



High-Rise Fire Safety Reminders



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

- Insist that all fire safety systems – such as alarms, emergency lighting, public address systems, and sprinklers – are kept in working order.
- Read and understand your building's emergency evacuation plan.
- Learn the sound of the building's fire alarm.
- Know every exit from your building and count the number of doors between your living unit and the two nearest exits.
- Post emergency fire department numbers near all telephones.
- Learn the location of your building's fire alarms and how to use them.

If there is a fire...

- Some evacuation plans require you to go to a "safe area" inside the high-rise and wait for instructions from the fire department.
- Listen for instructions from firefighters, or public address systems; you may be told to stay where you are.

Otherwise...

- Leave the building by the fastest route, but **DO NOT USE ELEVATORS**.
- Close all doors behind you as you leave.
- If you encounter smoke or flame during your escape, try another way out.
- If you must escape through smoke, crawl – keeping your head 12 to 24 inches (30 to 60 centimeters) above the floor.
- Test doors with the back of your hand before opening them; if a door is warm, use another way out.

If you cannot escape...

- If possible, go to a room with a window and a phone.
- Close the door and stuff cracks around the door with towels, rags, or bedding.
- Call the fire department and tell them exactly where you are trapped.
- Signal from the window with a flashlight or light-coloured cloth.
- Open the window at the top and bottom to breathe fresh air. If smoke rushes into the room, close the window.



Information provided by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention

