



# Exit Drills In The Home (EDITH)

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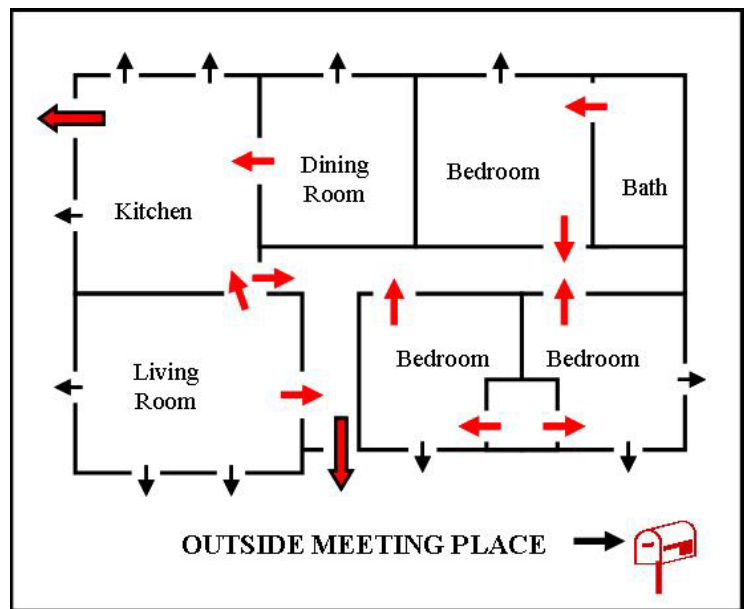
Nationwide, more than 4,000 people die each year and more than 20,000 people are injured in fires. In the event of a fire, time is of the essence, every second counts! Escape plans help you get out of your home quickly. Once a fire starts in a home, there is no time to plan on how to get out. You may have only 1-2 minutes to get out safely. Sit down with your family and make a step-by-step plan for escaping a fire in your home.

## Draw a Floor Plan

Show two ways out of every room.  
Discuss it with your family.

## Select an Outside Meeting Place

Select a safe place where every member of your home will gather outside after escaping a fire. This is a spot where you wait for the fire department and let them know if anyone is missing or trapped inside. After everyone is out safely, this is when you would call 9-1-1.



## Practice Every Month

Practice your plan to ensure that children and adults react to the smoke alarm and know what to do. Make sure you know the primary and secondary exits. Make sure windows are not stuck, screens can be taken out quickly and that security bars can be opened easily.



## Test Doors Before Opening

While kneeling or crouching at the door, use the back of your hand to feel the door, working from the bottom up. If it feels hot or warm, do not go open the door. Use a secondary (window, sliding door, etc.) way out.

# If You Are Trapped – Shelter in Place

If smoke, heat or flames block your exit routes, stay in the room with the door closed. Stuff the cracks around the doors with bedding, towels, clothing or pillows to keep smoke out. Wait at the window and signal for help with a flashlight or by waving a light-colored cloth. If there is a telephone in the room, call 9-1-1 and report your exact location.



## Getting Out

Once a fire starts, it spreads rapidly. Normal exits may become filled with intense heat and blinding smoke. Because smoke and heat rise, cleaner air will be found near the floor. If you must exit through smoke, crawl on your hands and knees, keeping your head 12-24 inches above the floor.

## Once You Are Out - Stay Out!

Once you are out, do not go back in for any reason. If people are trapped, the firefighters have the best chance of rescuing them. Firefighters have the training, experience and protective equipment needed to enter burning buildings. Do not go back in to find pets, money or valuables.

## Smoke Alarms Save Lives

Smoke alarms sound when they detect smoke, giving you valuable time to get out the house.

### For More Information

**Orange County Fire Authority**  
(714) 573-6200  
[www.ocfa.org](http://www.ocfa.org)

**National Fire Protection Association**  
[www.nfpa.org](http://www.nfpa.org)

**United States Fire Administration**  
[www.usfa.dhs.gov](http://www.usfa.dhs.gov)

**Cal-OSHA Consultation Services**  
[www.dir.ca.gov](http://www.dir.ca.gov)

Install smoke alarms inside every sleeping area, in hallways outside of sleeping areas and on every level of your home. Test your smoke alarm once a month and change the batteries per the manufacturer's recommendation.

## Fire Sprinkler Systems

Sprinkler systems attack a fire in its early stages by spraying water only on the area where the fire has begun. Consider installing sprinklers in existing homes or in plans for new construction. To view a video demonstration on fire sprinklers, visit

[www.ocfa.org/\\_uploads/video/sprinkler1.wmv](http://www.ocfa.org/_uploads/video/sprinkler1.wmv).