

Fire Safety & Smoke Alarm Installation Lesson Instructions

for home educator installing smoke alarm at a quick visit

How to use files:

1. Begin with Lesson Instructions (this document).
2. Use Smoke Alarm Installation handout to install, test, and check batteries of smoke alarms.
3. Review Resource Appendix.
4. Leave documents with participant: Leave Behind Message, Keeping our Homes Secure : Preventing Fires & Taking Safety Measures, Red Cross Fire Escape Plan, Red Cross Home Fire Safety Checklist, Smoke Alarm Testing.

This lesson discusses the importance of home safety fire prevention with young parents or elders. Depending on the audience, tailor the discussions for each topic area.

1. Preventing Home Fires

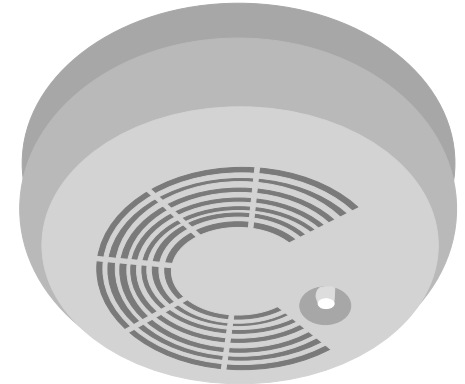
- Home fires create a serious problem
- Ways to prevent injuries from fire

2. Smoke Alarms Save Lives

- Smoke alarms help protect families and keep people safe
- Tips on how to correct smoke alarm beeping without presence of fire
- Make sure smoke alarms work correctly

3. Fire Escape Planning

- Why we need a fire escape plan
- Discuss escaping from each room of the home

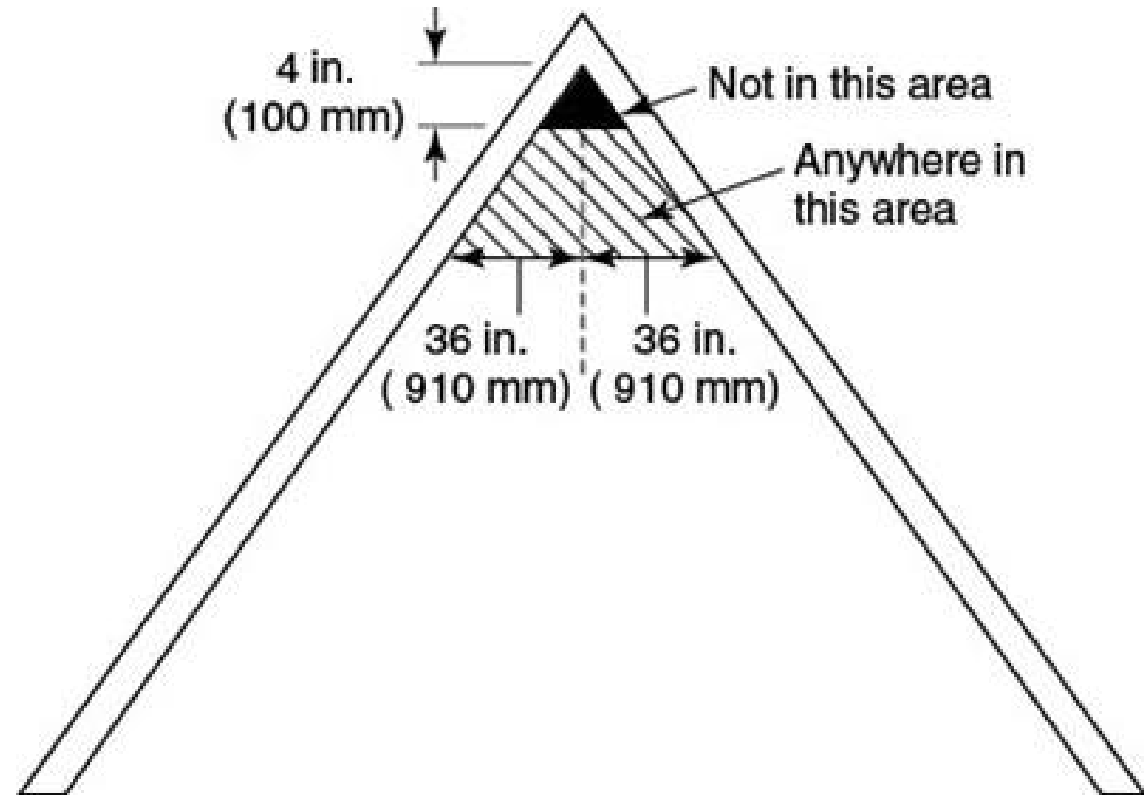


Smoke Alarm Installation

Smoke Alarm Installation Instructions

- Install smoke alarms inside each bedroom, outside each sleeping area and on every level of the home, including the basement.
- On levels without bedrooms, install alarms in the living room (or den or family room) or near the stairway to the upper level, or in both locations.
- Smoke alarms installed in the basement should be installed on the ceiling at the bottom of the stairs leading to the next level.
- Smoke alarms should be installed at least 10 feet (3 meters) from a cooking appliance to minimize false alarms when cooking.
- Mount smoke alarms high on walls or ceilings (remember, smoke rises). Wall-mounted alarms should be installed not more than 12 inches away from the ceiling (to the top of the alarm).
- If you have ceilings that are pitched, install the alarm within 3 feet of the peak but not within the apex of the peak (four inches down from the peak).
- Don't install smoke alarms near windows, doors, or ducts where drafts might interfere with their operation. Don't install in bathrooms, near ceiling fans, or unfinished attics.

Diagram for Pitched Ceilings



Reference: National Fire Protection Association

Maintenance of Smoke Alarms

- Never paint smoke alarms.
- Keep manufacturer's instructions for reference.

Resource Appendix

Web

Carbon Monoxide. Safe Kids Worldwide. <https://www.safekids.org/carbon-monoxide>

Create A Fire Escape Plan. MI Prevention. <https://www.michigan.gov/-/media/Project/Websites/lara/bfs/Folder21/2019-lara-fire-escape-plan.pdf?rev=ef2a5aa7ebb24c2388c76743e567ba08>

Fire Safety Equipment. Red Cross. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-equipment.html>

Home Fire Safety. Red Cross. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html>

Home Safety Plan. <https://homesafetyvisit.strategicfire.org/>

Installing and Maintaining Smoke Alarms. National Fire Protection Association. <https://www.nfpa.org/Public-Education/Staying-safe/Safety-equipment/Smoke-alarms/Installing-and-maintaining-smoke-alarms>

Portable Fire Extinguishers and Fire Fighting, National Fire Protection Association. <https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards/detail?code=10>

Preventing Carbon Monoxide Poisoning After an Emergency. Centers for Disease Control and Prevention. <https://www.cdc.gov/disasters/cofacts.html#:~:text=CO%20is%20found%20in%20combustion,can%20die%20from%20breathing%20CO>

Safe Wood Burning Stove. MF Fire. <https://mffire.com/category/safety/>

Wood Burning Stove Safety Tips to Prevent Fires. Nationwide. <https://www.nationwide.com/lc/resources/home/articles/wood-stove-safety>

PDFs

Bed Shaker Alarm Application Instructions. Red Cross. 2017.

Development of a Culturally Informed Child Safety Curriculum for American Indian Families, Berns et al, *J Prim Prev*. 2017 April ; 38(1-2): 195–205. doi:10.1007/s10935-016-0459-y.

Home Safety for People with Disabilities. National Fire Prevention Association. 2016.

Preparing for Disaster for People with Disabilities. Federal Emergency Management Agency. 2004.

Sleep Safe. Indian Health Service. 2010.

Congratulations!

You have made your family safer by participating in the Smoke Alarm Program.



Key Messages



Fire and Carbon Monoxide can be deadly.



Smoke Alarms have been installed in your home.



Your smoke alarm batteries last 10 years.

Do not change them!



Do not take down the smoke alarms.



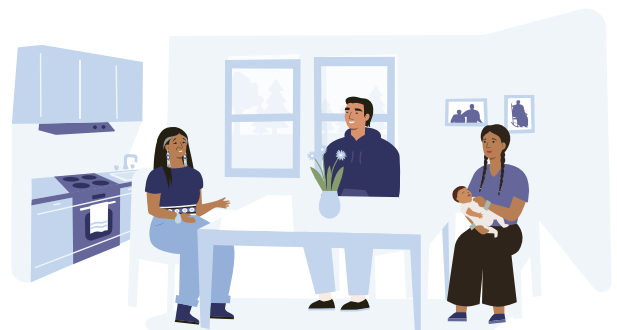
Safety Steps

Talk to your family about the dangers of fire and carbon monoxide. If there are questions you can't answer, reach out to the person who installed your smoke alarms.

Have a family meeting:

- Tell everyone about the dangers of fire and carbon monoxide.
- Make sure everyone in the home knows not to change these smoke alarm batteries.
- Show everyone how to use the hush button on the smoke alarm.
- Create and practice a fire escape plan.

For tips on this process, read the information on the next page.



Questions?

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Fire Prevention

- **Home fires are a serious problem.**
 - Home fires are a preventable cause of injury or death.
 - Most fire-related deaths happen during sleep, between midnight and 6am.
 - Fires are fast. Families may only have up to two minutes to get to a safe place outside.
- **How do we prevent injuries from fire?**
 - Have a working smoke alarm
 - Create and practice a fire escape plan

Smoke Alarms

- **Smoke alarms will help protect your family and keep them safe.**
 - Smoke makes it hard to breathe.
 - Smoke alarms make a loud noise when there is smoke in the home.
 - A smoke alarm's job is to give people an early warning and wake them up if a fire starts while they are sleeping.
 - Every home should have at least one working smoke alarm on each level of the home.
 - Smoke rises to the ceiling. Put smoke alarms on the ceiling or high on the wall.
- **What to do if a smoke alarm goes off when there is not a fire, like when someone is cooking?**
 - Don't take the battery out of the alarm. The alarm will not work if the battery is missing.
 - Press the hush button or fan away the smoke if the alarm goes off while you are cooking or showering.
 - Make sure to fan away the smoke or steam from the alarm. Consider opening windows or doors for a few moments to let the room air out.
- **Make sure your smoke alarms work.**
 - You are not safe if the smoke alarms aren't working.
 - Make sure the smoke alarm always has a working battery.
 - These smoke alarms have batteries that last up to 10 years. 10-year lithium batteries are a new technology that makes it easier to keep your smoke alarms working for longer.
 - Smoke alarms do not last forever. Get new smoke alarms every 10 years.

Fire Escape Planning

- **A fire escape plan helps you and your family get to safety in the event that a fire occurs inside the home.**
 - If a fire starts, you have **two minutes** to get to safety.
 - Call 911 or tribal emergency numbers **after** everyone is outside.
 - Think about how you describe where you live so emergency services can find you.
 - Sometimes it will take them a long time to get to your home. Local authorities may tell you to evacuate. Follow their guidance once outside of the home.
 - Everyone in your household should know of two ways to escape from each room of the house.
 - Think about escaping room by room.
 - Identify specific safety roles for adults.
 - Choose a safe place to meet outside.
 - Inform others in your home of your fire escape plan, including elders, children, and overnight guests.

Home Fire Escape Plan



Use the graph to draw your home's floor plan and plot your home fire escape routes.

Tips for creating your home fire escape plan and practicing your 2-minute drill:

- Everyone in your household should know *two* ways to escape from each room in your home.
- Smoke is dangerous. Get low and go!
- Decide where to meet once you get outside:

- Get out and stay out. Never go back inside for people, pets or things.
- If a fire starts, you may have less than **two minutes** to get to safety. So time your fire drills and find out: what's your escape time?



If a fire starts in your home, get out to safety, then dial 911.

You can keep your family safe with 2 simple steps.



Practice your 2-minute drill.



Test your smoke alarms monthly.



FEMA



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Plan para desalojar de la casa en caso de incendio

Utilice la gráfica para dibujar el plano de su casa y trazar las rutas de escape en caso de incendio domiciliario.

Consejos para crear su plan de escape ante incendios y de como practicarlo para salir en menos de dos minutos:

- Cada persona en su hogar debe aprender *dos* vías diferentes de escape desde cada habitación.
- El humo es peligroso. ¡Arrástrense todos por el piso, y escapen por debajo del humo!
- Decida dónde encontrarse con los demás una vez que todos estén afuera:

- Salgan de casa y permanezcan afuera. Nunca regresen en busca de personas, mascotas u objetos.
- Si se inicia un incendio, es posible que sólo cuentes con menos de **dos minutos** para llegar a un lugar seguro. Así que tome el tiempo que tarde en evacuar durante los simulacros de incendio e investigue: ¿cuánto tiempo tarda en salir de su casa?



Si se inicia un incendio en su casa, salga inmediatamente del lugar por su seguridad y llame al 911.

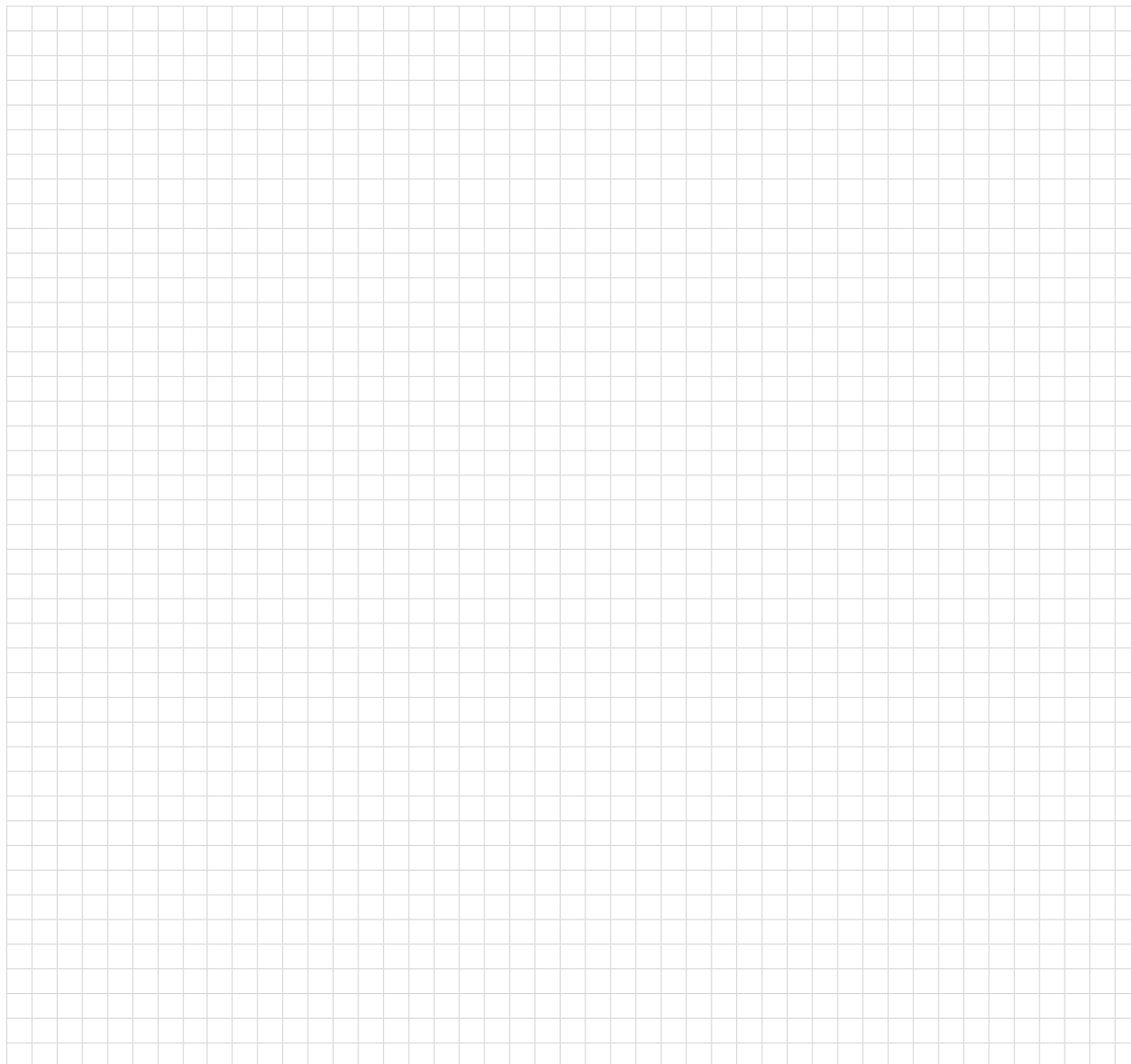
Tome acciones preventivas que bien podrían salvar sus vidas. Algo tan sencillo como seguir estos dos pasos.



Practique su plan de escape hasta que todos en casa puedan salir en menos de dos minutos.



Pruebe sus alarmas de humo mensualmente.



Home Fire Safety Checklist



Cooking Safety

- ☐ "Keep an eye on what you fry." Stay in the kitchen when frying, grilling or using an open flame.



Fireplaces, Space Heaters, Baseboards, etc.

- ☐ "3 feet from the heat." Furniture, curtains, dish towels and anything that could catch fire are at least 3 feet from any type of heat source.



Smoking Safety

- ☐ Never smoke in bed.



Electrical and Appliance Safety

- ☐ Large and small appliances are plugged directly into wall outlets.



Children Playing

- ☐ Matches and lighters are locked away.



Smoke Alarms

- ☐ Make sure you have working smoke alarms. Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.
- ☐ Change smoke alarm batteries every year unless it has a long-life battery.
- ☐ Replace smoke alarms every ten years.
- ☐ A combination of working smoke alarms and fire sprinklers decreases the risk of dying in a home fire.

Home Fire Escape Plan

At least twice a year, use your home fire escape plan to practice your 2-minute drill with all your family members. Practice makes perfect! After each fire drill, mark down your escape time.

Practice your 2-minute drill.

Make sure everyone can escape in 2 minutes or less.

Drill 1

Drill 2



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Types of Fires

Extinguish Fires Based on Their Type

Class A (plastic, paper, wood, and fabric)

Extinguish with water.

Class B (alcohol, oils, solvents, kerosene)

Extinguish by cutting power, use fire extinguisher.

Class C (electrical components)

Extinguish by cutting power, use fire extinguisher.

Class K (cooking fires)

Extinguish by covering with lid, throwing baking soda or salt on it, smother with wet towel, use fire extinguisher.



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Lista para verificar la seguridad durante un incendio domestico



Medidas de seguridad en la cocina

- ☐ Esté atento a la hora de freír. Permanezca en la cocina cuando frite, use la parrilla o esponga algo a fuego directo.



Chimeneas, calefactores, zócalos radiantes, etc.

- ☐ A 1 metro del fuego. Los muebles, las cortinas, las toallas de cocina y cualquier otro objeto que pueda incendiarse debe estar a por lo menos 1 metro de distancia de cualquier fuente de calor.



Medidas de seguridad para fumadores

- ☐ Nunca fume en la cama.



Medidas de seguridad respecto a electrodomésticos

- ☐ Los electrodomésticos, tanto grandes como pequeños, se deben enchufar directamente a las tomas de corriente.



Niños jugando

- ☐ Los fósforos y los encendedores deben guardarse bajo llave.



Detectores de humo

- ☐ Asegúrese de tener en casa alarmas/detectores de humo funcionales. Hay diferentes tipos de alarmas contra incendios, las de ionización y fotoeléctricos detectan fuego de diferentes maneras. Expertos recomiendan tener ambos tipos de alarmas contra incendios en casa.
- ☐ Cambie las baterías del detector de humo una vez al año, a menos que tenga baterías de larga vida.
- ☐ Reemplace los detectores de humo cada diez años.
- ☐ Una combinación de alarmas de humo y rociadores contra incendio en funcionamiento disminuye el riesgo de morir en un incendio doméstico.

Plan para desalojar de la casa en caso de incendio

Por lo menos dos veces al año, practique su plan de evacuación para incendios con todos los miembros de su familia. ¡La práctica hace al maestro! Después de cada simulacro de incendio, indique el tiempo que tardaron en evacuar.

Practique su plan de escape hasta que todas en casa puedan salir en menos de dos minutos.

Asegúrese de que todos puedan evacuar en 2 minutos como máximo.

Simulacro 1

Simulacro 2



Smoke Alarm Testing

Testing Smoke Alarms

Testing smoke alarms let you know that they are working!

- Smoke alarms should be maintained according to manufacturer's instructions. Never paint smoke alarms. Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
- Follow manufacturer's instructions for cleaning to keep smoke alarms working well. The instructions are included in the package or can be found on the Internet.
- **These Smoke alarms have 10-year batteries.** This type of smoke alarm provides longer protection without the need to change the battery every year.
- Contact Johns Hopkins with any questions.

