

## DRILL OF THE MONTH

Instructor Guide

Session Reference: 1

Topic: Presenting the "Home Escape Drill"

Time Required: 2 hours

Materials:

Smoke alarm	window
Bed	mailbox, tree
Door	telephone

References:

Essentials of Fire Fighting, Fourth Edition, Chapter 19

Preparation

Motivation

Objective (SPO) 1-1

The student will demonstrate a basic knowledge of smoke alarms, home escape planning, exiting a building, checking a door for heat, climbing out a window and using the emergency number; and be able to demonstrate all skills.

Overview

- Understand the smoke alarm
- Action taken when alarm sounds
- Getting out of bed
- Checking the door for heat
- Using an alternate escape route
- Climbing out the window
- Identifying the meeting place
- Calling the emergency number

## Session 1

### Presenting the "Home Escape Drill"

SPO 1-1 The student will demonstrate a basic knowledge of smoke alarms, home escape planning, exiting a building, checking a door for heat, climbing out a window, identifying a meeting place and using the emergency number.

- EO 1-1 Describe how the smoke alarm operates
- EO 1-2 Explain what to do when the smoke alarm sounds
- EO 1-3 Describe the technique of rolling out of bed and crawling to the door
- EO 1-4 Demonstrate checking a door for heat
- EO 1-5 Describe the use of an alternate escape route
- EO 1-6 Demonstrate a safe method of climbing out a window
- EO 1-7 Identify a meeting place
- EO 1-8 Discuss how to call 911 and what information needs to be given

## Instructional Guide

- I. Smoke Alarms - How they work (EO 1-1)
  - A. Smoke sensors
    - 1. Light beam
    - 2. Radioactive material in chamber
  - B. Power
    - 1. Hardwire
    - 2. Battery
    - 3. Hardwire with battery back-up
  - C. Alarm sound
  - D. Test button
- II. When the alarm sounds (EO 1-2)
  - A. Daytime
    - 1. React to alarm sound
    - 2. Seek the nearest exit and go out
  - B. Nighttime
    - 1. Awaken and orient
    - 2. Roll out of bed
    - 3. Crawl to door
    - 4. Feel door for heat
    - 5. Exit if cool. If hot, use another way out

- III. Crawling (EO 1-3)
  - A. Roll out of bed
    - 1. Do not sit up
    - 2. Stay low
  - B. Crawling techniques
    - 1. On hands and knees
    - 2. Not so low that mouth and nose are on the floor
    - 3. Stay low, visibility is better, air is cooler
  
- IV. Checking a door for heat (EO 1-4)
  - A. Use back of hand
    - 1. Back is more sensitive
    - 2. Eliminate chance of muscle reaction of palm
  - B. Start low and sweep across door
  - C. Touch door handle
  
- V. Alternate Escape Route
  - A. Identify another way out
    - 1. another door
    - 2. window
  - B. Second floor window
    - 1. escape ladder
    - 2. porch roof
    - 3. tree
  - C. First floor window
    - 1. open window
    - 2. climb out
  
- VI. Climbing Out a Window
  - A. Open window
    - 1. operate locking mechanism to open
    - 2. open window by raising bottom section
  - B. Climbing out
    - 1. Raise one leg over the sill
    - 2. Bring body/torso on sill
    - 3. Slide out with other leg to follow
  
- VII. Meeting Place
  - A. Identify ONE (1) location outside the structure
  - B. Make sure that all persons know the one location

- C. Should be in a safe area

#### VIII. Emergency Number

- A. Know the number 9-1-1 (or local number)
- B. Say nine-one-one (not nine-eleven)
- C. Call from a neighbor's house or use cell phone outside
- D. Information needed for dispatcher
  - 1. name
  - 2. address
  - 3. phone number
  - 4. cross street
  - 5. nature of problem
  - 6. when event occurred

#### IX. Practice the sequence

- A. Assign personnel to the following "stations"
  - 1. bed area with smoke alarm
  - 2. door
  - 3. window
  - 4. meeting place
  - 5. neighbor/telephone area
- B. Select a person to be the occupant
- C. Have person react to the alarm, roll out of bed and crawl to the door
- D. Have person check the door for heat
- E. Tell person that door is hot, seek alternate route
- F. Spot person has they climb out window
- G. Person checks in at meeting place
- H. Proceed to neighbor to make call
- I. Ask what information needs to be given
- J. Repeat the process with different personnel assigned to various stations

#### Summary

#### Review

- Understanding the smoke alarm
- Action when smoke alarm sounds
- Getting out of bed

- Checking the door
- Using alternate route
- Climbing out the window
- Identify the meeting place
- Calling the emergency number

Repeat Motivation

Assignment

Evaluation