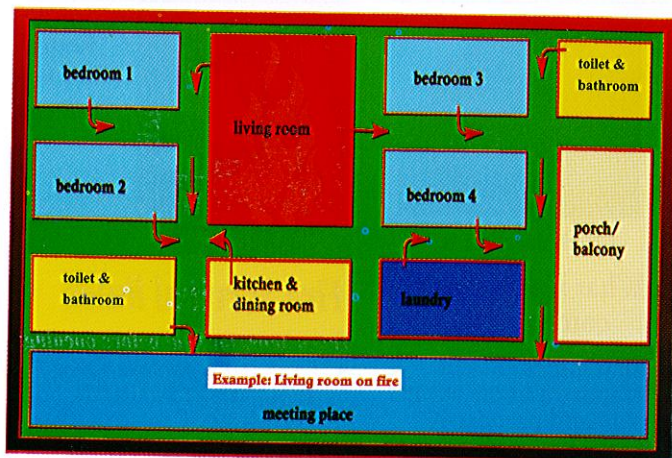


# 4

## PREPARE YOUR HOME FIRE ESCAPE PLAN



Majority of fatal fires occur in the home, yet research shows many Fijians do not have a plan detailing what they will do if a fire breaks out.

Every household should have a home fire escape plan and practise it regularly.

A home fire can expose you to temperatures in excess of 600° Celsius. However, most people die from inhaling smoke and toxic gasses long before the flames reach them.

Families who are well prepared are more likely to escape their homes safely and without panic.

Create a home fire escape plan and display it prominently for your whole family to see.

The refrigerator door is a good place.

Gather the family and draw your home floor plan on the grid, marking all the exits.

Get the children involved. Ask them to help you identify the two quickest and safest ways to get out of the house from every room, including upper floors.

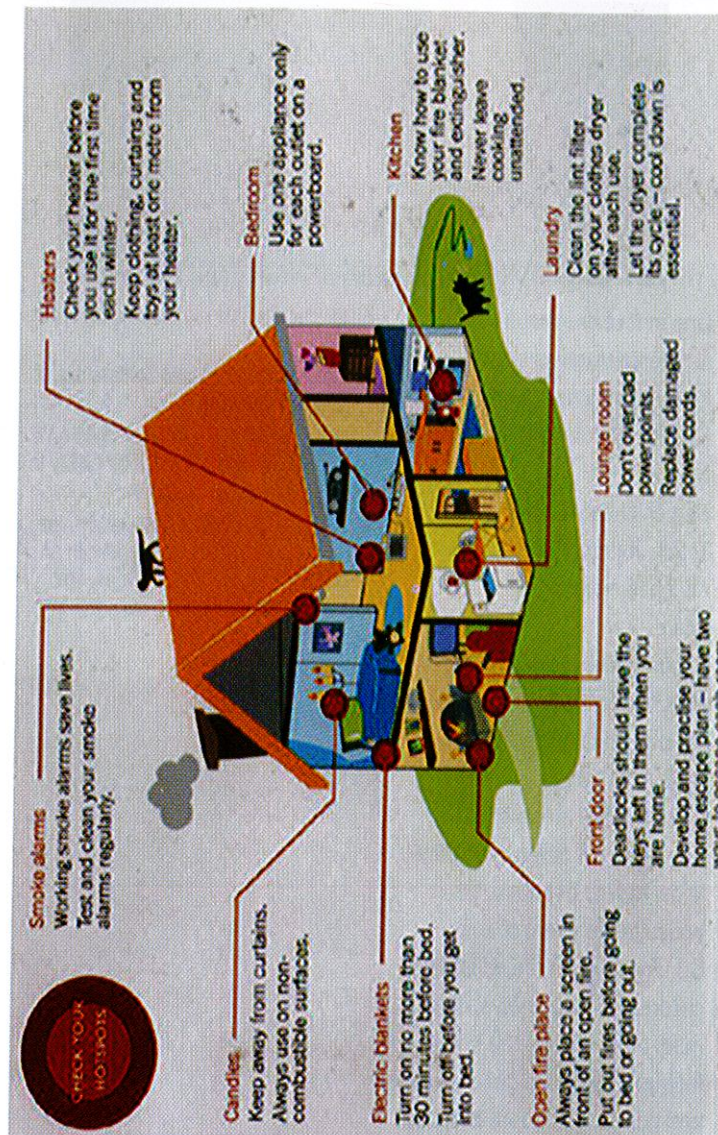
Agree on a safe place to meet outside and stick to it. The nearest lamp post may be a suitable location.

Once you've prepared your plan, hold regular fire drills and see how quickly family members can get out of the house. It is a good idea to practice at least twice a year, and more often if you have young children.

**Fire Prevention  
is Better than Cure**

# 5

## CHECK YOUR HOTSPOTS



**Call 911 for FIRE Rescue**

**PLEASE VISIT YOUR LOCAL  
FIRE STATION FOR MORE DETAILS**



**KEEP YOUR HOME FIRE SAFE.  
IT'S YOUR JOB!**





# 1 COMMON CAUSES OF HOME FIRES

## Unattended Cooking

Most house fires start in the kitchen.

- Kitchen stoves are a major fire hazard.
- **Never** leave cooking unattended. Stay in the kitchen when cooking!
- Keep stoves and grills free from grease and fat build up.
- Keep the stove and toaster away from towels and curtains.
- Wear tight-fitting sleeves when cooking.



## For outdoor firewood kitchens:

- Keep firewood neatly stacked and away from the fireplace.
- Never underestimate firewood embers. Put them out completely after use. It only takes a slight breeze to fan it alight.

## Faulty Electrical wiring is dangerous

- Ensure all switches are in good working order. Wires should not be exposed and should always be insulated.
- Have all repairs done by a registered electrician. Don't settle for cheaper—it can cost you your home and even your life.
- Never overload power outlets. Multiple double adaptors and power boards can overload power points.
- Install safety switches. These isolate power instantly from your switchboard if a sudden surge of power is detected.

## Electrical appliances

- Ensure appliances are used in accordance with the manufacturer's specifications.
- Check electrical items are in good working order. Have them maintained and checked by a registered electrician if you are concerned, especially second-hand items.
- Have damaged plugs and leads replaced by a registered electrician.
- Turn off appliances at the power point when not in use.
- If a fire starts, turn off power immediately at the power point or switchboard if safe to do so and call 911 immediately.

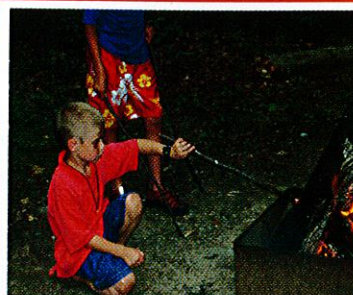


## Candles, Prayer Diyas, Mosquito Coils

- Keep candles, prayer diyas, mosquito coils or other lighting sources from curtains, bed sheets, pillows, clothing or any other flammable material.
- Always place these on a saucer or tin plate.



# 2 TEACH CHILDREN TO BE CAREFUL AROUND FIRE



- One in four childhood accidents involves burns.
- Keep all matches, lighters and candles out of reach of small children.
- Use child-safe lighters.
- Teach young children to give all matches and lighters to an adult.
- Ensure older children know that matches are to be used only in the presence of adults.
- Teach children to call **911** if there is a fire emergency.
- Educate your children so they know how to get out of the house in the event of a fire.
- Conduct regular fire drills with children so they know where to meet once outside the house.
- Instruct children to get down low and go, go, go if there is smoke in the house.
- Teach children to **stop, drop** and roll if their clothes catch fire.

## Keep Matches or Lighters away from Children

- Keep all matches and lighters out of reach of children.
- Never underestimate your children's curiosity about fire and their ability to strike a match or a lighter.
- Teach your children at an early age about the dangers of fire play, in an effort to prevent child injuries, fire deaths and fire setting behavior in the future.

**NFA attends more than 150 house fires every year.**

**Most fatal fires occur in the home but the real tragedy is that most of these fires could have been avoided.**

**A moment's distraction in the kitchen, a faulty electrical appliance or wiring can have disastrous consequences, causing major structural damage or exposing family members to harm.**

**Take the time to "Check your hotspots" in your home and preparing a fire escape plan can give you a greater chance of avoiding the devastating effects of fire.**

**PLEASE VISIT YOUR LOCAL FIRE STATION FOR MORE DETAILS**

# 3 SURVIVING A HOUSE FIRE



**Check doors for heat**



**Make sure you can open doors when inside**

**Keep Keys on deadlocks**

## What if my home catches fire?

- All families should prepare a home escape plan and practise it. Agree on a safe place to meet outside and stick to it.
- Conduct fire drills at home regularly with the whole household and identify the quickest and safest way out of the house from every room.
- All those who care for your children or stay in your house should be aware of the fire escape plan. Show them all the exits and where the telephone and emergency numbers are located.
- Keep emergency numbers near the telephone.
- It is never too early to teach children how to dial 911.
- Ensure your house number is clearly visible so the Fire Brigade can find you quickly.

## Fire Survival Rules

### Check doors for heat before opening:

- Use the back of your hand to check for heat, then get down low and crawl to safety.
- Close doors behind you if possible. If the door is hot, use another exit.
- Get everyone out of the house as quickly as possible.

### If There's Smoke In Your House:

- Get down low and go, go, go!
- In a fire, the safest area for breathing is near the floor where the air is cooler and cleaner, so remember to crawl low in smoke.

### If your clothes catch fire:

- Stop and cover your face with your hands
- Drop to the ground
- Roll over and over until the flames are put out

### Call 911 for FIRE rescue

- Call the Fire Brigade on 911 from a neighbour's house, public phone or mobile phone.
- Even if you have no credit in your mobile, you can call 911 free of charge.
- Keep calm and speak clearly to the telephone operator. Give clear directions to the home on fire so that the fire brigade can get to that place quickly.
- Don't go back into the house for any reason.

**CALL 911 FOR FIRE RESCUE**

**Home Fires Can Be Prevented**