

Escape tips

If your smoke alarm goes off, don't hesitate. Respond immediately, following your escape plan. If you have a cordless phone, take it with you when you escape.

If you need help, yell — the person designated to help you may not know there is a fire. If he or she does not arrive quickly, call the fire department.

- **Test doors before you open them.** Before opening a door to escape, reach up as high as you can and touch around the door — at the knob and around the frame — with the back of your hand. If this area feels warm, don't open it. If it's cool, open the door cautiously and be ready to slam it shut if there's smoke or flame on the other side.

- **Crawl low under smoke to your exit.** If you encounter smoke while you're escaping, try another escape route. If you must escape through smoke, crawl on your hands and knees, keeping your head 1 to 2 feet (30 to 60 centimeters) above the floor, where the air will be



cleaner. If you are unable to do this, return to a room away from the fire and call the fire department.

If You Cannot Escape

If blocked exit paths or mobility problems prevent you from escaping, close as many doors as you can between you and the fire. Use duct tape or cloth to seal around doors and cover all vents to keep smoke out. Call the fire department — even if someone has already reported the fire — and tell them exactly where you're trapped. Wait by a window to be rescued. If possible signal to firefighters by waving a flashlight beam or light-colored cloth.

Fire Safety for People with Disabilities



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Batterymarch Park, Quincy, MA 02269-9101
Printed in the U.S.A. BR-18D



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