

# Make your family fire safe

## Escape Planning

- Start by walking through your home and identifying two ways out of every room (one way might be the door and the other might be the window).
- Draw out your escape plan so you can post it where everyone in the family can see it. Use the planning grid included here. Don't forget to show the two exits from each room.
- Make sure that all exits are clear of toys, furniture and other clutter.
- Does someone in your house need help getting around (like a grandparent or an infant)? Make sure they have someone to assist them in case of a fire.
- Pick **one** outside meeting place where everyone can gather after they've escaped safely. Make sure you mark the spot you've picked on your escape plan.
- Make sure everyone knows to get out of the house first and then call 9-1-1 from outside or from a neighbor's house.
- Put your escape plan to the test at least twice a year.
- Practice crawling under smoke in case you must go through it to get outside. Smoke is nasty stuff -- even worse than fire itself. To keep from breathing bad air (and possibly, knocking yourself out), crawl low under the smoke on your hands and knees.
- Practice closing the door behind you to slow the spread of fire and smoke.



## Smoke Alarms

- Your home should have smoke alarms on every level (even the basement). It's especially important to have them inside or near every sleeping area.
- Test smoke alarms at least once a month.
- Know your home's smoke alarms. When you hear the

alarms "chirp," it may mean that the batteries are failing. It could mean that the alarms have become dusty. Vacuuming the face of the units may solve the problem. Some are outfitted with long-life batteries. When long-life batteries fail, replace the entire smoke alarm. Others are equipped with standard 9V batteries. These should be changed every year.



- All smoke alarms should be replaced every 10 years. If no one can remember how old it is, then it's probably time to replace it.
- Never paint or decorate a smoke alarm (even with stickers!) because this could keep it from working.
- Make sure that everyone in your home knows the sound of the smoke alarm, and what to do if it sounds. Set-off the alarm at night to make sure that everyone wakes up. If they don't, make sure to factor that into the escape plan.
- When the alarm sounds, get out immediately! Always assume that the alarm means a real fire, and follow your escape plan.

## Carbon Monoxide (CO) Alarms

- Install and maintain CO alarms outside each sleeping area and on every level of the home. Follow the manufacturer's instructions for placement.
- CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms, CO alarms and low battery alarms.
- Test CO alarms monthly. Replace the alarm if it fails to activate in a test. Replace the alarm when it signals end-of-life or when recommended by the manufacturer's instructions.

For more information about these topics, see the National Fire Protection Association's web sites at [www.fpw.org](http://www.fpw.org) or [www.sparky.org](http://www.sparky.org).



## To participate in the Escape Planning Contest

Read these directions carefully and use the grid on the reverse to make your family's plan. Return the plan to your child's teacher by \_\_\_\_ OR scan it and email it to us at [laboda@nkfr.org](mailto:laboda@nkfr.org) by 11/17/23. Each plan will be reviewed and returned with a small prize. The classroom with the highest rate of correctly executed plans at each school will receive a class reward. Individual entries, correctly executed and submitted directly to us, will be entered into a random drawing for \$5 gift certificates to local businesses. For additional information, see the fire department websites or contact Michele Laboda via email to [laboda@nkfr.org](mailto:laboda@nkfr.org) or via phone to (360)860-8119.

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