

3 If There Is A Fire

Test Doors Before Opening

- Kneeling or crouching at the door, reach up as high as you can and touch the hinge, knob and space between the door and its frame with the back of your hand.
- If the door is cool, open it and continue along your escape route.
- If the door is warm, keep the doors closed and seek an alternate escape route or stay in your room.

Crawl Low Under Smoke

- If you must exit through smoke, crouch or crawl low under the smoke.
- Heat and smoke rise, clean air will be 30-60 cm above the floor.
- If your disability does not allow you to do this, remain in your apartment, call the fire department and explain that you are trapped and your location.

If You Cannot Escape

- **Remain calm.**
- Close all doors between you and the fire, but **do not lock** them.
- If there is a phone in the room, call the fire department and tell the dispatcher where you are, even if you can see or hear the fire trucks through your window.
- Stuff towels, blankets, or clothing in the cracks around the doors to keep smoke out.
- Wait at a window and signal to the firefighters by waving a bright cloth or flashlight.

Stop, Drop, Roll

- If your clothing catches fire, stop where you are, drop gently to the floor, cover your face with your hands and roll over and over to smother the fire.
- If you cannot drop to the floor, smother the flame using a blanket or towel.

In an emergency, call 9-1-1,



For more information
contact Community Relations
at 975-2574

Fire Safety for People with Disabilities



Plan Ahead for Emergencies

If you have a disability, think about how this may affect your response during a fire emergency. Talk with members of your family, neighbours or building superintendent and create an emergency plan that reflects your needs and abilities.

Live Near an Exit

- If you live in a multi-level home, sleep on the **ground floor** close to an exit.
- When living in an apartment building, select a unit on the ground floor.
- Consider installing ramps and widening doorways, this will facilitate your escape.
- Have a telephone located next to your bed.

Install Smoke Detectors

- **Install** a smoke alarm outside all sleeping areas and on every level of your home, including the basement.
- **Test** your smoke alarms **monthly** by gently pushing the alarm test button using a broom handle or stick. If you cannot safely reach the smoke detector, ask for assistance.
- Change batteries **annually** or when the detector is **chirping**, indicating that the battery is low.

Plan and Practice Your Escape

- In the event of a fire you must be able to leave your home quickly. Plan ahead and know exactly what to do in an emergency.
- Practice emergency exit drills to identify and eliminate obstructions.
- Plan two escape routes from every room in your home.
- If you use a walker or wheelchair, ensure that the doorways will accommodate you.
- Practice unlatching deadbolts, chains and window locks quickly.
- If you live in an apartment building, count the number of doorways between you and the two nearest exits.

Stop Fires Before They Start

Cooking Safety

- Never leave cooking unattended.
- Wear tight-fitting clothing or short sleeves when cooking.
- Be careful not to reach over hot burners.
- Keep all appliances in good working condition.
- **Smother A Fire** - If a pan catches fire, using an oven mitt, carefully slide a lid over it and turn off the burner.

Electrical Safety

- Ensure that all electrical cords are in good working condition. Replace cords that are cracked or frayed.

If You Smoke

- Provide smokers with **large, deep, non-tip ashtrays**.
- Empty ashtrays often.
- **Wet** contents of the ashtray before disposal.
- Never smoke in bed.
- Avoid smoking while consuming alcohol or taking medication that can make you drowsy.
- Check cushions and furniture for smouldering butts and matches.

Space Heaters

- Keep portable space heaters at least **one meter (three feet)** away from everything that can burn, including yourself!
- A slight brush against a heater could cause your clothes to catch fire.