

# MySurvivalAlliance



## TOP TIPS TO PREVENT AND SURVIVE A FIRE IN YOUR HOME

1. Install smoke alarms.
2. Don't leave cooking unattended.
3. Put a lid over a burning pan.

## GUIDANCE REGARDING FIRE EXIT

### Levels of risk

In order to apply the guidance, you need to understand that in any fire situation, the time that people have to escape before they could become affected by the fire is limited. Providing them with sufficient time usually means that as well as having appropriate way of detecting and giving warning in case of fire, the distance that people have to travel to make their escape to a place of reasonable or total safety must be restricted.

The travel distances which are usually appropriate for this purpose (and are suggested later in this section) vary according to the level of risk in the premises (or part of them). To check your escape routes will need to form a judgment about the level of risk that people may be at after you have taken other reduction (preventative and protective) measures.

In premises where there is a likelihood of a fire

starting and spreading quickly (or a fire could start and grow without being quickly detected and warning given) and affect the escape routes before people are able to use them, then the risk should normally be regarded at "higher". Such premises could include those where significant quantities of flammable materials are used or stored; ready sources of ignition are present, e.g. heat producing machinery and processes; premises where significant numbers of people present are likely to move slowly or be unable to move without assistance; and premises where the construction provides hidden voids or flues through which a fire could quickly spread.

In premises where there is a low occupancy level and all the occupants are able bodied and capable of using the means of escape without assistance; very little chance of a fire; few if any highly combustible or flammable materials or other fuels for a fire; fire cannot spread quickly; and will be

quickly detected so people will quickly know that a fire has occurred and can make their escape, then the risk can usually be regarded as "lower".

In most cases however, the risk will usually be "normal". The travel distances suggested are not hard and fast rules and should be applied with a degree of flexibility according to the circumstances. For example, in premises where the risk might otherwise be considered "normal" but where there are a significant number of people who move slowly or may need assistance to evacuate, it would usually be appropriate to consider this a "higher risk". However, where other measures are in place to mitigate this, such as the availability of extra assistance and this has been planned for in your emergency plan, it may be that the risk level can be regarded as "normal to higher".

Equally, in premises where the risk category would otherwise be "lower" but for the fact that a small number of occupants may move slowly or need assistance, it may be appropriate to categorize the risk as "normal" in these circumstances.

### **Suitability of escape routes**

You should ensure that your escape routes are;

- Suitable.
- Easily, safely and immediately usable at all relevant times.
- Adequate for the number of people likely to use them.
- Free from any obstructions, slip or trip hazards;
- Available for access by the emergency services.

In multi-occupied premises, escape routes should

normally be independent of other occupiers, i.e. people should not have to go through another occupier's premises as the route may be secured or obstructed. Where this is not possible, then robust legal agreements should be in place to ensure their availability at all times.

All doors on escape routes should open in the direction of escape and ideally be fitted with a safety vision panel. This is particularly important if more than 60 people use them or they provide an exit from an area of high fire risk.

At least two exits should be provided if a room/area is to be occupied by more than 60 persons. This number of 60 can be varied in proportion to the risk; for a lower risk there can be a slight increase, for a higher risk, lower numbers of persons should be allowed.

Movement of persons up or down a group of not less than three steps will be so obvious to those following that they will be prepared for the change in level, but movement up or down one step is not so readily observed and may easily lead to a fall. Wherever practical, differences of level in corridors, passages and lobbies should be overcome by the provision of inclines or ramps of gradients not exceeding 1 in 12 or steps not having less than three risers in any flight. Corridors and passages should be level for a distance of 1.5 meters in each direction from any steps.

Any mirrors situated in escape routes should be sited so that persons escaping from a fire will not be thrown into confusion by any reflecting image of the route they are using, or be misled as to the direction they should take to reach fire exits. While not normally acceptable, the use of ladders, floor hatches, wall hatches or window exits may be suitable for small numbers of able-bodied, trained staff in exceptional circumstances.

## SURVIVAL TIPS: HOW TO MAKE FIRE IN WET SITUATIONS

Whenever items get wet, making fire is much more challenging; however, if you are determined, you could possibly get yourself a fire going. Firstly, search for dried up tinder, kindling, and also fuel within the subsequent locations:

- Below rock shelters as well as in caverns
- Beneath or even inside of downed trees and shrubs or even logs (discovered on the ground)
- Beneath heavy snowfall pack (when temps are only below freezing, everything above the snow might be dripping along with melt water, however way down beneath the cold snowpack may well be frigid, dried up timber)
- Inside animal burrows, for example squirrel or even marmot dens occasionally it is possible to take twigs which are somewhat damp and whittle aside the actual drenched pieces to create fairly dried out kindling.

Additionally, search your own clothing and also belongings, particularly the inside of your wallet, with regard to dried up tinder. At times documents or perhaps paper cash inside within all the wallet or even pocketbook continue to be dry despite the fact that anything else around you will be drenched.

In the event you are not entirely drenched, you can attempt creating a tinder heap making use of

lint out of your underclothes. Lint ignites nearly each and every time. The thing is getting enough. Creating a lint ball big enough to begin kindling will take up to an hour or so.

In damp situations, try and build your fire on top of something and also below some type of refuge. Prior to creating the fire, look for any foundation -- a panel or even a piece of steel is great, and also fabric or even plastic-type material can function in pinch.

Or perhaps you can attempt building on stone; just about anything is actually better than the damp earth. Make use of whatever you can with regard to shelter, so long as it keeps the drops away from your fire for the time.

In wet situations, think about attempting to start your fire without having the usage of tinder. Often times, whenever it is damp, tinder will be more difficult to fire up as compared to kindling - specifically leaves or even paper. When that is the situation, create a tiny teepee of sticks and attempt lighting the particular slim stems directly.

The actual kindling has to be very slim, though -- the slimmest sticks you can locate. A thick teepee made from super thin sticks can occasionally fire up whenever a fire from tinder will not.

## YOUR SAFETY BLANKETS: THE FIRE BLANKETS

In every home or workplace, fire blankets are a must-have, and these objects should not be taken for granted. Even though extinguishers are the stars amongst fire suppressants, these specialized mantles are just as effective in fighting fire as that gigantic, oxygen tank-looking red thing. As a matter of fact, these handy little blankets are capable of dealing with a special kind of fire that extinguishers normally wouldn't be able to handle.



In the case of home incidents, chip pan fire is known as the most common household fire problem. This occurs when the particular kitchen utensil is left unattended and the oil used for deep-frying overheats and catches fire. Using an extinguisher during these cases will not put out the fire, but it will actually make it spread more and intensify due to the foam.

On the other hand, fire blankets-which are often composed of retardant material such as fiberglass or wool treated with a special fire-fighting solution-are a perfect solution when this happen. By turning off the heat source immediately and then throwing the mantle over the pan, the flames can be tamed and quenched. Even for more domestic fire issues like clothes catching fire, these specialized blankets will easily put it out when wrapped around the person. They are designed to withstand heat that is as high as 900 degrees Centigrade.

What makes these special mantles effective is their capability to stop the supply of oxygen to a conflagration. By halting this primary element needed by fire to continue burning, the blanket causes a deterring effect. Using a fire blanket requires utmost care and proper use to prevent you from getting injured or accidentally burned due to mishandling. To avoid such risks, it is suggested to wrap your hands with the edges of the blanket before attempting to cover any burning object with it.

However, just because these fire-fighting blankets are good, it doesn't necessarily follow that no precautions should be taken anymore. For one, they should not be kept right away if you had just used it to daunt fire. Give them a 30 minute resting period before putting them away. Likewise, for ease of access they should be stored where they can easily be reached so that if any fire-related emergencies occur, they can quickly be retrieved. When disposing of old, used materials, proper disposal is encouraged to prevent any complications that might arise due to misuse or improper dumping.

What makes fire-fighting blankets ideal for every home or workplace is their simplicity and effectiveness. They are low-maintenance and there are no other fire deterrents that can offer the same quality of accessibility as that of fire blankets. Moreover, they are generally economical so it will be pretty easy to obtain multiple numbers of these at one time. It is a good idea to have a number of these all over your establishment to ensure general fire safety, especially if you have several floors or your place covers a larger space.

# TOP TIPS TO PREVENT AND SURVIVE A FIRE IN YOUR HOME

Each year there are thousands of house fires in Australia, causing many injuries and deaths. The tragedy is that most are started by accident and could have been prevented.

House fires can happen to anyone but there are some easy things you can do to reduce the risk. Below are some tips to prevent and survive a house fire:



1. Install smoke alarms. Most fire fatalities occur at night and you can't smell smoke when you're asleep, so smoke alarms are essential. Test your smoke alarms once a month and change the batteries at least once a year. Pick a day like a public holiday so you don't forget
2. Did you know that about 40% of house fires start in the kitchen? Don't leave cooking unattended to help reduce this risk
3. If you throw water on a burning fat or oil fire, it will cause an explosive reaction. Put a lid over a burning pan or use a fire extinguisher or fire blanket
4. Lock matches and lighters away out of sight
5. Don't dry clothes near heaters
6. Put guards around open fires and heaters. Never leave an open fire

burning or radiant heater switched on when you go to bed

7. Check lights and lampshades to make sure fittings aren't getting too hot
8. Clean the lint filter on your clothes dryer every time you use it
9. Make a fire escape plan with the family. Draw a floor plan with arrows to mark at least two ways out (including windows) of every room



10. Practice 'Get down low and go go go'. In a fire the air is best for breathing near the floor. And 'Stop, cover, drop and roll.' If a person's clothes catch alight, stop them from running and roll them on the ground to put out the flames
11. Install safety deadlocks that can be opened from the inside without keys. If a door does need a key to operate, leave keys in deadlocks when you are home (provided they can't be seen from the outside).

And most importantly, in a fire every second counts. Don't stop to pick up possessions or call the fire brigade. Your only priority is to get out. Call '000' (triple zero) from your neighbor's phone.