

## Fire Safety – Handout

### **Importance of fire safety**

The Care industry is committed to the improvement of Fire safety whether you work in a Care Home, Domiciliary, Nursing Home or Residential home. The safety and welfare of staff, service users, Visitors, outside contractors (Including Trainers!) and fire services is not just a necessity but also a legal requirement

### **Statistics**

- 388 fire fatalities
- The majority of people died where they lived
- 11,100 people injured in fires
- Fire fatality rates higher for people over 80 and for males

### **Think!**

- 4 Care homes this year will be seriously damaged by fire, many more will be affected
- Over 200 Domiciliary carers will make an emergency telephone call to the fire service this year!!
- On average there are over 10 care home fires per week in London
- In 2012/13 there were a total of 540 care home and sheltered housing fires in London
- 2 people died and 26 were injured

- **Fire Safety Regulations**

- Fire Safety Regulations, Regulatory Reform (Fire Safety) Order 2005: Employers must carry out, formally record Risk Assessments to identify fire hazards and implement measures to reduce the likelihood of fires. Provisions will form part of the Health and Safety Policy within the workplace.

- **Employees Legal Duties**

- Be aware of and understand the emergency procedures within your workplace.
- Comply with the findings of employers risk assessments.
- Report all fire risks to their employer.
- DO NOT tamper or misuse any equipment provided for fire safety. This may result in disciplinary action and or prosecution under the Health & Safety at Work act 1974.

- **Your Companies Fire Procedures**

- Don't just sign to say you read it when you started here
- Where are they kept
- It can and WILL change with building, equipment and service user changes
- When did you last read it?
- Do you know what to do in the event of fire?
- Remember it is your legal duty to know!
- Every company has different procedures, what are yours?
- Regular fire drills, on different days and at different times

- **In a Fire Alarm Situation**

- STAY CALM.
- Do NOT run
- Do NOT stop to collect personal belongings
- Take control; know your companies fire procedures.
- Know where your fire extinguishers, fire exits and fire points are.
- Know how the fire panel works
- Make sure fire doors are closed

- Know where to turn off the Gas, Electric and Water.
- What do you do with your service users? What does your fire procedures say about evacuation?
- Evacuate ambulant before immobile
- Horizontal evacuation, two fire doors between service users and fire
- Don't open doors to check fire exists, smell, look, listen, feel door with back of hand
- Help Fire Service with floor plans, visitors books and staff logs

### **Visitors Books**

- Does everybody ALWAYS sign in?  
GP's, District Nurses?  
Visitors?  
Contractors?  
Trainers?  
Company management?

### **Ignorance kills**

- Arson, Careless Smoking, Electrical Faults and Naked Flames all account for both deliberate and accidental fires.
- Fires cost industry and commerce around £65 Million pounds every year.
- Employers and employees together have a responsibility to reduce the likelihood of fires occurring.

### **Vulnerability**

We've already discussed who could be in danger from fire, but some people are more vulnerable than others due to mobility issues, sight difficulties, lack of familiarity with the surroundings and confusion due to mental health problems. It is therefore essential that any safety measures take these issues into account for all users of the building. Night staff need to be aware of all procedures and be more vigilant as this is when most fires happen and staffing levels are at their lowest.

## Safety systems that could be put in place

- Regular tours of the building.
- Fire Checklists.
- Disconnect all non-essential electric items.
- Remove all rubbish before the nightshift.
- Extra restrictions on smoking.
- Security systems to prevent unauthorised persons gaining access to the building and surrounding area.

## Fire Prevention

- In order to burn a fire requires three things, heat, fuel and oxygen. These elements are commonly referred to as the fire triangle, take any one away and the fire will not exist.



Fire fighting equipment works by removing one of the three elements of the fire triangle, for example fire blankets cut off the oxygen supply. Fire prevention means stopping the elements getting together in the first place. Removing oxygen from the environment is impossible as it is necessary for life, but heat and fuel, although always present, are controllable.

## **Fuel Sources**

- Displays - notice boards and photo-boards, paperwork.
- Flammable liquids (Site Management / COSHH/Oils in kitchens)
- Internal / External waste bins.
- Insecticutor
- Coats and bags.
- Curtains, bedding, furniture
- Laundry rooms, lint etc.

## **Managing Fuel Sources**

- Location
- Storage- appropriate vessels
- Limiting quantities
- Separation from ignition sources
- Disposal
- Cleaning
- Maintenance (e.g. gas boilers)
- Fire retardant sprays (curtains)

## **Ignition/Heat Sources**

- Electrical installations
- Electrical equipment, e.g. Hoists, Kettle and Microwaves.
- Light fittings and lighting equipment
- Heating boilers
- Hot surfaces and obstruction of equipment ventilation
- Electrically / Mechanically generated sparks
- Naked flames

## **Managing Ignition/Heat Sources**

- Location
- Periodic Fixed Electrical Installation Testing (5 yearly)
- PAT testing
- Maintenance
- Visual inspections
- Procedures to switch off electrical equipment
- LOLER
- Risk Assessments.

## **Personal Equipment and PAT testing**



- You can only plug in PAT tested equipment at work
- Not your own personal stuff like mobile chargers etc
- If it causes a fire YOU will be responsible!
- Unless your company will PAT test it don't take the risk!

## **Oxygen Sources**

- Open Doors
- Open Windows
- Ventilation Systems
- Oxygen Cylinders
- Propped Open Fire Doors

## Emergency Equipment

- Emergency lighting
- Smoke detectors
- Fire blankets
- A fire alarm system
- Emergency exits
- Fire doors
- Fire extinguishers
- Visitors book

## Fire Blankets



- Kept in kitchen
- Just pull tabs to release from case
- Smother the fire to remove oxygen

## Stop, Drop and Roll

- If on fire yourself then Stop, Drop and Roll
- If someone else on fire, put them to the ground and roll them over

## Fire Doors



Fire doors are designed to hold back flames and smoke and prevent them from spreading into other areas of the building. They are effective for around 30 minutes giving time for fire safety crews to arrive and rescue anyone who has become trapped. Fire doors should be kept shut at all times unless fitted with a device that will release when the fire alarm activates, they must never be propped open.

## Fire Risk Assessment

### FIRE SAFETY RISK ASSESSMENT

#### 1 Identify fire hazards

Identify:  
Sources of ignition  
Sources of fuel  
Sources of oxygen

#### 2 Identify people at risk

Identify:  
People in and around the premises  
People especially at risk

#### 3 Evaluate, remove, reduce and protect from risk

Evaluate the risk of a fire occurring  
Evaluate the risk to people from fire  
Remove or reduce fire hazards  
Remove or reduce the risks to people

- Detection and warning
- Fire-fighting
- Escape routes
- Lighting
- Signs and notices
- Maintenance

#### 4 Record, plan, inform, instruct and train

Record significant finding and action taken  
Prepare an emergency plan  
Inform and instruct relevant people; co-operate and co-ordinate with others  
Provide training

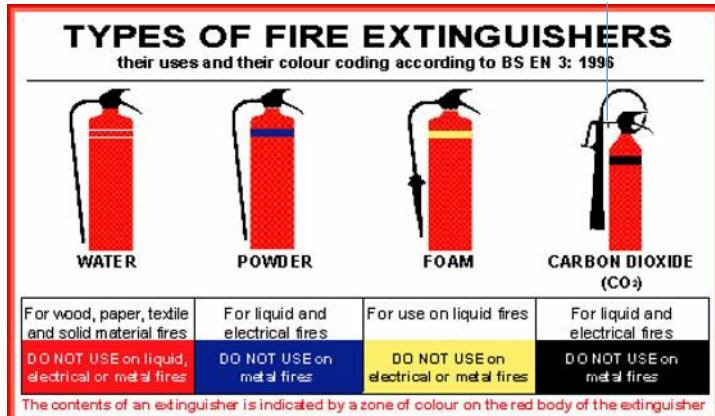
#### 5 Review

Keep assessment under review  
Revise where necessary

**Remember to keep to your fire risk assessment under review.**



## Fire Extinguishers



- Red - Water -Waste paper
- Black - CO<sub>2</sub> - Electrical fires, flammable liquids
- Blue - Dry Powder - Very versatile, can be used on most fires
- Cream - Foam - Flammable liquids
- Yellow - Wet chemical –12 Flammable liquids (good for chip pans)
- Twist the pin the break the plastic seal and pull out pin
- Raise horn (on CO<sub>2</sub>) and do not touch again as can freeze skin
- Point Hose or horn at base of fire and work upwards
- Squeeze firmly
- Beware it will want to twist to the left

## Fire Fighting

- Only fight fires smaller than a waste basket on fire
- Only fight fires if you are confident
- Only fight fires if you have a safe exit
- We can only fight small fires as extinguishers only last approx 30 seconds
- If in doubt, shut the door and get out

**Fire prevention is always preferable to fire fighting; this is not a fire fighting course**