Use this grid to draw a floor plan of your home, and identify two ways out from every room.

Chula Vista Fire Department

If you have an emergency call

**9-1-1**

Safety At Home

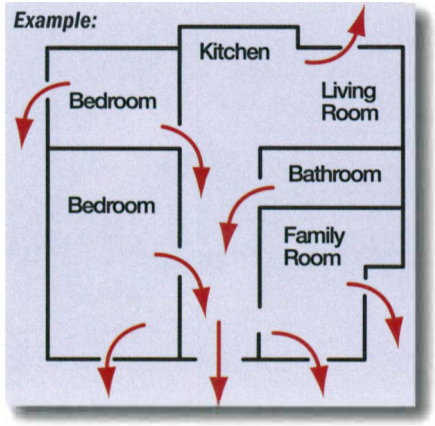


# Exit Drills in the Home

@ChulaVista FD

## Step One: **Make a Plan**

- Working together as a family, sketch the floor plan of your home. *(Use grid on the back of this brochure.)* Identify two ways out of every room, especially the bedrooms.




- Mark the place outside where everyone will meet.
- Post emergency numbers next to every phone.
- Help your children memorize 2 things:
  - 9-1-1
  - The street name and number for your home.

## Step Two:
## **Test Your Smoke Alarms**

- Go through your home and test all the smoke alarms. If a fire happens at night, the alarms will wake you up in time to get to safety.
- Be sure you have at least one alarm on every level of your home and inside every bedroom.
- Make sure to put new batteries in your alarms at least once a year, or when the alarm "chirps," signaling the power is low.

## Step Three: **Clear the Way**

- If there is a fire, you may have as little as 2 to 3 minutes to get your family to safety. You have to get out fast! Keep your exit routes clear at all times.
- Move everything out of the way. Make sure all doors and windows open easily.

## Step Four:
## **Walk Through the Drill**

- Show your children exactly what to do when the smoke alarm goes off. Roll out of bed and crawl to the door. Using the back of the hand, feel the doorknob and the cracks around the door for heat.
- If the door feels cool, it's safe to open it a little and peek out. If you don't see any smoke, go out the door to your meeting place outside.



- If the space around the door feels warm it may mean fire is near the door. You'll need to use your second way out. . .most likely a window.
- Remember, smoke rises. "Get low and go" if you see smoke. The air will be clearer and easier to breathe near the floor.
- Because children and older adults often sleep through the sound of the smoke alarm, assign an adult to help every family member who may need help.



## Step Five:
## **Do the Drill**

- Push the button on your smoke alarm so everyone knows the sound it makes if there is a fire.
- Take your cell phone or portable phone.
- Have the assigned grown-ups go to each child's room. Watch them roll out of bed and crawl to the door. Make sure they feel around the door before opening. Tell them it's cool.
- Watch them open the door a crack and peek out. Follow them as they crouch or crawl quickly out the door to the meeting place.
- Close all the doors behind you.
- Stress how important it is to get out and STAY OUT.