- Pick a family meeting place outside where everyone can meet.
- Make sure all family members know the plan and practice the plan.