



Transforming the lives of LA's Homeless  
& At-Risk youth & Families... Together!

# FIRE

How to Safely Prepare for A Fire Emergency When You Live in a City:

**A How-To & Resource Guide from**

**The Children's Lifesaving Foundation**



CREATED WITH  
GENEROUS FUNDING FROM



CALIFORNIA  
**FIRE**  
FOUNDATION

# FIRST STEPS—HOME PREPARATION:

## PLACE A SMOKE DETECTOR:



### SMOKE DETECTOR CHECKLIST:

- On ceilings or high on walls, about
- 12 inches below the ceiling.
- On each level of your home.
- Inside each bedroom or sleeping area.
- In the hallway outside sleeping areas.
- Test detectors monthly by pushing the “test” button.

## SMOKE DETECTOR MAINTENANCE:

1. Test detectors monthly by pushing the “test” button.
2. Replace batteries twice a year, always using fresh batteries.
3. Vacuum your smoke alarms every month to avoid dust build-up.
4. Never disable smoke detectors to stop nuisance alarms.
5. Check the batteries, replace the detector or, move it to another appropriate location nearby.
6. Replace smoke detectors every eight to ten years.
7. Never paint over smoke alarms.

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It is your **LANDLORD'S RESPONSIBILITY** to provide these in designated areas throughout your apartment. Please contact the LAFD Fire Prevention Bureau at [LAFD.R1R2@lacity.org](mailto:LAFD.R1R2@lacity.org) or (213) 978-3583 if you feel your landlord is in error of providing these things, or enough of them, in your apartment/home.





## **FIRE PREVENTION AT HOME CHECKLIST:**

1. Have a professional check and service all fuel-burning appliances, including furnaces, water heaters, clothes dryers, stoves, and ovens. Make sure to check all pilot lights.
2. Check fireplaces and chimney flues for cracks and blockages.
3. Make sure space heaters are properly vented.
4. Never operate generators indoors.
5. Never burn charcoal inside a home or garage.
6. Never use gasoline-powered tools indoors.
7. Never leave candles burning after leaving the house, or when falling asleep.
8. Never use gas-powered appliances, such as an oven or clothes dryer for heating a home.
9. Never leave a car running in a garage, even if the garage door is open.
10. If possible, keep a fire extinguisher in a place the entire family knows about, and learn how to safely use it.

# HOME & APARTMENT FIRE PREVENTION TIPS:

- **Discarded, accidentally left lit and carelessly handled cigarettes are the leading cause of fire deaths.** Never smoke in bed or when you are drowsy, and be especially careful when smoking on a sofa or other upholstered furniture. Be sure that you completely extinguish every cigarette in an ashtray that is deep and won't tip over.
- **Never leave a lit or smoldering cigarette on furniture.** Matches and lighters can be deadly in the hands of children. Store them out of reach of children and teach them about the danger of fire.
- **Do not leave cooking unattended.** Keep stove tops clean and free of items that can catch on fire. Before you go to bed, check your kitchen to ensure that your stove and oven are off.
- Monitor coffee pots, hot plates and other electrical devices with heating elements. Don't leave them on when not needed. **Make sure to turn them off at night or when no one is home.**
- **Never plug too many devices into electrical outlets.** Most household outlets provide 15 amperes of electrical current, except outlets designated for large household appliances or air conditioners. Do not operate household equipment, including microwaves, toasters, coffee pots, hot plates and other devices that use a significant amount of current on the same electrical outlet without first checking the amount of current they use.
- **Replace any electrical cord that is cracked or frayed.** Never run extension cords under rugs. Use only power strips with circuit-breakers.
- **Keep all doorways, and all windows leading to fire escapes, free of obstructions.**
- Report to the building owner or manager any obstructions or accumulations of rubbish in the hallways, stairwells, fire escapes or other means of egress.

# Fire Emergency

## Family "Go" Bag Checklist:

Create a  
Family  
Go-Bag!

Your family can plan an hour to get these supplies together in a designated space in the home that everyone knows about-like the hallway, a bedroom, or kitchen cabinet-anywhere that makes sense to your family, but that is also easily to access and get to... **REMEMBER: BE PREPARED** - get a MAIN bag packed and ready to grab for everyone in your family, before a fire or other natural disaster happens.



**DON'T FORGET THE CAR OR VAN**, if your family owns/is living in one - always keep an extra emergency bag stored in the car in addition to the ones in your home.



Water



Food



Can Opener



Flashlight &  
Batteries



First Aid



Meds for ALL  
Family  
Members



Personal  
Hygiene



Important  
Documents



Baby  
Supplies



Pet Food &  
Pet Meds



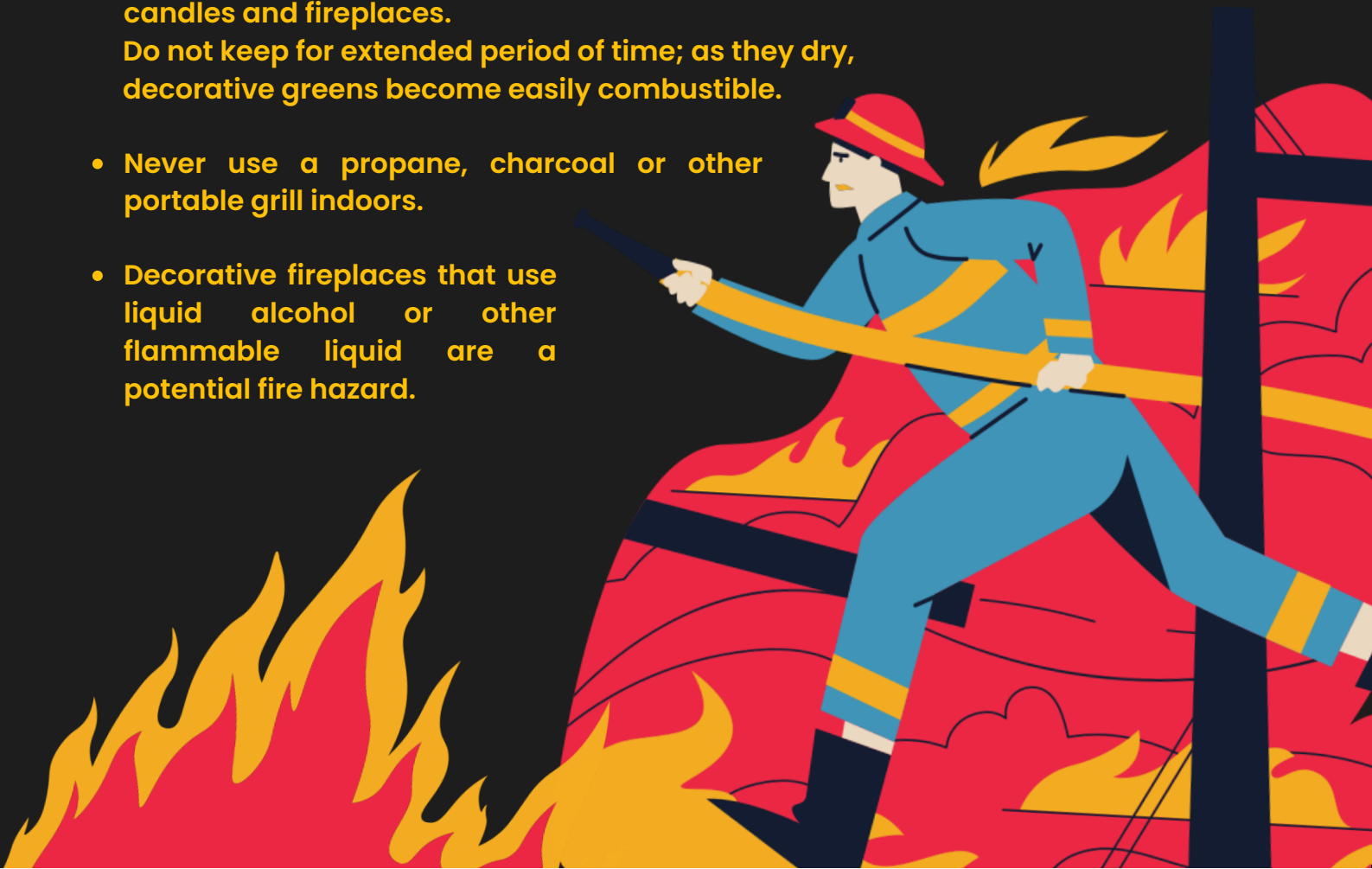
Spare Cash



Clothes

# MORE HOME & APARTMENT FIRE PREVENTION TIPS

- Window gates should be installed only when absolutely necessary for security reasons. Install only Fire Department-approved window gates.
- Do not install window gates with key or combination locks. A delay in finding or using the key or combination could cost lives.
- Familiarize yourself and the members of your household with the operation of the window gate.  
Maintain the window gate's operating mechanism so it opens smoothly. Don't place any furniture or personal items where they would prevent the window gates from opening.
- Familiarize yourself and members of your household with the location of all building stairwells, fire escapes and exits and the route to get to them.
- Exercise care in the use and placement of fresh cut decorative greens, including Christmas trees and holiday wreaths. If possible, keep them planted or in water.
- Do not place them in public hallways or where they might block egress from your apartment if they catch on fire. Keep them away from any flame, including candles and fireplaces.  
Do not keep for extended period of time; as they dry, decorative greens become easily combustible.
- Never use a propane, charcoal or other portable grill indoors.
- Decorative fireplaces that use liquid alcohol or other flammable liquid are a potential fire hazard.





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# CREATE YOUR FAMILY FIRE EMERGENCY ESCAPE PLAN:

Smoke alarms can only ALERT you about fire danger. You need to take IMMEDIATE action, if a fire is larger than a small kitchen or household fire. Our advice: Come up with an escape plan and practice it, at least twice a year.

Here is what you need to know to create your family's evacuation plan:

1. Immediately Leave Your Home – Do not waste time gathering and protecting belongings. Get out and then call 9-1-1 from a neighbor's house.
2. Know TWO Ways Out of Each Room – If the primary exit is blocked, you will need a second way out; it can be a window or by using an escape ladder. Practice escaping through both exits. If you use a window as an escape route, make sure there are no bars



## PLAN YOUR ESCAPE:

Make an escape plan for every room in the house, and practice it with your family, at least twice a year.

Feel the Door – Before opening a door during a fire, touch the doorknob with the back of your hand to make sure it is not hot. If it is, a fire may possibly be on the other side which means a secondary escape route should be used. Even if the door feels cool, open it carefully.

Designate a Proper Meeting Place – Agree on a location that is a safe distance where everyone can meet. A meeting place lets you know that everyone has gotten out safely.

Once Out, STAY OUT! – NEVER go back into a burning building for any reason! If someone is missing, tell firefighters. They are trained and equipped to perform rescues safely.



# HOW TO PREVENT A COOKING FIRE IN YOUR KITCHEN



- Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the #1 cause of cooking fires.
- Wear short or close-fitting sleeves. Loose clothing can catch fire.
- Watch children closely. When old enough, teach children to cook safely.
- Clean cooking surfaces to prevent food and grease build-up.
- Keep curtains, towels and pot holders away from hot surfaces and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.
- Turn pan handles inward to prevent food spills.

# HOW TO PUT OUT A COOKING FIRE IN YOUR KITCHEN



- Call the fire department immediately—dial 911 and quickly explain the situation.
  - Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
  - Extinguish other food fires with baking soda. NEVER use water or flour on cooking fires!
  - Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
  - Keep a fire extinguisher in the kitchen, if possible. Again, make sure you have the right type and training, and that it is always in working order.
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## BE FIRE SAFE IN THE KITCHEN!

### How to Prevent Scalding/Burns:

- To prevent spills, use the back burner and turn pot handles away from the stove's edge.
- Keep Appliance cords coiled and away from counter edges.
- Replace old, torn, or worn oven mitts or potholders.
- Foods heat unevenly in the microwave. Stir and test them before eating.
- Keep hot foods and liquids away from table and counter edges.
- Teach children that hot things burn.

### If You Are Burned

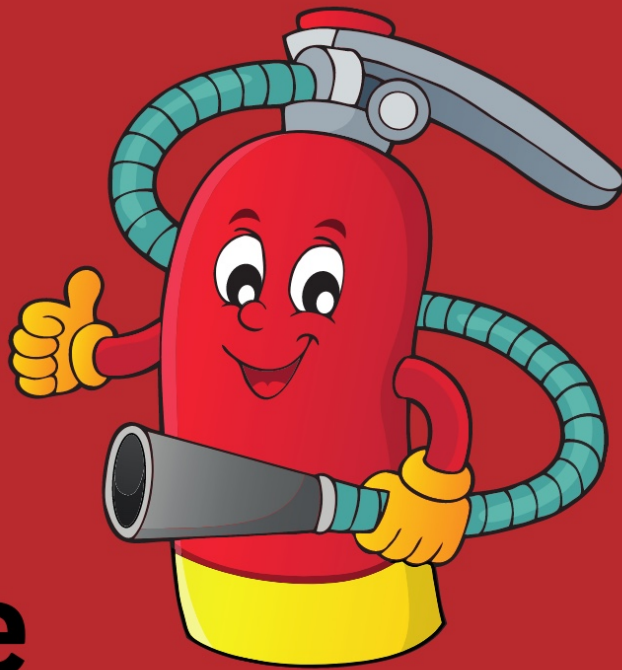
- Immediately put cool water on the burn to treat it. Cool the burn for at least five minutes.
- Cover a burn with a clean, dry cloth.
- Do not apply creams, ointments, sprays, or other home remedies.
- Remove all clothing, diapers, jewelry, and metal from the burned area. These can hide underlying burns and retain heat which can increase skin damage.
- If the burn is larger than your fist or if you have any questions about how to treat it, seek medical attention right away.
- If the burn does not heal in two to three days, see your doctor as soon as possible.



**To use a portable  
fire extinguisher,  
remember**

**P.A.S.S. !**

- **Pull**
- **Aim**
- **Squeeze**
- **Sweep**



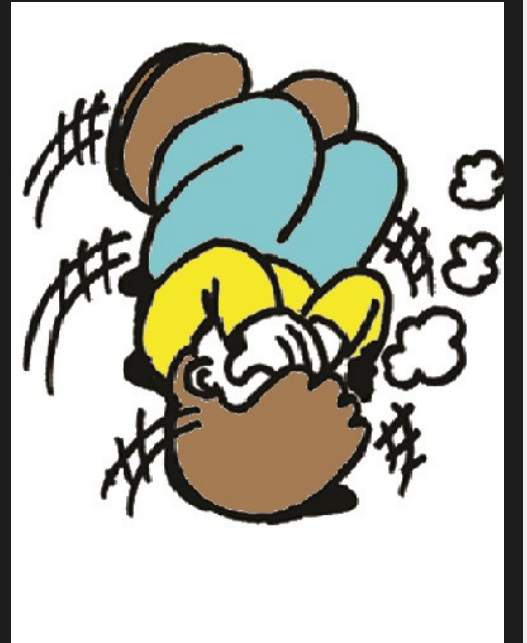
# HOW TO "STOP, DROP & ROLL!"

## IF YOUR CLOTHES CATCH FIRE:

1. Stop where you are!
2. Drop to the ground, and quickly cover your eyes and mouth with your hands.
3. Roll over and over again, and back and forth until the flames are out.



**STOP!**



**DO THIS IF YOUR CLOTHES CATCH FIRE!**



**This guide was created to specifically help families living in cities prepare for a fire or other natural disaster emergency-especially living in apartments, motels, high-rise buildings, or cars or vans...**

**The Children's Lifesaving Foundation has created, with generous funding from our great friends at the CA Fire Foundation, some easy steps that you can share, and hopefully put to good use, as a family!**

**Thank you for reading this...We truly hope you found this helpful!**

## **IMPORTANT LOS ANGELES EMERGENCY NUMBERS:**

**Dial 911 in case of fire**

**The 311 Call Center provides various options to connect to a wide variety of non-emergency City services and general City information. Some of the most popular City services can be requested by calling 311 or (213) 473-3231, visiting <https://myla311.lacity.org>, or using the MyLA311 mobile app.**

**Please contact the LAFD Fire Prevention Bureau at [LAFD.R1R2@lacity.org](mailto:LAFD.R1R2@lacity.org) or (213) 978-3583 if you feel your landlord is in error of providing adequate fire protection and prevention in your building, or in your home.**

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