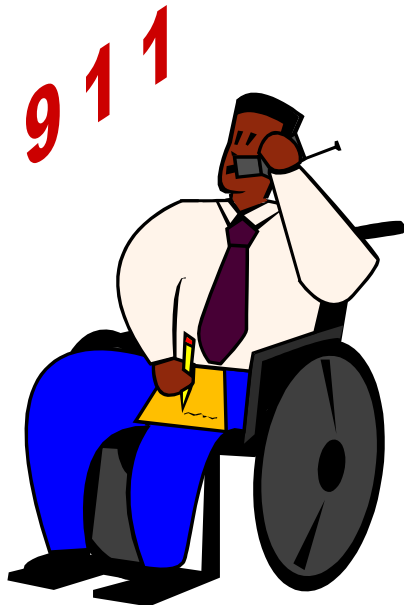


E.D.I.T.H.

E.D.I.T.H. stands for Exit Drills In The Home. School children practice fire drills every month to make sure they know how to get out and where to go. Families have a greater possibility of experiencing a home fire. So why is it that only one in four Americans have a plan? The responsibility for keeping your family safe by planning and practicing escape routes is entirely up to you.

The best way to prepare your family for fire emergencies is to *plan and practice* E.D.I.T.H.

Make sure you include family members with disabilities in your escape plans. If possible, locate non-ambulatory residents on the first floor of your home.



Be Safe!

More than half of all fatal home fires happen at night while people are asleep. Smoke alarms sound an alarm when they sense smoke from a fire, alerting people before they become trapped or overcome by smoke. With smoke alarms your risk of dying in a home fire is cut nearly in half. Install smoke alarms outside every sleeping area, in every bedroom and on every level of your home, including the basement if you have one.



Follow installation instructions carefully and test smoke alarms once a month. Change all smoke alarm batteries twice a year when you change your clocks. If your alarm is more than 10 years old, replace it. For better home protection, consider installing an automatic fire sprinkler system.

CAN YOU ESCAPE?

E.D.I.T.H. Exit Drills in the Home

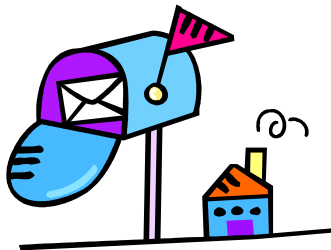


Provided By:
Woodside Fire Protection District
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Exit Drills In The Home

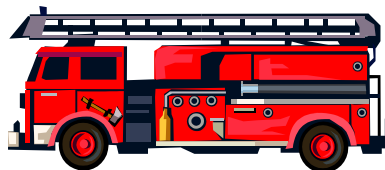
Four easy steps to learn E.D.I.T.H.

- ▶ Sketch a layout or floor plan of your home clearly indicating where the sleeping areas and exits are located. Show all doors, windows, hallways and staircases.
- ▶ Find two ways out of each sleeping area. The first should be the door. If you can't get out the door, plan on using a window. Clearly identify these exits on your planning sheet.
- ▶ Choose a meeting place that is a safe distance from your home for family members to report to in an emergency. A tree, gate or mailbox might be ideal.
- ▶ Make arrangements to call 9 1 1 from a neighbor's house or if you are using a cell phone in Marin County, have 472-0911 already stored in the memory of your phone.



In case of a fire, don't forget:

1. *Check all doors for heat* before you open them. Use the back of your hand to feel for heat. If the door feels cool to the touch, open the door slowly with your foot braced against the door. If heat, smoke or flames come rushing in, close the door quickly! Use your planned second escape route. If your path is clear and there isn't a threat to your safety, exit carefully staying low and closing the door behind you. Don't lock doors—you or firefighter's may need to access the room.
2. *Stay low* in case of smoke. Most people die from inhaling the toxic smoke a fire produces. Even a few breaths can prove fatal.
3. *Remember to consider any special needs* your family members may have. The very young, seniors and the disabled may require special care and/or assistance.
4. *Never go back inside.* Firefighters have the best chance of successfully rescuing someone trapped.



What to do if you are trapped:

Sometimes, despite the best made plans, people can become trapped by heat, smoke or flames. The key is to remain calm and know your alternate escape. Think of possible ways to survive until firefighters arrive.

If your first exit is blocked by fire, use your second exit. This is usually a window.

If you can't get out of your room, stuff sheets, towels or clothing in the spaces around your door and around all heating and air-conditioning vents. This will help to keep the smoke out so you can breathe.



If you can open your window, but are not able to use it as an escape, leave it open as long as it is not drawing in smoke. To get attention, shout out the window and wave a pillow case or other light colored material.

Stay low to the floor where air is fresher. If there is a telephone in the room, call 9 1 1 and tell the dispatchers where you are located so firefighters can find you faster.