

## **At Home with Fire Safety**

**Home Care Division of the Bureau of  
Home and Community Services  
Annual Required In-service**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

**Scott F. Pilgreen  
Assistant State Fire Marshal**

### **The Fire Problem**

- **Most residential fire deaths occur while families are asleep (between 10:00 pm and 6:00 am)**
- **The most common cause of home fires is cooking**
- **Smoking is the leading cause of home fire deaths**
- **Fire fatality and injury rates tend to increase during winter months**

### **The Fire Problem**

- **Groups at greatest risk are children 5 and under, adults ages 65+, minorities, low income families, people with disabilities, people in rural areas, and people in substandard housing**
- **Males are at greater risk to suffer from death or injury**

### **An Alabama Issue**

- **In 2014:**
  - **93 fire deaths were reported**
  - **Over 95% of fatalities occurred in residential fires**
  - **83% of these fire deaths occurred during the months of November – April**
  - **Misuse of cooking and heating appliances were the most common causes of fire**

### **An Alabama Issue**

- **In 2014:**
  - **Smoking while oxygen is in use often leads to a fatal fire**
  - **State Fire Marshal's Office**

### Home Fire Safety

- **Smoking**

- Never smoke in bed
- Never leave lit cigarettes unattended
- Keep lighters and matches away from children



#1 cause of fire deaths

### Home Fire Safety

- **Cooking**

- Never leave food unattended
- Always wear fitted clothing
- Keep stove tops clean



Common cause of home fires

### Home Fire Safety

- **Heating**

- Keep items at least 3 feet from all heating sources
  - Space heaters
  - Stoves
  - Fire places
- Only use approved sources of heat to warm your home
- Clean fire places yearly

### Home Fire Safety

- **Electricity**

- Do not use items with damaged cords or wiring
- Do not overload outlets
- Do not place extension cords under rugs or carpets

### Home Fire Safety

- **Candles**

- Never leave lit candles unattended
- Keep away from combustibles such as curtains and bedding
- Use sturdy candleholders
- Place lit candles high enough to prevent being knocked over by kids or pets

### Prevention at Home

- **Smoke Alarms**

- Place alarms on each level of your home, outside each sleeping area and inside each bedroom
- Test smoke alarms monthly
- Replace batteries yearly
- Replace alarm units every ten years

**Prevention at Home**

- **Evacuation Planning**
  1. **Locating two ways out**
  2. **Testing doors for heat**
  3. **Crawling low under smoke**
  4. **Stop, drop, and roll**
  5. **Designating a safe meeting place**
  6. **Calling 911**

**Evacuation Planning**

1. **Know two ways out**
  - **Multiple story dwellings**
    - **Fire escape ladders**
    - **Fire escape stairwells**
  - **Obstructed paths**



**Evacuation Planning**

2. **Test doors for heat**
  - **Use your hand to feel the door, doorknob, and the space between the door and the frame**
  - **If anything feels hot, use your second exit**

**Evacuation Planning**

3. **Crawl low**
  - **Crawl low under the smoke**
  - **Keep your head up**

**Evacuation Planning**

4. **Stop, Drop, and Roll**
  - **Stop**
  - **Drop to the ground**
  - **Cover your face**
  - **Roll from side to side until the flames are extinguished**

**Evacuation Planning**

5. **Designate a safe meeting place**
  - **Away from traffic**
  - **Neighbor's house**
6. **Calling 911**
  - **Safely escape and call for help**

### Evacuation Planning

- If you cannot escape:
  - Seal off the room that you are in using items such as clothing, towels, and tape
  - Call 911 to alert the fire department
  - Open a window and wave light - colored clothing or a flashlight (Close the window immediately if smoke begins to enter the room)
  - Stay patient and try not to panic

### Evacuation Planning

- Practice your escape plan at least two times per year
- Your plan may require an adult to assist children, elderly, or persons with disabilities

### Considerations for Children

- Smoke Alarms
  - Ability to wake children
    - Voice alarms with recorded instructions for escape using the guardians voice
- Fire Fighters
  - Hiding from the fire fighter or the fire
  - Turn out gear is strange not scary



### Considerations for Children

- Items that are not toys
  - Irons
  - Stoves
  - Matches
  - Lighters
  - Heaters
  - Electrical outlets
  - Candles
  - Fire places



### Special Considerations

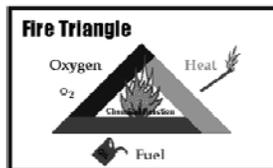
- Evacuation Planning:
  - Notify the fire department concerning your special needs
  - Being on the ground floor and near an exit will make escaping easier
  - Be prepared to stay in place and alert the authorities
  - Use a buddy system

### Special Considerations

- Smoke alarms with strobe lights for the hearing impaired
- Keep clear pathways for those with visual or mobility impairments
- Personal alert devices
- PRACTICE!

## Special Considerations

- Sources of Oxygen
  - Keep away from sources of heat
  - Know how to use the cut off valve



## Home Fire Safety Kit

- Smoke alarms
- Batteries
- Cordless telephones
- Flashlights
- Towels / blankets
- Tape
- Escape ladders
- Evacuation Plan

## References

- National Fire Protection Association (NFPA) Fact Sheets, [www.nfpa.org](http://www.nfpa.org)
- “Suggested Guidelines for Teaching Fire Safety to Person with Disabilities”, HELPU Fire and Life Safety, [www.helpusafety.org](http://www.helpusafety.org)
- “2014 Annual Report”, Alabama State Fire Marshals Office, [www.firemarshal.alabama.gov](http://www.firemarshal.alabama.gov)

## Resources

- Alabama Department of Public Health, Injury Prevention Division
  - [www.adph.org/injuryprevention](http://www.adph.org/injuryprevention)
- Centers for Disease Control and Prevention
  - [www.cdc.gov](http://www.cdc.gov)
- Consumer Product Safety Commission
  - [www.cpsc.gov](http://www.cpsc.gov)

## Resources

- Lowe’s Home Safety Council
  - [www.homesafetycouncil.org](http://www.homesafetycouncil.org)
- National Safe Kids
  - [www.safekids.org](http://www.safekids.org)
- US Fire Administration
  - [www.usfa/fema.gov](http://www.usfa/fema.gov)

## Resources

- [www.firehouse.com](http://www.firehouse.com)
- [www.firesafety.gov](http://www.firesafety.gov)
- [www.playsafebesafe.com](http://www.playsafebesafe.com)
- [www.fireproofchildren.com](http://www.fireproofchildren.com)
- [www.kidsmartcorp.com](http://www.kidsmartcorp.com)

**Contact Information**

**Alabama State Fire Marshals Office**

**201 Monroe Street, Suite 1790**

**Montgomery, AL 36104**

**334-241-4166**

**[www.firemarshal.alabama.gov](http://www.firemarshal.alabama.gov)**

**Scott F. Pilgreen**

**Assistant State Fire Marshal**

**[scott.pilgreen@insurance.alabama.gov](mailto:scott.pilgreen@insurance.alabama.gov)**

**Mark Drinkard**

**Deputy State Fire Marshal**

**[mark.drinkard@insurance.alabama.gov](mailto:mark.drinkard@insurance.alabama.gov)**