

# Surviving a Fire in Your Home



APRIA HEALTHCARE®

Take the time now to prepare — it can save lives!

## An Ounce of Prevention...

### Smoke Alarms

- Install a smoke alarm outside of each sleeping area and on each additional level of your home.
- Install smoke alarms **INSIDE** sleeping areas if people sleep with their doors closed.
- Test smoke alarms once a month by pressing test buttons.
- If an alarm fails the test or starts making beeping noises, replace batteries immediately.
- Replace **ALL** smoke alarm batteries at least once a year.



### Fire Extinguishers

- Consider purchasing one or more fire extinguishers to keep in your home.
- Read the instructions to understand how your fire extinguisher works, and make sure all family members understand how to use it.
- Read the instructions to find out how to check if your extinguisher is in working order, and how frequently it needs to be checked.

### Escape Ladders

- Consider installing escape ladders for upstairs rooms.
- Learn how to use your escape ladder.
- Store ladders close to windows.

### Flashlights

- Keep flashlights throughout your house and make sure everyone knows where they are located.
- Check batteries regularly.

## Planning Can Prevent Panic

### Escape Routes

- Figure out at least two ways for escaping for every room in your home.
- Everyone living in your home should be familiar with these escape routes.

### Practice

- At least twice a year, practice using your escape plans.

- Practice crawling because you may need to escape by crawling under smoke, where the freshest air will be.

### Meeting Place

- Decide on a location where everyone will meet outside your home after escaping from a fire.
- A meeting place is important so that you can quickly see if everyone has escaped.

## If a Fire Occurs...

### Making Your Escape

- If there is smoke or fire in one escape route, use another route.
- If there is no way to avoid smoke, remember to stay low and crawl under the smoke, where the freshest air will be.
- If you want to escape by opening a closed door, **FIRST** check to see if the door feels warm before opening it. If it is warm, do **NOT** open the door. Instead, use another route.



### Blocked Escape Routes

If all of your escape routes are blocked by smoke, heat or flames:

- Stay in the room and keep any doors closed.
- Keep out smoke by piling rugs, blankets or pillows along the bottom of any doors.
- If there is a phone in the room, call 911 and tell them where you are.
- Signal out a window for help using a brightly-colored cloth, sheet, towel, or flashlight.
- Stay as close to the floor as possible, near a window or door.

### After Escaping

- Go to a neighbor's house and call 911 as soon as possible.
- **NEVER** go back inside a burning house. Once you're outside, stay outside!
- When firefighters arrive, tell them if you think anyone is still inside.