

EXIT DRILLS IN THE HOME (EDITH)



Having working smoke detectors and training our children on exit drills are very important exercises to escape from a fire. Once a smoke detector goes off in your home, members of your household, along with yourself, should react by using your preplanned escape route to exit safely from a fire.

To escape a house fire: first, maintain working smoke detectors in your home; second, have a plan in which to escape your home in case of fire.

Use the following steps to develop your escape plan:

1. Plan your escape.
2. Draw a simple floor plan of your home, showing two ways out of each room.
3. Ensure all household members understand the escape routes from the plan.
4. Make sure routes are clear and that the doors and windows on the route can be opened properly.
5. Crawl while using your escape route. It is safer because heat and smoke rise in a fire.
6. Practice your escape plan at least twice a year with your household members and test your smoke detectors monthly while checking the batteries twice a year (A tip to remember is: change your clock, change your batteries).