



WASHINGTON STATE PATROL – FIRE PROTECTION BUREAU
INSPECTION SECTION

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Fire Drills

Important fire protection features of buildings are in place to protect staff and residents. These fire protection features are the first defense against fire. It is critical that staff of long term care facilities know what to do in a fire emergency to keep themselves and residents safe.

According to the US Fire Administration’s National Fire Incident Reporting System:

- In 2007, adults aged 65 and older represented 13 percent of the U.S. population but suffered more than 30 percent of all fire deaths.
- The risk of persons aged 65 and over dying in a fire is 2 – 4 times greater than that of the general population. This is due to a combination of factors including mental and physical frailty, and greater use of medications.
- Older males are 52 percent more likely to die in fires than older females.

A written health care occupancy fire safety plan shall be provided for nursing homes and instruction shall be provided to all personnel. (NFPA 101 (LSC) 19.7.2.2 and 3)

Fire Drills are required to be conducted quarterly on each shift in licensed care facilities and a record must be kept of each drill. (NFPA 101, LSC, 2000 Edition, Sec. 18.7.1.2/19.7.1.2, WAC 212-12-044, IFC Sec. 405.2 and Table 405.2)

Fire Safety <u>Plan</u> Must Include:	Fire Drill <u>Records</u> Must Include:
<input type="checkbox"/> Use of alarms <input type="checkbox"/> Transmission of alarm to fire dept. <input type="checkbox"/> Response to alarms <input type="checkbox"/> Isolation of fire <input type="checkbox"/> Evacuation of immediate area <input type="checkbox"/> Evacuation of smoke compartment <input type="checkbox"/> Preparation of floors and building for evacuation <input type="checkbox"/> Extinguishment of fire	<input type="checkbox"/> Identity of the person conducting the drill <input type="checkbox"/> Date and time of the drill <input type="checkbox"/> Notification method used <input type="checkbox"/> Staff members on duty and participating <input type="checkbox"/> Number of occupants evacuated <input type="checkbox"/> Special conditions simulated <input type="checkbox"/> Problems encountered <input type="checkbox"/> Time required to accomplish a complete evacuation

Procedures to protect the lives of all residents within the facility involve four basic steps for fire emergencies. The term R.A.C.E is an easy way to remember these four basic steps.

1. **Rescue** -Rescue residents in immediate danger if safe for staff to do so. These actions include assessing the fire as well as moving resident(s) in nearby rooms away from immediate danger.
2. **Alarm** - Activate the fire alarm system. This includes calling for help and/or activating a manual fire alarm box if the fire alarm system has not been activated.
3. **Confine** -Contain the fire to the room where the fire started or to the smallest area possible, if not within a room. Normally this is accomplished by closing the door to the room of the fire.
4. **Evacuate and extinguish** -Relocate patients in the fire area and extinguish the fire. Assess the fire to determine if it is small enough for you to extinguish.

Remember that resident safety is your number one priority. Residents and their families trust you to help protect them and to guard their safety, and the safety of people who, in many cases, cannot help

themselves. Educate yourself and stay aware of potential fire hazards. Take fire drills seriously and above all, stay calm and collected during an emergency situation so you can provide the best protection for yourself and facility residents.

Find these valuable resources on our website:

Resources for Licensed Care Facilities - http://www.wsp.wa.gov/fire/insp_resources.htm.

- Evacuation
- Fire Drill Report
- Fire Drills
 - Keeping a record
 - Conducting Fire Drills
 - Fire Drill Scenarios
- Fire Drills Done Right – PowerPoint Slide Show