



Alarmed for Life

Do You Know?

The Main Causes of Fire

Experts point to three major areas:

1. Carelessness

- Lack of attention when cooking; careless placement of items near the stove
- Inattentive or improper use of candles
- Incidents involving gas, propane and solvents

2. Electrical equipment

- Short circuits, overloaded systems, over fusing
- Loose connections, frayed cords, improper use of extension cords

3. Smoking or fire lighting materials

- Cigarettes (especially falling asleep while smoking or not properly extinguishing cigarettes)
- Children using matches or lighters

About Carbon Monoxide

- Carbon monoxide is the number one cause of accidental poisoning deaths in North America. Carbon monoxide (CO) is a deadly gas that is colourless, tasteless and odourless. It is produced by cars, gas or oil furnaces and fireplaces as well as household appliances that run on fossil fuels (wood, gas, oil or coal) such as clothes dryers, ovens, and water heaters.
- The early signs of carbon monoxide poisoning resemble flu symptoms: headaches, fatigue, nausea, vomiting and dizziness. Fever is not a symptom of CO poisoning.



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Do You Know?

Fire Myths

What do you REALLY know about fire?

MYTH 1:

It won't happen to me.

MYTH 2:

Fire spreads slowly and takes a long time to get out of control.

MYTH 3:

Leaving the kitchen briefly while food is cooking is safe.

MYTH 4:

Most fires happen in industrial buildings and wooded areas.

MYTH 5:

Most children know not to play with matches.

MYTH 6:

Children will instinctively run from fire and escape a burning home.

MYTH 7:

Small, decorative candles do not pose a real fire risk.

MYTH 8:

In a fire, the flames are the greatest threat.

MYTH 9:

Water damage from a home fire sprinkler system will be more extensive than fire damage.



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Home Fire Safety Check

Your “TO DO” List

- Ensure working smoke alarms are installed on every storey of your home and outside all sleeping areas. **It's the law and the responsibility of every homeowner and every landlord!**
- Install smoke alarms with a “hush” feature to silence nuisance alarms – never remove batteries or disconnect smoke alarms.
- For extra protection, install a smoke alarm in every bedroom.
- Ensure a carbon monoxide alarm is installed outside of sleeping areas in all homes equipped with fuel burning appliances and; in apartment buildings, in each dwelling unit, on the floor of and within two floors above or below a floor having a fuel burning appliance.
- Always follow the manufacturer's instructions for installing, testing and maintaining smoke and carbon monoxide alarms.
- Use the attached information and grid to develop a home fire escape plan and practise it with the entire family.
- Ensure that all matches and lighters are out of the sight and reach of children.
- Teach young children not to touch matches or lighters.
- Ensure that items that can burn are at least one metre away from space heaters or any ignition source.
- Ensure that you have no overloaded electrical outlets or circuits. Extension cords must be used only as a temporary connection.



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Home Fire Safety Check

Your “REMINDER” List

- ✓ Test your smoke and carbon monoxide alarms at least once a month.
- ✓ Change smoke and carbon monoxide alarm batteries annually and whenever the low-battery warning sounds.
- ✓ Replace smoke alarms that are more than ten years old.
- ✓ Replace carbon monoxide alarms that are more than seven years old.
- ✓ You may have less than one minute to escape a fire in your home – practise your home fire escape plan at least two times every year.
- ✓ Keep all exits in the home clear and easy to use.
- ✓ Keep matches and lighters out of the sight and reach of children.
- ✓ If parents suspect their child is involved in inappropriate fire use, they can call Toronto Fire Services for information and assistance.
- ✓ Always stay in the kitchen when you are cooking.
- ✓ Keep children at least one metre from the stove.
- ✓ If you are sleepy or have consumed alcohol, don't use the stove.
- ✓ Always blow out candles before leaving the room.
- ✓ If anyone in the home smokes, smoke outside.



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Home Fire Escape Plan

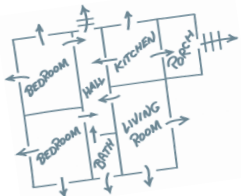
Develop a Home Fire Escape Plan Today

If a fire occurred in your home tonight, would your family get out safely?

Everyone must know what to do and where to go when the smoke alarm sounds. Take a few minutes with everyone in your household to make a home fire escape plan, following the instructions below.



1 Draw a floor plan of your home



Use the grid on the back to draw a floor plan of your home. You should draw a plan for each level of your home.

2 Include all possible emergency exits

Draw in all the doors, windows and stairways. This will show you and your family all possible escape routes at a glance. Include any features, such as the roof of a garage or porch, that would help in your escape.

3 Show two ways out of every room, if possible

The door will be the main exit from each room. However, if the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them to safety. If windows have security bars, equip them with quick-releasing devices.

4 Does anyone need help to escape?

Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.



5 Choose a meeting place outside

Choose a meeting place a safe distance from your home that everyone will remember. A tree, street light or a neighbour's home are all good choices. In case of fire, everyone will go directly to this meeting place so they can be accounted for.

6 Call the fire department from outside your home

Don't waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or a neighbour's home.

7 Practise your escape

Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Hold a fire drill twice a year and time how long it takes. In a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Remember:

- Plan two ways out of every room, if possible.
- Once out, stay out. Never re-enter a burning building.
- Hold a fire drill twice a year.

If you live in a high-rise apartment building, contact building management for information on your building's fire safety plan.

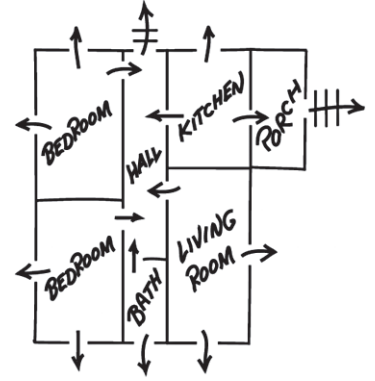


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Home Fire Escape Plan

Draw a floor plan of your home, showing two ways out of every room, if possible.

Post your home fire escape plan on your fridge or other clear location so you remember your plan and to remind you to practise your plan.

A large, empty grid of small squares, intended for drawing a floor plan. The grid is composed of approximately 30 columns and 40 rows of squares, providing a guide for scale and layout.