

ESCAPE 101

- You can increase your chance of surviving a fire by being prepared and doing the right thing in an emergency.
- Take the time to become familiar with your surroundings, and plan your escape in the event of a fire. If a fire starts, remember to **STAY CALM!**
- If there is a fire, pull the fire alarm on your way out to notify the fire department and your neighbors.
- If the fire alarm sounds, feel the door, with the back of your hand, before opening and close all doors behind you as you leave to help contain the fire. If the door is hot, use another way out. If it is cool, leave by the nearest way out.
- Know the locations of all available exit stairs from your floor in case the nearest one is blocked by fire or smoke.

Follow the tips and procedures in this guide to help you stay safe if a fire should occur in your high-rise building.

Plan Ahead!

Be Prepared!

Know your Building!

Be Ready to Act!

For additional information, please call Portland Fire & Rescue

(503) 823-3700



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

High-Rise Fire Safety



**Plan ahead and
be prepared!**

*Portland
Fire & Rescue*



***Working Towards
Zero Fire Deaths***

If you work or live in a high-rise building...

- **EXITS:** Find the location of your two closest exits, and be familiar with the path of travel.
- **ALARM:** Identify the location of the nearest fire alarm. Know what the fire alarm sounds like, and how to call 9-1-1 for help.
- **EVACUATION PLAN:** Be familiar with the emergency evacuation plan for your building.
- **FIRE EXTINGUISHERS:** Know where to find them. Know how and when to use them.
- **FIRE DRILLS:** Practice them as a matter of habit, and take every alarm seriously. It could save your life one day. Discuss options for those that are disabled, and will need assistance with evacuating from the building.
- **MEET WITH MANAGEMENT:** To learn about the fire safety features for your building, such as voice communication procedures, and how to respond to an alarm.

If you discover a fire...

- **FIRE ALARM:** Pull the nearest fire alarm to warn others of the fire danger; **never ignore an alarm.**
- **CALL 9-1-1:** Report the fire immediately, or call from a nearby phone. Know your building address, and speak calmly and clearly.
- **EXTINGUISHMENT:** If the fire is small, put it out. If it is spreading, GET OUT and close the door behind you to keep the fire from spreading.
- **EVACUATE:** If there is no smoke, walk quickly to the nearest exit. If there is light smoke, stay low and crawl to the nearest exit. Remember to alternate exits, and never evacuate to the roof. Go down and out of the building.
- **EVACUATION OPTIONS FOR DISABLED** Find out what lifts or methods are available in the building, to assist with evacuation. Also, how many people are necessary to provide assistance to individuals, and what kind of assistance will be needed?
- **ELEVATOR:** Never use an elevator in a fire emergency. An elevator might stop at the fire floor or malfunction. **Always use the stairs.**
- **MEETING PLACE:** Once outside, go to your designated meeting place and stay there. If someone is trapped in the building, notify the fire department. Never go back inside!

If you decide not to evacuate or you are trapped, or disabled create an area of refuge...

- **SEAL THE ROOM:** Use wet clothing or towels to stuff around cracks in doors and seal up vents. Close doors and protect yourself against smoke.
- **USE WATER:** Keep a wet cloth over your nose and mouth, only breathe through your nose. Wet down walls, door and windows.
- **SIGNAL FOR HELP:** Call 9-1-1 or building management for help. If you have no phone, signal at the window for help.
- **DO NOT BREAK WINDOWS:** Flames and smoke can travel back into the building from the outside. If you need air, open the window a crack, and be ready to close it immediately!
- **DON'T JUMP:** Wait to be rescued if you are above the 2nd floor. By remaining calm, you increase your chances of survival.