

# Fire Prevention and Safety in Adult Family Homes



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# What we will cover

- Why Fire Prevention and Safety is important in your AFH
- General Fire Prevention Tips
- Fire Extinguisher Use
- The Washington Administrative Code (WACs) regarding Fire Safety
- Evacuation Drills
- Carbon Monoxide Alarms- possible new rules

# Why is it important?

- Every 15 seconds a Fire Department responds to a fire somewhere in the USA
- Americans over 65yo have a fire death rate twice the national average and those over 75 years of age have a fire death rate three times the national average
- Leading causes of fire injury and death in the elderly is: smoking, heating and cooking

# Why is it important?

- Many residents in adult family homes have special needs that make them especially vulnerable in the event of a fire
- Many require one-to-one evacuation assistance due to either physical or cognitive impairments

# AFH Fires

- In February 2008, there was a fire at a home in Shoreline AFH related to a candle burning in a resident's room
- Fire official believe that the candle was burning too close to combustible materials (papers or curtains)
- All residents and care providers were able to evacuate, but the home had to close due to damage from the fire and all the residents were relocated
- One resident had to be treated in a local hospital

# Fire Prevention

- Identifying Fire Hazards in your AFH
- Prevention and Safety Equipment
- Reacting in the Event of a Fire
- Safe Evacuation

# Identify and Prevent Hazards

- Kitchen:

- Stove and Oven are kept clean and free of grease
- Never leave cooking unattended
- Do not use the oven to heat the home
- Pot handles turned toward the back when cooking
- Don't store or hang things or curtains above the stove top

# Identify and Prevent Hazards

- Kitchen:

- Don't overload kitchen electrical outlets
- Replace appliances with worn or frayed cords
- Wear tight fitting clothing when cooking
- Never pour water on a grease fire
- Clean the exhaust hood and duct over the stove regularly
- Operate your microwave only with food in it

# Identify and Prevent Hazards

- Clothing Dryer
  - Clean the lint screen after each use
  - Never leave home with the dryer running
  - Dryers must be vented to the outside, not into a wall or attic
  - Be sure the outside vent is clear from lint buildup
  - Never put synthetic fabrics, plastic, rubber or foam into the dryer

# Identify and Prevent Hazards

- Around your AFH
  - Don't use extension cords (if possible)
  - Don't run cords under a rug or twist it around a nail or hook
  - Don't overload a socket
  - Make sure light bulbs are the correct wattage
  - Check regularly for loose wall receptacles, loose wires, loose lighting fixtures and frayed/worn cords

# Identify and Prevent Hazards

- Around your AFH
  - Allow air space around the TV to prevent overheating (same with plug in radios, computers and powerful lamps)
  - If you have a circuit breaker that trips or a fuse blows frequently, immediately reduce the number of appliances on that line
  - Be sure all electrical equipment bears the Underwriters Laboratories (UL) label

# Identify and Prevent Hazards

- Around your AFH
  - Reduce clutter around your home
  - Do not allow candles
  - Do not have space heaters
  - Keep furniture and other belongings away from heating sources
  - Never hang clothing by a heater to dry it
  - Store flammable materials (paints, varnish, etc) in a cool place

# Identify and Prevent Hazards

In many older homes, the capacity of the wiring system has not kept pace with today's modern appliances. Overloaded electrical systems invite fire. Watch for signals of overload:

- Dimming of lights when you turn on an appliance
- Shrinking TV picture
- Slow heating appliances
- Fuses blowing frequently

Call an electrician immediately if you notice trouble with your AFHs electrical system.

# Cigarette Smoking

- If you have a resident in your AFH who smokes this must be addressed in:

- Preliminary Service Plan/Initial Assessment
- Negotiated Care Plan

*Both their cognitive and functional ability to manage smoking safely must be addressed. If they have memory problems or impaired decision making capability you must create a plan to ensure they are safe when smoking.*



# Cigarette Smoking

- Watch for changes in your resident's ability to manage smoking safely
  - Burn Holes in clothing
  - Singed hair
  - Cigarettes disposed of improperly
  - Burns on resident's body
- Make a change in their Negotiated Care Plan

# Cigarette Smoking

- You should create a written policy addressing smoking safety at your AFH
- You should designate a smoking area
- All staff, residents and families should be made aware of your smoking safety policy.
- Each Resident who smokes should have a smoking safety plan and it must be addressed on their Negotiated Care Plan

# Smoking Safety Plan

- Includes your policy and rules regarding smoking
- Must address:
  - Cigarette and light storage
  - Cigarette Disposal
  - Supervision and/or assistance that you provide
  - Smoking Area

# Smoking Area

- Outside of the AFH (Initiative 901)
- All oxygen tanks/systems must be a safe distance away (minimum 10 feet) from the Designated Smoking Area
- Non-Tip Ashtrays
- Fire Extinguishers
- Easy for staff to monitor

# Oxygen Use in your AFH

Oxygen is a major fire hazard and all staff and residents should be educated on remaining safe around portable oxygen.

Read all safety material that is given to you by the company providing the oxygen.

# Oxygen Use in your AFH

- Post “Oxygen In Use” warning signs



- A No Smoking sign should be placed on the door to any room where oxygen is used or stored.
- A warning sign indicating Oxygen should be placed on the door to any room where oxygen is used or stored,
- When traveling by car the appropriate signs should be displayed to warn other road users and emergency services that oxygen is being carried.

# Oxygen “Do’s”

- Be aware of the dangers of oxygen - if in doubt, ask.
- Prevent oxygen enrichment by ensuring that equipment is leak-tight and in good working order.
- Check that ventilation is adequate.
- Always use oxygen cylinders and equipment carefully and correctly.
- Always open oxygen valves slowly.
- Do keep the phone number of your oxygen supplier handy and call them if you have any problems.
- Contact your local fire station to inform them that oxygen is used and stored on the premises.

# Oxygen “DO NOT’s”

- Do not smoke where oxygen is being used.
- Never use replacement parts, which have not been specially approved for oxygen service.
- Never use oxygen above the pressures certified by the manufacturer.
- Never use oil or grease to lubricate oxygen equipment.
- Never use oxygen in equipment, which is not designed for oxygen service.

# Oxygen “DO NOT’s”

- Do not use hairdryers, electric razors or any electrical appliances while you are wearing your oxygen.
- Avoid cooking on a gas or electric cooker while wearing oxygen. Your oxygen should be set up far enough from cooking equipment to be safe (approx 3 m).
- Do not use liquids or creams that have an alcohol base, such as after shave lotions while wearing oxygen.
- Do not use aerosol products near the oxygen equipment. These products include things like hairspray, deodorants and air fresheners.

# WAC 388-76-10800

## WAC 388-76-10800

**Adult family home located outside of public fire protection.**

**If the adult family home is located in an area without public fire protection, the home must have written verification of adequate fire protection from the fire authority.**

# WAC 388-76-10815

## **WAC 388-76-10815 Notice required — Compliance with building code and fire protection.**

Before a resident is admitted, the adult family home must disclose in writing in a language understood by the prospective resident the following:

- (1) Whether or not resident bedrooms comply with the current building code including evacuation standards; and
- (2) If the home is located outside a public fire district, the source and plan for on-site fire protection.

# WAC 388-76-10815

## WAC 388-76-10825 Space heaters and stoves.

The adult family home must ensure:

(1) The following space heaters are not used in a home except during a power outage and the portable heater is only safe source of heat:

- (a) Oil;
- (b) Gas;
- (c) Kerosene; and
- (d) Electric.

(2) Stoves and heaters do not block residents, staff or household members from escaping.

# Safety Equipment

- Smoke Detectors

- WAC 388-76-10805 The adult family home must ensure approved automatic smoke detectors are:
  - (1) Installed, at a minimum, in the following locations:
    - (a) Every bedroom used by a resident;
    - (b) In proximity to the area where the resident or adult family home staff sleeps; and
    - (c) On every level of a multilevel home.
  - (2) Installed in a manner so that the fire warning is heard in all parts of the home upon activation of a single detector; and
  - (3) Kept in working condition at all times.



# Smoke Detectors

1. Test the batteries every 2 months during your evacuation drills
2. Keep them free from dust and dirt by vacuuming them.
3. Replace batteries at least once a year and whenever it begins chirping.
4. If your smoke detector is hard wired into your electrical system, be sure the signal light is blinking periodically.
5. Replace the smoke detector every 10 years.

# Smoke Detectors

“What if the smoke alarm goes off when you are cooking?”

Wave a towel near the alarm to clear the air, but do not disable it. The alarm is simply doing its job. If this happens regularly then you may want to move it to another location in the kitchen.

# Fire Extinguishers WAC 388-76-10810



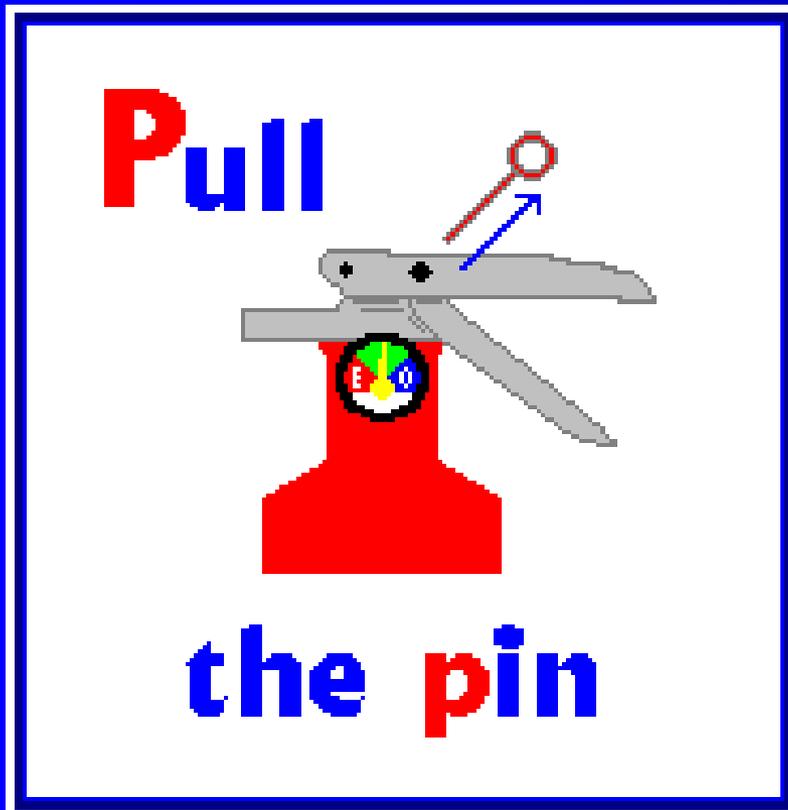
- (1) The adult family home must have an approved five pound 2A:10B-C rated fire extinguisher on each floor of the home.
- (2) The home must ensure the fire extinguishers are:
  - (a) Installed according to manufacturer recommendations;
  - (b) Inspected and serviced annually;
  - (c) In proper working order; and
  - (d) Readily available for use at all times.
- (3) If required by the local fire authority, the home must provide different fire extinguishers in place of the fire extinguishers required in subsection (1) of this section.

# Fire Extinguishers



- You should have several in your home
- Have signs that indicate where a fire extinguisher is
- They should only be used on small fires and used from several feet away
- Everyone that works in the home must be trained on how and when to use the fire extinguisher

# How to Use a Fire Extinguisher



- Pull the pin

# How to Use a Fire Extinguisher



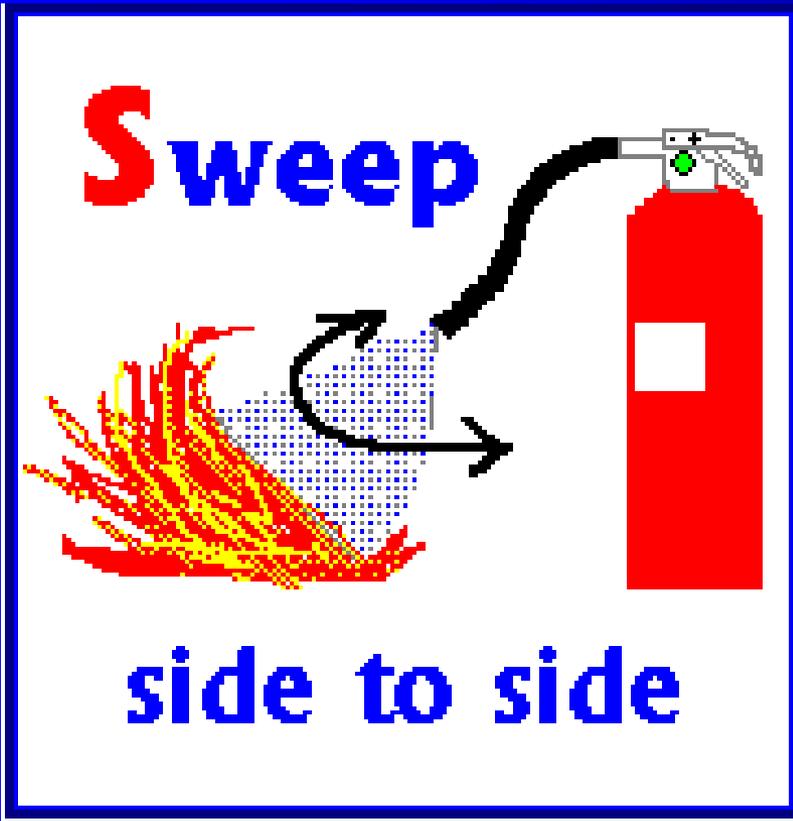
- Pull the pin
- Aim at the base of the fire, not the flame

# How to Use a Fire Extinguisher



- Pull the pin
- Aim at the base
- Squeeze the lever slowly

# How to Use a Fire Extinguisher



- Pull the pin
- Aim at the base
- Squeeze the lever slowly
- Sweep from side to side

# Fire Drills

WAC 388-76-10860 Fire drill plan and procedures for emergency evacuation — Required.

The adult family home must:

- (1) Have a fire drill plan and procedures for the emergency evacuation of all residents from the adult family home; and
- (2) Not admit and keep residents the provider or entity representative cannot safely evacuate from the adult family home.

# Fire Drills

WAC 388-76-10865 Emergency evacuation from adult family home.

The adult family home must be able to evacuate all people living in the home:

- (1) From the home to a safe location outside the home; and
- (2) In five minutes or less.

# Resident Evacuation Capability

**WAC 388-76-10870 Resident evacuation capability levels — Identification required.**

**The adult family home must ensure that each resident's assessment identifies, and each resident's preliminary care plan and negotiated care plan describes the resident's ability to evacuate the home according to the following descriptions:**

**(1) Independent: Resident is physically and mentally capable of safely getting out of the home without the assistance of another individual or the use of mobility aids. The department will consider a resident independent if capable of getting out of the home after one verbal cue;**

**(2) Assistance required: Resident is not physically or mentally capable of getting out of the house without assistance from another individual or mobility aids.**

# Resident Evacuation Capability

**WAC 388-76-10820**

**Resident evacuation capabilities and location of resident bedrooms.**

(1) The adult family home must ensure each resident who requires assistance for evacuation has a bedroom located on ground level floor and can exit the home without use of:

(a) Stairs;

(b) Elevator;

(c) Chairlift; or

(d) Platform lift.

(2) The home must install alternative emergency evacuation protection equipment when serving hearing or visually impaired residents.

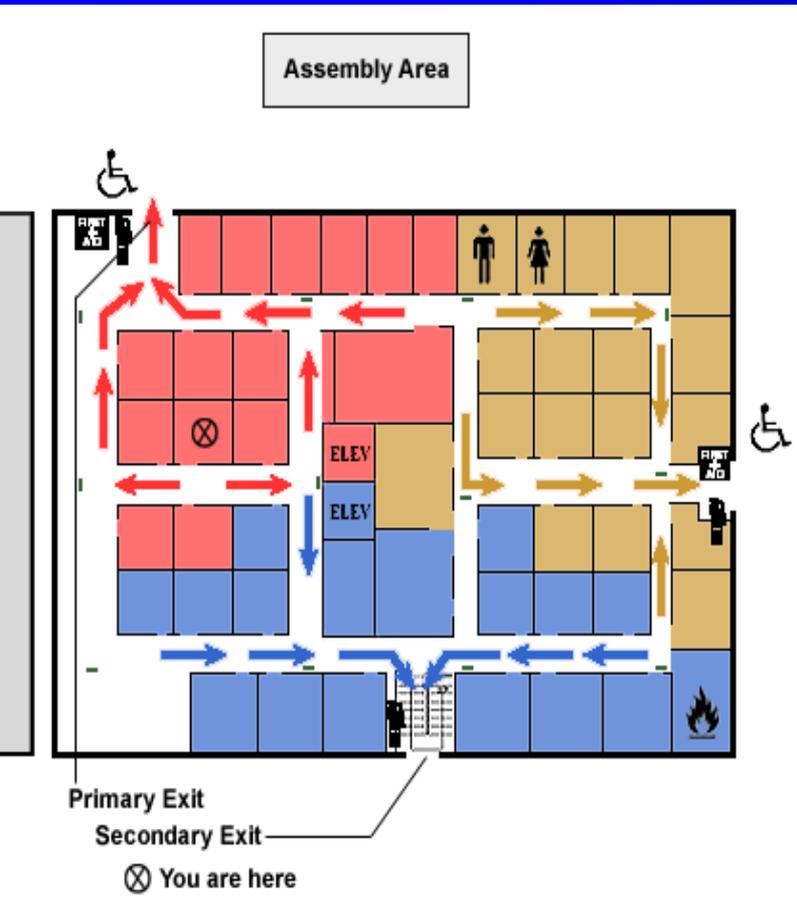
# Evacuation Floor Plan

WAC 388-76-10885 Elements of emergency evacuation floor plan. The adult family home must ensure the emergency evacuation floor plan has:

(1) An accurate floor plan of the home, including rooms, hallways, exits (such as doorways and windows) to the outside of the home;

(2) Emergency evacuation routes showing the paths to take to exit the home; and

(3) The location for the residents to meet outside the home.

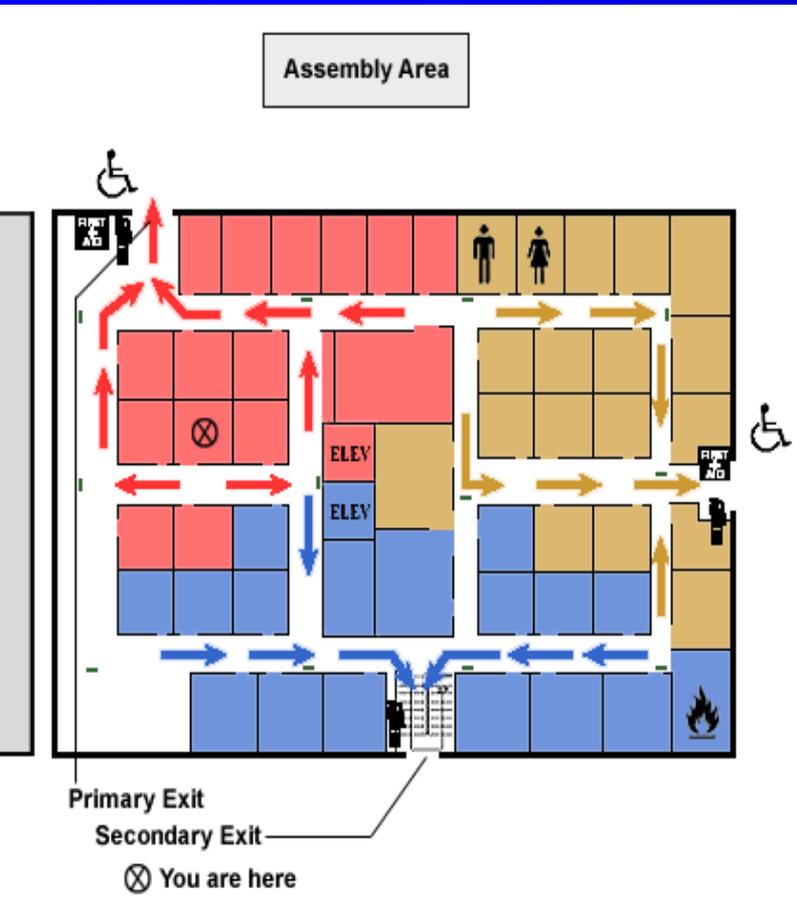


# Evacuation Floor Plan

**WAC 388-76-10890 Posting the emergency evacuation floor plan – Required.**

The adult family home must display an emergency evacuation floor plan on each floor of the home in:

- (1) A visible location in the home; and
- (2) Common areas normally used by residents, staff and visitors.



# Evacuation Drills

WAC 388-76-10895 Emergency evacuation drills  
Frequency and participation.

The adult family home must ensure:

(1) Emergency evacuation drills occur at least every two months; and

(2) All residents take part in at least one emergency evacuation drill each calendar year involving full evacuation from the home to a safe location.

## YOU'RE AFH EMERGENCY EVACUATION DRILL

**WAC 388-76-10860 thru 388-76-10905 What is required of the provider for emergency evacuation drills?** (1) The provider must develop a plan for emergency evacuation that reasonably ensures safe evacuation of all residents. The provider will determine the length of time necessary to safely evacuate all residents; however, the length of time shall not exceed 5 minutes. This emergency plan shall be written & posted & be operational at all times. (2) All staff, caregivers & residents must be instructed in emergency evacuation procedures at the time of hire or admission. (3) The provider must ensure that all residents participate in at least one household emergency evacuation drill every calendar year involving full evacuation from the home to a safe location. (4) The provider must ensure that emergency evacuation drills are conducted at least every 2 months. (5) The provider must document emergency evacuation drills recording the following information: (a) Names of residents & staff involved, including the person conducting the drill; (b) Date & time of the drill; and (c) The length of time required for evacuating all residents.

<b>NAME OF ADULT FAMILY HOME/LICENSEE</b>	<b>DATE OF DRILL</b>	<b>TYPE OF DRILL</b> <input type="checkbox"/> Emergency Evacuation (every 2 months) <input type="checkbox"/> Full Evacuation (Annually) <input type="checkbox"/> Other
<b>DRILL CONDUCTED BY:</b>	<b>START TIME</b> AM PM	<b>END TIME</b> AM PM
		<b>LENGTH OF DRILL</b>

<b>NAMES OF STAFF PARTICIPATING IN DRILL</b>		
<b><sup>1</sup>EVACUATION CAPABILITY LEVEL (CHECK ONE PER RESIDENT)</b>		
	Independent	Assistance Required
<b>RESIDENT NAMES</b>		
1.	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>

<b><sup>2</sup> SMOKE DETECTORS</b>		<b><sup>2</sup> FIRE EXTINGUISHERS</b>	
Equipment Check:	Location(s):	Equipment Check:	Location(s):
Hardwired? <input type="checkbox"/> Yes <input type="checkbox"/> No	If no, was battery replaced?	Service Due Date:	
Audible throughout home:		<input type="checkbox"/> Expired? <input type="checkbox"/> Replaced? <input type="checkbox"/> OK	

**COMMENTS:**

<sup>1</sup> Documentation on log not required, but provider is required to identify each resident's level of evacuation on preliminary service plan and negotiated care plan. See WAC 388-76-10870.  
<sup>2</sup> Documentation on log not required, but provider is required to ensure all fire extinguishers are inspected and serviced annually, and all smoke detectors are maintained and in working condition. See WAC 388-76-10805 and 388-76-10810

# In the Event of a Fire



**R**escue

**A**larm

**C**ontain

**E**xtinguish

# During a Fire

- Rescue the residents and others living in your AFH
- Yell “Fire, Fire, Fire”
- Cover your nose and mouth with your shirt
- Move low to the ground if possible
- Feel doors before entering- if they are hot do not go through

# During a Fire

- If any part of your clothing catches fire, STOP, DROP and ROLL. Covering your face with your hands
- Once everyone is evacuated Do Not Re-Enter
- Close Doors behind you as you evacuate
- Call 911 from a cell phone outside or a neighbors house

# In the Event of a Fire



- Allow the Fire Fighters to Extinguish the Fire
- Care for your residents
- Alert DSHS that there has been a fire and that you have evacuated

# If You Cannot Evacuate

- Look for another exit
- Place a wet towel or clothing at the bottom of the door to help block out smoke
- Move near a window and hang a light colored sheet from the window to alert Fire Personnel where you are
- Stay low to the ground and cover your mouth and nose
- Call 911 if possible to alert them where you are located in the home

# Carbon Monoxide Dangers

**TABLE 1. Unintentional, non-fire-related deaths from carbon monoxide (CO) poisoning,\* by age group, sex, and race/ethnicity — United States, 1999–2004**

Characteristic	Total deaths		6-year average annual crude rate†	6-year average annual rate†	(95% CI§)
	No.	(%)			
<b>Total</b>	<b>2,631</b>	<b>(100)</b>	<b>1.53</b>	<b>1.53</b>	<b>(1.47–1.59)</b>
<b>Age group (yrs)</b>					
0–4	52	(2)	0.45	—	—
5–14	83	(3)	0.33	—	—
15–24	256	(10)	1.06	—	—
25–34	322	(12)	1.35	—	—
35–44	505	(19)	1.87	—	—
45–54	472	(18)	2.00	—	—
55–64	314	(12)	2.00	—	—
≥65	628	(24)	2.13	—	—
<b>Sex</b>					
Male	1,958	(74)	2.32	2.41	(2.30–2.52)
Female	673	(6)	0.77	0.74	(0.68–0.79)
<b>Race/Ethnicity¶</b>					
White, non-Hispanic	1,941	(74)	1.65	1.54	(1.48–1.61)
Black, non-Hispanic	305	(11)	1.46	1.64	(1.45–1.83)
Other, non-Hispanic	97	(4)	0.98	1.01	(0.80–1.22)
Hispanic	279	(11)	1.25	1.31	(1.14–1.48)

\* Deaths coded with *International Classification of Disease, Tenth Revision* codes T58 and X47, excluding X00–X09, X76, X97, Y26, and Y17.

† Average age-adjusted rate per 1 million persons.

§ Confidence interval.

¶ Records in which ethnicity was unknown or missing were excluded from analysis (n = 9).

- Results from:

- Car/truck running in an enclosed area
- Unvented stoves, fireplaces
- BBQs inside
- Leaking gas, water heater, coal or oil appliances

# Carbon Monoxide Detectors



- There is current legislation being considered to require Carbon monoxide Detectors in every AFH.
- Average cost of alarms is between \$30-\$51

# Carbon Monoxide Detectors



- They would be placed outside of each bedroom and on each level of the home
- You may want to consider getting them whether or not they are required....Carbon monoxide Poisoning accounts for

# Carbon Monoxide Safety

- Have a qualified technician annually inspect and maintain all fuel-burning appliances, including oil and gas furnaces, water heaters and stoves.
- Install a UL-listed carbon-monoxide detector outside sleeping areas and follow all the manufacturer's recommendations.
- Know that carbon-monoxide detectors are not smoke alarms, and smoke alarms are not carbon-monoxide detectors.

# Carbon Monoxide Safety

- Know the warning signs of carbon-monoxide poisoning, which include severe headaches, dizziness, confusion and nausea. Even low levels can cause shortness of breath, nausea and mild headaches.
- In the event of an alarm activation, evacuate everyone from the house immediately and leave a door open for ventilation on the way out.

# Fire Safety and Prevention

**By training your AFH, staff and residents about prevention, evacuation and fire safety you can help increase your chances of avoiding a fire in your AFH and remaining safe if there is a fire.**

# Thank you for attending...



Please visit the Mobile Classes and Consulting booth for information on services available or to ask a question.

Thank you,  
Claire Brannan