

Community Fire Safety Advocate Pilot Project—Appendices

Appendix 1—Key Messages of Community Fire Safety Advocate Training

Fire and Smoke:

1. Fire needs a heat source, fuel, and air to begin and grow.
2. Fire is fast—it can fill a room in less than 2 minutes.
3. Fire is hot—it reaches temperatures of over 2000 degrees Fahrenheit. There is no way to survive the heat.
4. Fire is dark and smoky—the smoke is what kills in most fires. Burning appliances, furniture, curtains...create toxic smoke.
5. Smoke rises—stay low under the smoke for cleaner/fresher air.
6. Smoke has carbon monoxide—a poisonous gas that can kill a person. CO is produced by burning things. Charcoal grills, open-flame stoves and generators produce CO when inside a house/garage and can be deadly.
7. If fire gets on a person's clothes—stop, drop and roll until the fire is out. Do not run.

Home Fire Hazards and Prevention

1. Most fires start from cooking left unattended. Use a timer, never leave the room when cooking.
2. If a pot is on fire, cover it with a lid or flat metal pan.
3. Always keep all furniture, curtains, pillows at least 1 foot (30 cm) from heaters—even when the heater is turned off.
4. Incense and candles need space—keep them away from curtains, put them out before leaving the room or going to bed.
5. When roasting coffee, use the stove fan and open a window. This will help to keep the smoke alarm from sounding.
6. Smoke alarms should never be disabled. Do not take out the battery. Do not pull out wires. Do not take it down. Use a dish towel to stop the alarm from beeping if cooking smoke sets it off.
7. Test the smoke alarm by pushing the test button every two months. Replace battery if you hear a low-battery chirp.
8. Sprinklers put out fires quickly if activated. They are found in some homes and apartments. Only heat will activate a sprinkler, not smoke. Never paint, cover or hang anything from the sprinkler head.

Responding to Fire

1. Each home should make a fire escape plan and practice it.
2. The plan should show ways to get out—including windows—and a meeting place.
3. When the smoke alarm goes off, that is the signal to follow the escape plan.
4. Do not delay responding to a smoke alarm or fire—seconds count in a fire.
5. If trapped, find a room with a window, close the door and call 911 or signal for help from the window.
6. Buy an escape ladder if you live on the 2nd or 3rd floor. Use it if trapped.
7. Call 911 as quickly as possible after safely out of danger. Know your address or location.

Seattle Fire Department Services

1. The Fire Department responds to fire and medical emergencies. These are the firefighters with the fire stations, the fire trucks, aid/medic cars. Firefighters work 24 hours a day.
2. Firefighters are also Emergency Medical Technicians (EMTs) who can provide basic life support and serve all people in the city. There are 33 stations, one in each neighborhood.
3. The Fire Department also inspects buildings for fire safety, enforces the rules about fire safety, and helps teach people about fire safety.
4. Fire Department services are free.
5. Call 911 for any emergency and the operator will help determine who to send.



Seattle Fire Department
Fire Prevention Division
www.seattle.gov/fire

Appendix 2—Key Skills Demonstrated by all Community Fire Safety Advocates

Italics show an action that the CFSA must perform correctly.

1. Describe what fire needs to grow. *Verbal description*
2. Describe how smoke kills. *Verbal description*
3. Demonstrate what to do if in a smoky place to get out. *Crawl low under smoke*
4. Explain what causes CO poisoning and how to avoid it. Give real examples. *Verbal description*
5. Demonstrate what to do if fire gets on your clothes. *Stop, drop, and roll*
6. Describe how to prevent cooking fire. *Verbal description*
7. Demonstrate the correct way to put out a pot on fire. *Slide lid onto pot from the side. Turn off stove. Do not move pot til cool.*
8. Demonstrate safe proximity of burnable items from a heater, incense burner, candle. *Move items a safe distance away from a heater, incense, and candle.*
9. Demonstrate what to do if light cooking smoke activates the smoke alarm. *Wave a dish towel to clear cooking smoke from a smoke alarm. Open a window to air the smoke.*
10. Demonstrate how to install a battery in a smoke alarm and how to test the smoke alarm. *Put a battery in an empty alarm and test it till it sounds.*
11. Describe what a sprinkler head does, where it is likely to be located, and what causes it to activate. *Verbal description*
12. Describe what happens when 911 is called. *Verbal description*
13. Describe what a fire escape plan is and explain its key features. *Using a provided example of a fire escape plan, give a verbal explanation.*
14. Be able to make a good example of a fire escape plan. *Complete construction of a fire escape plan for your own home. Be able to describe the plan using your example.*
15. Explain steps to take if you discover fire or hear the smoke alarm. *Verbal description*
16. Explain what to do if trapped by fire. *Verbal description*
17. Demonstrate how a fire escape ladder works. *Verbal description, using a fire escape ladder provided and a window sill.*
18. Explain why it is important to call 911 as soon as possible. *Verbal description.*
19. Demonstrate calling 911 and giving your address and location. *Pretending to dial 911, use the phone and scenario provided to demonstrate calling 911 and relaying the appropriate information.*



Appendix 3—CFSA Training Survey

Seattle Fire Department Community Fire Safety Advocate Training Survey

Please indicate your agreement or disagreement with these statements where 1= Strongly Disagree and 5= Strongly Agree.

<i>After the Training:</i>	<i>Strongly Disagree</i>					<i>Strongly Agree</i>									
1. I better understand the dangers of fire and smoke.	1	2	3	4	5										
2. I can identify the main causes of home fires and know how to prevent them.	1	2	3	4	5										
3. I know what steps to take if I discover a fire at home.	1	2	3	4	5										
4. I understand and can correctly describe how to respond to a fire at home.	1	2	3	4	5										
6. Before attending this training, how would you rate your level of home fire safety and prevention knowledge?	Low					Medium					High				
7. After attending this training, how would you rate your level of home fire safety and prevention knowledge?	Low					Medium					High				
8. After attending this training, how would you rate your level of home fire safety and prevention knowledge?	Low					Medium					High				
9. What training information or activities did you find most useful?															
10. What would you recommend to make the training more useful?															
11. Additional comments about the training?															
<i>The Training Course:</i>															
a) Given the time, the amount of material covered was appropriate.	1	2	3	4	5										
b) Training covered useful material	1	2	3	4	5										
c) Training was practical to my needs and interests	1	2	3	4	5										
d) Training was well organized	1	2	3	4	5										
e) Training had useful learning activities	1	2	3	4	5										
f) Training had useful visual aids	1	2	3	4	5										
g) Quality of handouts was good	1	2	3	4	5										
h) Instructors were knowledgeable about the topics	1	2	3	4	5										
i) Instructors covered material clearly	1	2	3	4	5										
j) Instructors responded well to questions	1	2	3	4	5										
k) I would recommend this training to others	1	2	3	4	5										

Survey Results (mode=5)

After the Training:

- I better understand the dangers of fire and smoke.
Mean=4.6 , median=5
- I can identify the main causes of home fires and know how to prevent them.
Mean=5 , median= 5
- I know what steps to take if I discover a fire at home.
Mean=5 , median= 5



4. I understand and can correctly describe how to respond to a fire at home.
Mean=4.8 , median= 5
5. Before attending this training, how would you rate your level of home fire safety and prevention knowledge? (low, medium, high)
Mean=1.4 , median= 1
6. After attending this training, how would you rate your level of home fire safety and prevention knowledge? (low=1, medium=2, high=3)
Mean=1.4, median= 1
7. After attending this training, how would you rate your level of home fire safety and prevention knowledge? (low=1, medium=2, high=3)
Mean=2.8, median= 3
8. Given the time, the amount of material covered was appropriate.
Mean=4.6 , medium= 5

The Training Course:

- a) Training covered useful material
Mean=4.6 , medium= 5
- b) Training was practical to my needs and Interests
Mean=4.4 , medium= 5
- c) Training was well organized
Mean=4.6 , medium= 5
- d) Training had useful learning activities
Mean=4.6 , medium= 5
- e) Training had useful visual aids
Mean=5 , medium= 5
- f) Quality of handouts was good
Mean=5 , medium= 5
- g) Instructors were knowledgeable about the topics
Mean=5 , medium= 5
- h) Instructors covered material clearly
Mean=5 , medium= 5
- i) Instructors responded well to questions
Mean=5 , medium= 5
- j) I would recommend this training to others
Mean=5 , medium= 5

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Appendix 4—CFSA Kit Contents

1. *Laminated Pictures with fire safety message on the back of:*
 - *Someone covering a pot fire with a lid*
 - *Safe use of incense*
 - *Coffee roasting points (window open, turning on fan, coffee on stove)*
 - *Heating safety pictogram*
 - *Someone testing a smoke alarm*
 - *A sprinkler head*
 - *Family practicing a home escape plan series: 1) family sleeping, 2) smoke alarm beeping, 3) parents and child escaping, 4) parents and child at meeting place, 5) parent calling 911*
 - *Someone using an escape ladder*
 - *Completed home fire escape plan*
2. *DVD with videos showing 1) reality of a fire, 2) speed with which a room fire grows and 3) how to correctly respond to a cooking fire.*
3. *Five rulers for measuring and demonstrating a safe distance between heaters and objects.*
4. *Two smoke alarms with two batteries.*
5. *One Dish towel for demonstrating how to fan light cooking smoke from a smoke alarm.*
6. *Kitchen timer for demonstrating setting a timer to help avoid a cooking fire.*
7. *2-story fire escape ladder for demonstrating how to use during a fire escape.*
8. *911 stickers to distribute for telephones.*
9. *Escape plan grid handouts for developing home escape plans.*
10. *Basic home fire safety handout in target languages (Amharic, Oromo, Somali, Tigrinya).*
11. *Fire Response card in target languages (Amharic, Oromo, Somali, Tigrinya).*
12. *CO poisoning pictogram.*
13. *Carrying bag*
14. *Introduction letter from Fire Chief & CFSA Certificate*

