

How To Make a Fire Safety Plan for your Family

Step 1

Talk to your family about fire safety. Ask your children what they know, and fill in the blanks as you discuss escape routes and ways to extinguish a fire.

Step 2

Plan an escape route as a family. There should be two exits from every room. Draw a map of the escape plan and post it in every occupied room of the house. Include emergency numbers on the plan.

Step 3

Teach your children how to escape and how to extinguish a fire. Buy window ladders for every occupied second- or third-floor room. Show your children how to climb out the windows. Show them how to crawl under smoke to find an exit. Show them how to cover their mouths and noses with their shirts to assist breathing. Show your children how to stop, drop and roll if fire is on their person.

Step 4

Designate older family members to assist very young or very old family members in the event of a fire.

Step 5

Decide on a meeting spot outside the house. Have all family members meet at the gathering spot after every drill. After two people have reached the meeting spot, one should go for help.

Step 6

Let children hear the fire alarm in your house. Young children become frightened and confused very easily. If an alarm goes off in the house and then the room fills with smoke, you want your child to know what to do - not hide in a closet because of fear.

Step 7

Practice. Set up the fire safety plan and rehearse it at least every six months. Designate a monthly fire marshal in your house, who will set up practice dates and lead the exercise.