



## ***NSC ~ SAWHORSE ADVISORY #52 – December, 2019***

The management of **NSC** is pleased to offer this **SAWHORSE ADVISORY**. This is part of our continuing effort to ensure that our workforce remains as safe as humanly possible, both on and off the **NSC** worksite.

### **HOME FIRE SAFETY:**

#### **Know what to do Before, During & After a Fire**

Did you know that if a fire starts in your home **you may have as little as two minutes to escape?** During a fire, early warning from a working smoke alarm plus a fire escape plan that has been practiced regularly can save lives. Learn what else to do to keep your loved ones safe!

#### **Top Tips for Fire Safety**

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Test smoke alarms every month. ...
- Talk with all family members about a **fire** escape plan and practice the plan twice a year.
- If a **fire** occurs in your home, GET OUT, STAY OUT and CALL FOR HELP.

#### **Prevent and Prepare for Home Fires**

- Install the right number of smoke alarms. Test them once a month and replace the batteries at least once a year.
- Teach children what smoke alarms sound like and what to do when they hear one.
- Ensure that all household members know two ways to escape from every room of your home and **know the family meeting spot outside of your home.**
- Establish a family emergency communications plan and ensure that all household members know who to contact if they cannot find one another.

- Practice escaping from your home at least twice a year. Press the smoke alarm test button or yell “Fire” to alert everyone that they must get out.
- Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

### **If a Fire Starts:**

- Know how to safely operate a fire extinguisher.
- Remember to GET OUT, STAY OUT and CALL 9-1-1 or your local emergency phone number.
- Yell "Fire!" several times and go outside right away. If you live in a building with elevators, use the stairs. Leave all your things where they are and save yourself.
- If closed doors or handles are warm or smoke blocks your primary escape route, use your second way out. Never open doors that are warm to the touch.
- If you must escape through smoke, get low and go under the smoke to your exit. Close doors behind you.
- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.
- Once you are outside, go to your meeting place and then send one person to call the fire department. If you cannot get to your meeting place, follow your family emergency communication plan.

### **If your clothes catch on fire:**

### **STOP, DROP & ROLL**

**Stop** what you’re doing. **Drop** to the ground and cover your face if you can.

**Roll** over and over or back and forth until the flames go out. Running will only make the fire burn faster.

**THEN:** Once the flames are out, cool the burned skin with water for three to five minutes. Call for medical attention.

### **RECOVERING after a Home Fire**

- Call 9-1-1. Give first aid where needed; cool and cover burns to reduce the chance of further injury or infection.
- Let friends and family know you’re safe.
- Transport people and animals with serious injuries for medical attention.
- Stay out of fire-damaged homes until local fire authorities say it is safe to re-enter.