

Fire REadiness for Wheelchair Users (FEW): An Online Fire Preparedness Program for Wheelchair Users

Participant Manual

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Welcome!

Dear Participants,

Thank you so much for participating in the FEW fire preparedness education program! FEW stands for **F**ire **R**Ediness for **W**heelchair Users (FEW). We are very excited to work with you!

This research study is funded by the Craig H. Neilsen Foundation and is designed to provide individuals who use wheelchairs and scooters resources to prepare for and manage the aftermath of a fire event. This program seeks to be comprehensive. Participants will learn ways to prevent fires from occurring, ensure they have adequate equipment to be quickly notified that a fire is in progress, develop a comprehensive evacuation plan to ensure a safe exit from their residence in the event of a fire and be prepared for the aftermath of a fire.

While we strive to be as comprehensive as possible and consider a variety of scenarios, we cannot possibly anticipate all situations that may happen in a fire event. As a result, we will focus on general fire-safety tips that can then be customized to your needs and ability level. During this program, you will have several opportunities to receive individualized advice on what to do during a fire event.

The FEW program is informed through a collaboration with leading experts in fire research at the Illinois Fire Service Institute, peer-reviewed research on fire preparedness, and information from fire safety institutes.

Thank you so much for your participation. Your involvement in the study will contribute to an area of research that has been previously under-studied and improve the quality of fire safety education for individuals who use wheelchairs and scooters.

This program will involve viewing online videos (~45-30 min of material per week) and a 60-minute online “live” weekly session where you can talk with fire safety and rehabilitation professionals about the videos you watched. As much as possible, we ask you to watch the videos *before* you attend the live session. Further program details will be given to you during an introductory session. All study materials can be found on the study website:

<https://publish.illinois.edu/few-craig-h-neilson-foundation/general-information/>

Thank you for your participation! Your involvement in this study will help improve the preparedness of individuals who use a wheelchair or scooter in a fire event. If you have

any questions during the study, you can talk with your trainer or reach out to Dr. Rice using the contact information below.

Laura A. Rice, PhD, MPT, ATP
219 Freer Hall
906 S. Goodwin Ave., Urbana, IL 61801
217-333-4650
ricela@illinois.edu

Thank you for your participation, and we look forward to working with you!

Sincerely,

A handwritten signature in cursive script that reads "Laura A. Rice".

Laura A. Rice, PhD, MPT, ATP

Our Commitment to You

Thank you very much for your participation in this research study. We are very excited to talk with you about this important topic and support your individualized needs. Although the program is structured to ensure the information is presented in the same way to all study participants, there is plenty of room to discuss items important to you. The trainers (firefighters and rehabilitation professionals) can guide you through your specific challenges and provide support. Please feel free to ask your trainer about any particular needs you might have or any problems you encounter throughout the program.

Participant Responsibilities

Each week you will be asked to watch a series of online videos from the website: <https://publish.illinois.edu/few-craig-h-neilson-foundation/general-information/> We will also ask you to complete activities as “homework” to help you learn the information and develop a comprehensive fire preparedness plan. In addition, we will ask you to meet online each week to discuss the education provided and give you a chance to ask questions and get feedback on the activities you are working on.

You will receive a weekly e-mail from a research assistant containing an overview of the topics for each week, instructions on which videos to watch, an estimate of how long it will take to watch the videos, and a reminder of when your online discussion will be held. You can watch these videos on your schedule and review them as much as you like. While watching the videos, we encourage you to follow the manual. In addition to watching the videos, we will ask you to complete additional activities each week to give you a chance to engage with the material. You can either type directly in the electronic version of the manual or write in the physical copy. As much as possible, please write down your ideas so that you can refer to them during the live discussion session.

Program Framework:

The FEW program is broken down into six modules:

Module 1 will lay out the foundation of the program. General information regarding fires and introductory information on home safety and fire notification/prevention equipment will be presented. Module 1 will end by introducing components of an evacuation plan. You will continue to build your plan during modules 2 & 3.

Module 2 will continue to help you develop an evacuation plan. Most of the content will be focused on the equipment to utilize during the evacuation.

Module 3 will finish the section on the evacuation plan. The content will focus on inventorying your needs and communication with firefighters and family members.

Module 4 will focus on preparing for life after a fire event. The module will discuss how to live successfully and minimize disruption after a fire event.

Module 5 will revisit fire prevention. This module will help you examine various areas of your home and develop specific strategies to prevent a fire.

Module 6 will conclude by helping you tie all the information together, put a comprehensive plan into action, and develop strategies to maintain your fire preparedness plan.

During the entire program, you will be working to develop a comprehensive document called a **Fire Incident REsponse (FIRE)** plan. The plan will combine all the information you have learned in the program. The plan will be first introduced in module 1 and built upon during the entire program. You can either fill this plan out electronically or with paper/pencil.

Ground Rules

Below are the ground rules that will be followed during the online group discussions. Please review these rules before each session starts, and feel free to suggest additional rules for the group to discuss.

1. Participants are asked to watch the pre-recorded videos before the live sessions.
2. Participants are free to ask questions at any time during our live sessions.
3. During the live sessions, when another person is speaking, please do not interrupt.
4. During live sessions, show respect for others, especially when differences of opinion arise, or others describe experiences that differ from yours.
5. All information disclosed by other participants should be kept confidential.
6. Additional ground rules:

Thank you!

Thank you for your participation! We are excited to have you be part of the program!

Module 1

Video: 1A Welcome

Welcome to Module 1! We are glad to have you participate! In the first module, we will be discussing the following items:

- General information about fires
- General home safety and fire prevention information
- Types of fire prevention equipment
- Evacuation plans
- Introduction to your FIRE plan

The items discussed in this module are foundational to the FEW program and will be revisited during this six-week program.

1.1 Fires – Introduction to Residential Fire

Video 1B: Introduction to Residential Fires

1.1.1 Introduction:

Between 2014 and 2018, an average of 353,100 residential fires resulted in about 2,500 deaths in the United States per year (National Fire Protection Association). It is estimated that physical disability contributes to about 15% of US residential fire deaths per year.

Being prepared for a fire event is crucial for individuals who are living with physical disabilities, especially individuals who utilize wheelchairs and scooters as their primary means of mobility. In an evacuation scenario, individuals may have to climb over large or broken objects or use stairs to seek safety. As a result, individuals with disabilities have a decreased chance of surviving a fire event.

Individuals who have limited mobility may:

- **Need assistance** in performing mobility-related activities
- Require **additional** time to self-evacuate

The **purpose** of the FEW program:

1. Help support living well with a disability, especially for people with spinal cord injury (SCI) who use wheelchairs and scooters full time.
2. Help individuals who use wheelchairs and scooters to prepare for the fire events.
 - a. Prevent fires from occurring
 - b. Learn about home evacuation strategies
3. Help individuals understand how to receive support after a fire event
4. Provide strategies to manage life after a fire event

Throughout this module, you will be introduced to basic concepts related to fire safety that will be foundational to the rest of the FEW program.

We recognize that this module may have more content than future modules, but DON'T worry – we will review these concepts as the program continues.

1.1.2 What is a fire?

Fire is a chemical reaction called oxidation

- It is the process of combining oxygen with another substance
- This process also causes apples to turn brown and iron to rust

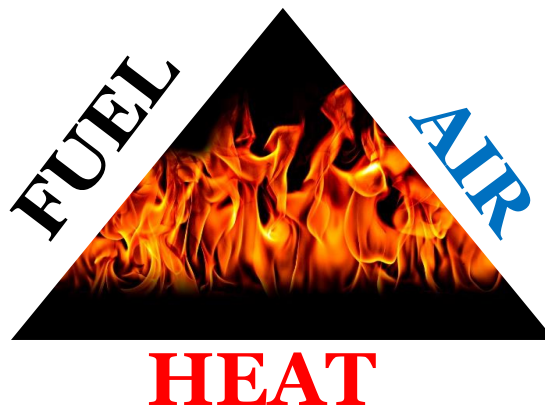


1.1.3 Fire Components

There are *three* main components needed for a fire to start:

Fuel ↔ **Heat** ↔ **Air**

- **Fuel** is needed so that the fire can have something to burn.
- **Heat** is needed to make the fuel hot enough to burn or combust.
- **Air** (Oxygen) needs to be present in the air for a fire to ignite.



Together, these components set off a chain reaction that causes *light, heat, and sound* to be released in the form of fire. All three things need to be present to have a fire. Fires will burn until one or more of these three things are missing. Smoke and ash result as toxic leftovers from fire.

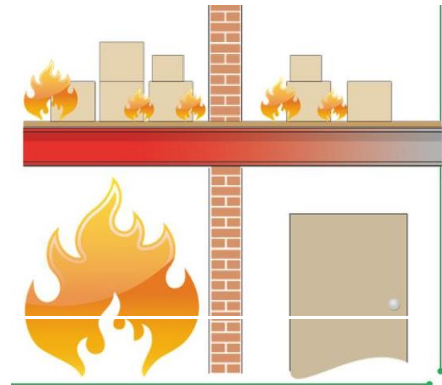
1.1.4 Three Ways Fires Spread

Fire spreads by using the heat from the flames in three different ways:

- Conduction
- Convection
- Radiation

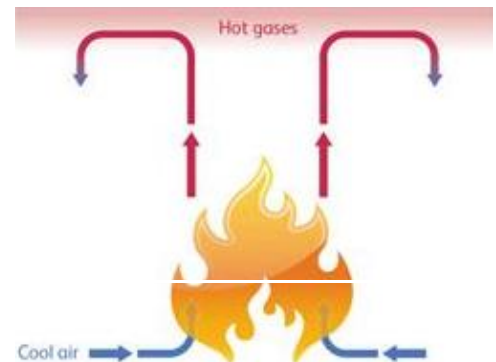
Conduction

- It is the transfer of heat through a material by **direct** contact.
- Objects must be touching each other to catch fire.
- An example of conduction would be:
 - Dropping a lit cigarette onto a couch, having the couch catch fire, and lighting nearby curtains on fire.



Convection

- Is the movement of fluid or gas from hotter areas to colder areas:
 - Hot air rises, and cold air sinks.
 - In an open area, the hot air rises very high.
 - Inside a room, this hot air gets trapped by the ceiling and spreads out in a thick layer. Eventually, this hot air moves downwards and raises the temperature of other objects.



Radiation

- Heat waves radiate out from the source of the fire in **all** directions until it can hit an object, causing it to ignite.



1.1.5 Four Stages of Fire:

There are *four* different stages of fire:



Stage 1. Ignition:

- In the ignition phase, fuel, air, and heat join to create the fire triangle in a chemical reaction called combustion.
- Usually, a fire extinguisher can control the fire at this stage.

Stage 2. Growth:

- After the fire is started, the fire grows with additional fuel catching fire from the initial flame, providing heat.
- *Convection* and *radiation* cause more objects and surfaces to ignite, and the size of the fire increases, reaching the ceiling.
- Gasses trapped at the top of the ceiling transfer heat to other objects nearby. This allows the objects to rise to the same temperature and catch fire simultaneously.



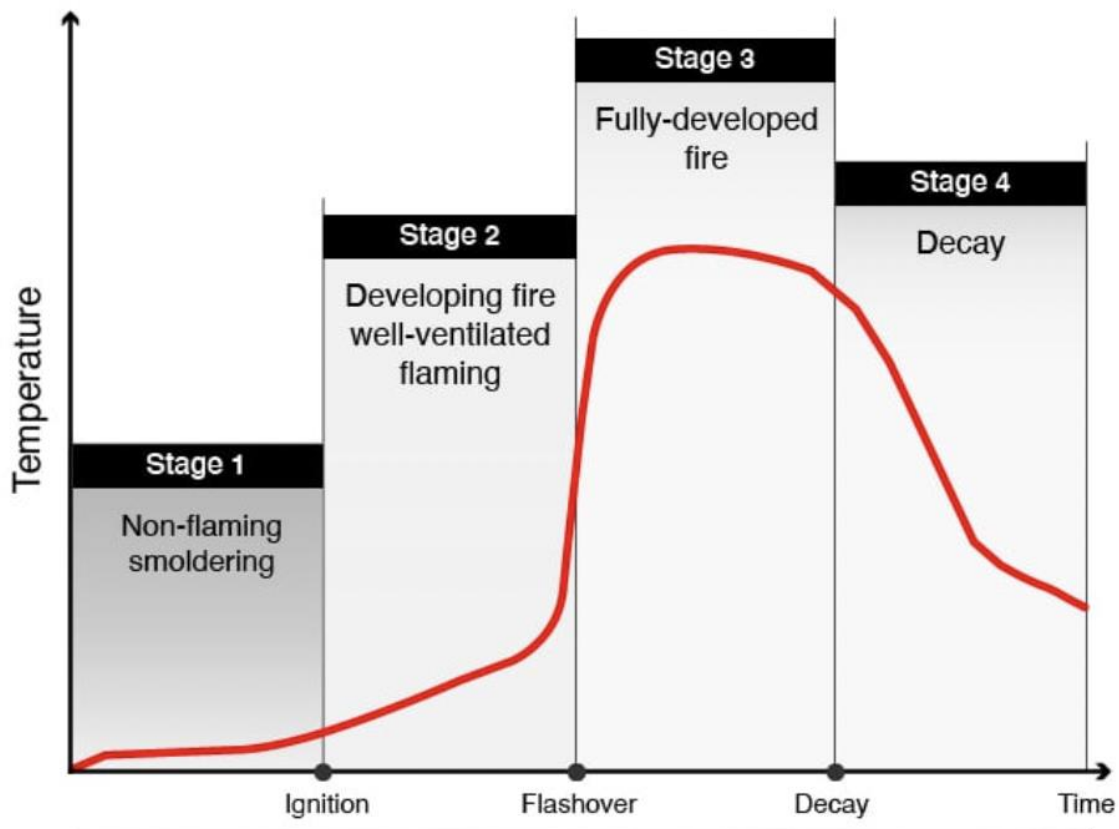
Watch how quickly a home fire can spread:
<https://www.youtube.com/watch?v=C8k59QsMqcg>

Stage 3. Fully developed:

- Once the fire has ignited all the fuel, temperatures reach their maximum resulting in heat damage.
- Available oxygen is used first, and the fire will die out until oxygen is added again, typically through an open door or broken window.

Stage 4. Decay (burnout):

- As the fire uses all the fuel, temperatures decrease, and the fire gets less intense and burns out.



1.1.6 Special Cases

As with most things, there are special cases to consider, and fires are no exception. Here are a few cases to consider carefully when discussing how fires spread.

Rollover or flame over

- Ignited gasses or incompletely burned fuel rises to the ceiling and spreads.
- The smoke in the room appears to start burning suddenly.
 - If there is **no** ventilation, then a flashover might happen.

Flashover

- The **sudden** simultaneous ignition of everything in the room:
 - Hot gas rises to the ceiling and spreads out to the walls.
 - Heat radiates downward and intensifies until all combustible objects reach their flashpoint and burst into flames.
 - Temperatures in a flashover can rise to 1,000 degrees Fahrenheit in seconds. Even trained firefighters in full protective gear are unlikely to survive this condition!

WATCH OUT!!!

Signs of a Flashover

“Black fire” – dense black smoke with tightly packed curls

Black smoke that pushes out of a doorway or opening in a window

Smoke that has gotten as low as a doorknob with fire seen underneath it

KEY POINT: Smoke is unburned fuel that can rapidly ignite if there is enough oxygen, and it is hot enough

Backdraft

- An explosion that occurs when oxygen is introduced into a room full of hot gas:
 - This can happen when a fire burning in a confined area uses up all the oxygen in that space.
 - Visible flames disappear while solid fuels smolder, allowing gas to build up and fill the room.
 - As the temperature increases, the gas expands, causing pressure in the room to rise, pushing against the doors and windows.
 - Outside, the building may look like it has a heartbeat.
 - If oxygen is added now, the vaporized fuel bursts into flames, and pressurized gasses explode through the opening creating a fireball.

1.1 Learning Activities

Activity: What is your overall understanding of fire so far?

Reflect and apply. Please take some time to reflect on the information presented in the module so far. Write down answers to the questions that follow and be prepared to share your answers in the online meeting for this week.

1. About how many residential deaths occurred per year between 2014 and 2018?

2. True or False? Fire is created through a chemical reaction called combustion.

3. What are the 3 components needed for a fire to start?

4. In convection, does the hot or cold air rise?

5. Use your knowledge: If a fire has burnt out, can it be restarted?

1.2 General Home Safety

Video 1C: General Home Safety

1.2.1 Common Causes of Fire:

- Roughly *two-thirds* of home fire deaths and injuries result from fires in one of the three most common fire locations: **kitchens, living rooms, and bedrooms.**
- This module will provide introductory information about fires in these areas.
- Additional detail about fires in these locations will be presented and reinforced in Module 5.



1.2.2 In the kitchen:

Data from Fire Analysis and Research Division in 2009 reported:

“Cooking equipment is the leading cause of reported house fires and associated civilian fire injuries.”



- Stovetops are the most common place where fires start within the kitchen and often involve flammable objects.
- To prevent fires from occurring:
 - Ensure flammable items such as curtains, towel racks, and paper towel dispensers are far from burners.
 - Wear short or close-fitting sleeves when cooking.
 - Turn pot handles away from the front of the stove to reduce the possibility of them being accidentally knocked over.
 - If you cannot see the stovetop from your wheelchair, use a mirror to view the contents to prevent accidentally knocking items over.
- If a grease fire occurs, **DO NOT** put water on the fire. It will only make it worse.
 - Use a fire extinguisher created for grease fires or a pan lid to suffocate the flames.
- Stay in the kitchen while frying, grilling, or broiling food.
- Keep your microwave and toaster oven clear of surrounding clutter. Check that the vents of the appliances are not obstructed.
- Keep a fire extinguisher that you can effectively use easily accessible in your kitchen.
- Use appropriate kitchen apparatus, such as potholders, etc., to assure safety when removing items from the stove, microwave, or toaster oven. Practice using these items when the pot (or another vessel) is not hot, or a flame is present.

1.2.3 In the living room:

From National Fire Protection Association (2022):

“Heating fires (including space heaters and fireplaces) are the second leading cause of house fires.”

- Do not leave portable heaters unattended.
- Only use space heaters on level, hard, and nonflammable surfaces.
- Only plug the space heaters into wall outlets, not into surge protectors.
- Look for space heaters that shut off automatically if tipped over.
- Keep flammable items such as clothing, bedding, or rugs at least three feet away from heaters.
- If you lack sensation in any part of your body, keep that area at least three feet away from the heater to prevent accidental burns.
- Never plug more than one heating appliance into an outlet.

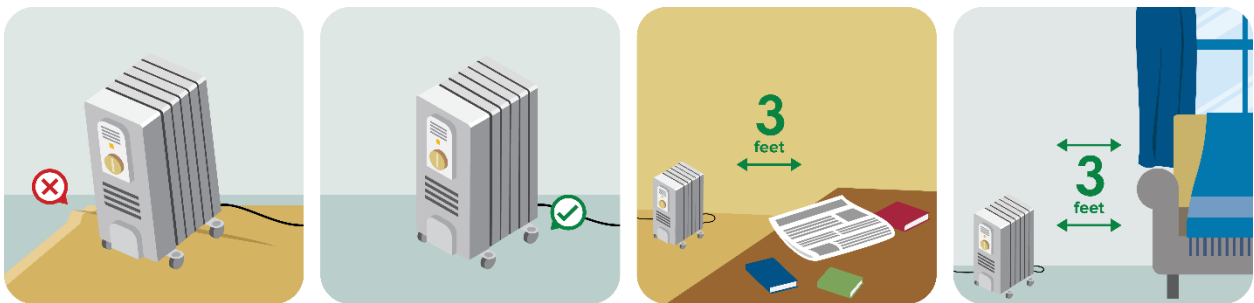


Figure: DO vs. DON'T

Do's are associated with the green check marks, and the do not's are associated with the red x.

- Only buy space heaters evaluated by a nationally recognized laboratory [ex. Underwriters Laboratories (UL)].
- If you have a fireplace:
 - Have your chimney inspected and cleaned annually. Depending on your functional mobility status, you may need assistance inspecting and cleaning the fireplace.
 - Ensure all embers are completely extinguished before leaving the house or sleeping.
 - Use a glass or metal fire screen large enough to keep rolling logs and sparks contained.

1.2.4 In the bedroom:

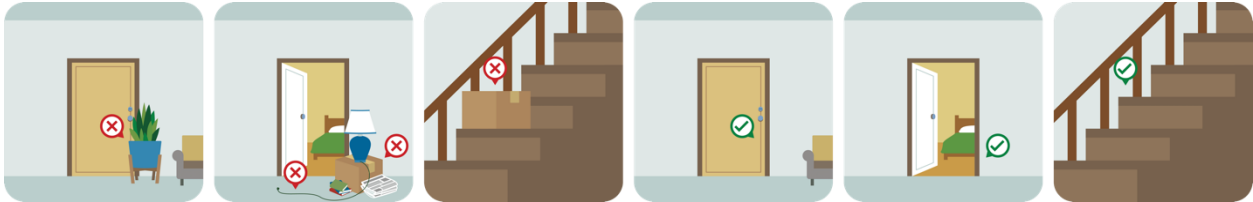
- All bedrooms should have an escape window.
 - In rental properties, a window is required in sleeping areas.
- Do not leave burning candles unattended.
- Power wheelchair users:
 - The device used to charge a power wheelchair (charger) may heat up or create a spark if not in good repair.
 - Individuals who use a *power wheelchair* often charge their power wheelchair while in bed. Bedding materials provide a good source of fuel for a fire. Make sure your charger is in good repair.
 - Regardless of the location of your charger, make sure that the device is in good repair, the cord is not frayed, and you keep the charger away from any clutter, especially flammable materials.



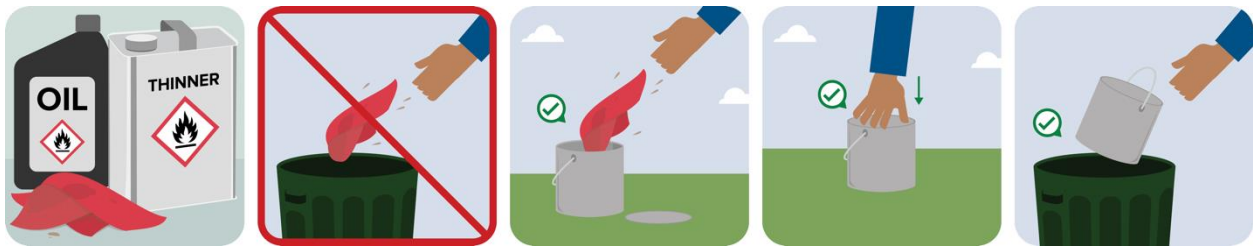
1.2.5 All around the house:

Clutter

- Keep furnaces and heaters clear of debris and clutter
- Keep accessible exit routes clear



- Dirty rags and piles of old newspapers can spontaneously combust if stored improperly.
 - Place rags soiled with flammable chemicals in metal containers with tight-fitting lids.
 - Discard newspapers when you are done with them.



1.2.6 Miscellaneous items:

- Dryers are responsible for approximately 9 out of 10 appliance fires.
 - Clean your lint screen every time you use your dryer.
 - If you cannot pull out the lint screen due to limited hand function, add a strap or other material to make grasping the screen easier.
- When possible, items should be plugged into wall outlets, not surge protectors.
- Avoid plugging *multiple* appliances into one outlet wherever possible.
- Avoid running extension cords under rugs.
- Avoid overloading extension cords.
- Unplug electronics when NOT in use whenever possible.
- Never force a three-prong plug into a two-slot outlet or extension cord.
- Fix or replace frayed extension cords, exposed wires, or loose plugs.



Figure: DO vs. DON'T

Do's are associated with the green check marks, and the do not's are associated with the red x.

Smoking

If you smoke:

- Smoke outside.
- Use deep, sturdy ashtrays.
- Douse cigarette and cigar butts with water before disposal.
- Avoid smoking:
 - When drowsy or medicated.
 - If someone in the home is using oxygen.



Grilling

- Keep grills at least 10 feet away from your home and clear of overhead branches or structures.
- Make sure your gas grill lid is open before lighting it.
- Charcoal grills:
 - Only use charcoal starter fluid.
 - Do **NOT** add charcoal or other flammable liquids to the fire after grilling.
 - Allow coals to cool completely before disposing of them in a metal container.
- Gas grills:
 - Assure the tubing connecting the gas to the grill is in good repair/free of cracks or other signs of damage.
 - Turn off the gas when you finish grilling.
 - If you cannot tightly turn the knob to ensure the gas flow has stopped, use a jar opener or another assistive device to ensure the knob has been closed tightly.



1.2.7 Medical Equipment

Home Oxygen

- Store oxygen cylinders and vessels:
 - In a well-ventilated area.
 - At least eight feet from heaters, heat-producing elements, and electrical appliances.
- Keep all oxygen cylinders away from power wheelchair chargers.
- Post at least one NO SMOKING sign in a prominent place at the entrance to your home.
- Oxygen cylinders and vessels **MUST** always remain upright.
- Never tip them on their side or roll them for transport.
- If you cannot lift the oxygen cylinders, consider using smaller cylinders or ask a care partner to transport the oxygen for you.
- Always operate oxygen valves slowly.
- Abrupt changes in oxygen flow can cause contaminants to ignite.
- If hand function limits your ability to open the valve slowly, consider using a gripper pad or other assistive devices to facilitate a controlled valve opening.
- Only use a properly grounded wall outlet for your Oxygen Concentrator.
- Do **NOT** use extension cords.
- Do **NOT** use bedding or clothing made of wool, nylon, or synthetic fabrics, as they tend to produce static electricity. Cotton is okay to use as it does not spark.



Power wheelchairs and scooters

- Sealed gel rechargeable batteries are preferred to liquid electrolyte batteries. The majority of current power wheelchairs have sealed gel batteries; however, it is good to double-check your type of battery.
 - Note: if you plan to take your power wheelchair on an airplane, a sealed gel battery is required
- Use a no-spark electronically controlled battery charger.
- Use brushless wheelchair motors.
- Use fire-retardant wheelchair/scooter cushions and upholstery.

1.3 Fire Prevention/Management Equipment

Video 1D: Fire Prevention/Management Equipment

In this module, we will discuss different types of equipment that can be used at home to prevent and manage fire events.

This section will introduce:

- Smoke Alarms/Detectors
- Homes Sprinkler Systems
- Fire Extinguishers
- Safety Cooking Tools

This type of equipment will be discussed throughout the program and applied to different situations. This section will provide foundational information on the equipment.

1.3.1 Smoke Alarms vs. Smoke Detectors:

- Smoke Alarms and Smoke Detectors are similar pieces of equipment that serve a common purpose: Alerting the person that there is a potential fire situation. There are, however, some important differences:

Smoke Alarms		Smoke Detectors
Have a sensor to monitor for smoke and a speaker to sound an alarm to occupants. Primarily used in single family homes.	vs.	Usually utilized in commercial buildings, hotels, and large multifamily dwellings.
Are not connected to other devices, nor do they notify the fire station that a fire has occurred.		A monitoring station for smoke and fire that is connected to a whole building alarm system.
		Sometimes, it will automatically notify a fire station that a fire is in progress.

Table 1. Smoke Alarms vs. Smoke Detectors

For this training, we will be focusing on smoke alarms:

1.3.2 Smoke Alarms

There are many kinds of smoke alarms on the market. The **MOST** important thing to remember when considering different alarms is your ability to maintain the alarm (test the device and change the battery) so that it remains in good working order.

Types of Smoke Alarms

According to National Fire Protection Association, National Fire Alarm and Signaling Code:

Smoke alarms are required to be installed in at least every sleeping room.

Two main types of smoke alarms can be purchased:

- **Ionization**
- **Photoelectric**

➤ Each type has a different set of pros and cons. The difference between each type of alarm is how the sensors detect smoke.

Ionization	Vs.	Photoelectric
More responsive to flaming fires.		More responsive to fires that begins with a long period of smoldering.

Table 2. Ionization Smoke Alarms vs. Photoelectric Smoke Alarms

(National Fire Protection Association

<https://www.nfpa.org/Public-Education/Staying-safe/Safety-equipment/Smoke-alarms/Ionization-vs-photoelectric>)

➤ The National Fire Protection Association recommends combining ionization and photoelectric smoke alarms for the best protection.

Dual Sensing Photoelectric and Ionization Alarms are commercially available at Amazon, Home Depot, Target, etc.:



Figure: Fire Hardwired Smoke Detector with Ionization and Photoelectric Dual Sensors

In addition, consider a smoke alarm that can detect Carbon Monoxide (CO).

- CO is a poisonous, colorless, odorless, and tasteless gas.
 - It replaces oxygen in the bloodstream, depriving the heart, brain, and other vital organs of oxygen.
 - Even limited exposure to CO can kill.
- Many smoke alarms do this, but check the package to ensure you have purchased the correct device.

➤ There are also multicriteria alarms that use a combination method and a heat sensor to detect a fire. While these alarms reduce the number of false alarms, they do not detect fire faster.

➤ The use of interconnected smoke alarms is highly recommended. When using an interconnected alarm, all alarms go off if smoke is detected in one place. This connection is essential for early notification, especially if the fire starts far away from the occupants or if the occupants are behind closed doors.

Smoke Alarms – Key Points

Be sure to have an alarm in **every room** you sleep in.
Larger homes may need more alarms.
Test your alarms **once** a month.
When you change your clocks, change your batteries.
When an alarm sounds, get out and stay out.
Alarms generally last for **5 – 7** years. Replace them as soon as they break.
Remember to test your alarms frequently.

Tips for Placement

1. **The higher, the better.** Smoke and heat rise.
 - The ideal location for the alarm is on the ceiling or, if that is not possible, high up on the wall.
 - Remember to keep them at least 4 inches away from corners where the wall and ceiling connect.
 - If you have a pitched ceiling, it should be 3 feet of the peak.

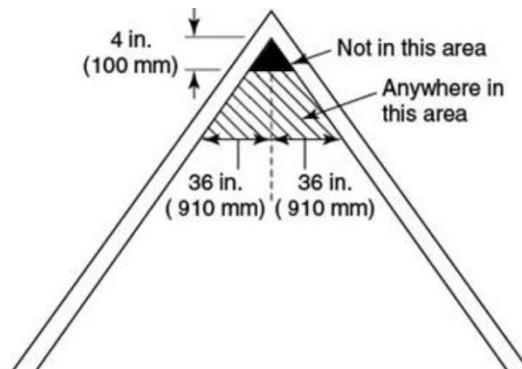


Figure: National Fire Alarm and Signaling Code (2013 edition)

2. **Multiple sensors are essential.**
 - It would be best to have an alarm in every bedroom, outside each sleeping area, and on every level of your home.
3. **Avoid places that will trigger false alarms,** like the kitchen or bathroom.
 - Cooking and steam from showers may accidentally set off the alarm.
4. **Consider special alarms created for individuals with disabilities.**
 - These alarms have “10-year” batteries and can be tested/silenced with a remote control.
 - Test the batteries every month and change them at least once a year.
 - Example: Kidde 10-Year Worry-Free Smoke Detector, Lithium Battery Powered (Note: The DPQoL has no financial interest in Kidde)
 - These alarms should still be tested monthly to ensure they function correctly.
 - Install at least one smoke alarm on each level of your home and ask for help from the landlord or manager of your building or friends/relatives.
 - Landlords are responsible for providing and replacing smoke/CO detectors.
 - If there are any issues, they are obligated to fix them at no cost to the renter.
 - For people who are D/deaf or having difficulty hearing, purchase and install smoke alarms:
 - With a vibrating pad or flashing light.

- With a strobe light outside the home to catch the attention of neighbors, passengers, and emergency call systems for summoning help.

1.3.3 Home Sprinkler Systems:

Based on NFPA, Home Fire Sprinklers can:

“Dramatically reduce the heat, flames, and smoke produced in a fire. Properly installed and maintained fire sprinklers help save lives.”

1.3.4 How do sprinklers work?

- Home fire sprinklers consist of a network of pipes filled with pressurized water installed behind walls and ceilings, with individual sprinklers placed along the pipes to protect the area beneath them.
- Because water is always in the pipes, fire sprinklers are always "on call."
- In the event of a fire, the air temperature above the fire rises, and when the air temperature reaches a certain level, the sprinklers are activated.
- Sprinklers force water on the flames, usually extinguishing them altogether or at least controlling the heat and limiting the development of toxic smoke until the fire department arrives.
- Only the water sprinklers closest to the source of the fire will activate. Smoke will not activate the sprinklers.

The Basics

The sprinkler heads installed in homes may vary from manufacturer to manufacturer, but most share the same principles.

- Sprinkler heads are usually heat-activated; some have a bulb that breaks when exposed to a specific temperature, while others have solder that melts.
- One sprinkler head usually provides sufficient coverage for a room ~ 800 ft² (74 m²) or less in size. Bigger rooms may need two.
 - These sprinkler heads come in a wide variety of designs to fit in with any home décor choice.

➤ Some of these sprinkler systems have an alarm that alerts when the system has been activated. These can be installed outside the house to alert neighbors if no one is home, and some even alert the local fire department.

➤ It is important to remember that these alarms are separate from traditional smoke alarms inside your home.

Types of Sprinkler Systems

Stand Alone Systems	Multi-Use Systems
<ul style="list-style-type: none"> ● Rely on home water supply. ● Use its own pipes. ● Need a storage tank if you use well water. ● Water does not circulate and may become stagnant. ● Depending on type of pipe used, may not require maintenance. 	<ul style="list-style-type: none"> ● Share the home's plumbing. ● Fresh water circulates through pipes each time water is used in home. ● Non-stagnant water is released. ● Usually installed in new construction. ● Engineered for the unique needs of each home. ● Additions/remodels can be difficult.

Table 3. Stand-Alone Systems & Multi-Use Systems

Installation and Cost

** Please note that the information provided in this section is for educational purposes only. Please get in touch with a licensed contractor for specific pricing regarding your situation. **BUILDING PERMIT NEEDED****

- The easiest way to install a sprinkler system is in new construction, but retrofitting an existing home is possible.
- Installation time will vary based on the size and type of project.
- Permits are needed to install a sprinkler system. The permit process usually takes about 30-45 days.
- Installation for a 3,000 sq. ft home can take about 10-14 days.
- New build installation generally costs about \$1.25 per square foot.
- Retrofits can cost about \$6 per square foot.
- Usually, the total cost of these systems is about 1% of the home's total cost.
- Home insurance companies may offer discounts ranging from 5-15%.



Figure: U.S. Fire Administration

1.3.5 Cooking Tools

Many different types of assistive equipment can be used for individuals with disabilities and older adults to prevent fires in the kitchen. This section will provide examples of different kinds of devices.

PLEASE NOTE: The DPQoL has no financial interest in any of these products, nor has the manufactured provided resources of the DPQoL.

Cooking Tools	Product Name	Product Description	External Link
Reminder Devices	Burner Alert	Thin plastic discs that attach to stove and remind you the burner is on.	https://burneralert.com
Automatic Stove Shut-off	Fire Avert	Monitoring for the sound of the smoke alarm, cutting the power to the stove and oven before there is a flame.	https://www.alzstore.com/fireavert-stove-fire-prevention-p/0106.htm
	Stove Guard	Motion Sensing Technology to monitor movement in the cooking area.	https://stoveguardintl.com/automatic-stove-shut-off-for-stand-alone-plug-in-stoves/

	iGuardStove	Motion sensor control device that simply shuts off the stove when it doesn't see any motion in the kitchen for a full five minutes.	https://iguardsfire.com/?v=4326ce96e26c
Automatic Cooking Range Suppression	Reaction Fire Suppression	This system is designed to fit above your cooking range and automatically activate if a fire occurs.	https://www.reactonfire.com/what-we-protect/residential-kitchens/

Table 4. Different Assistant Cook Tools

1.3.6 Extinguishers

What is an extinguisher?

A fire extinguisher is an active firefighting device used to extinguish or control small fires and is usually used in emergencies.

➤ The **FIRST** thing to consider regarding fire extinguishers is to determine if you can safely operate them.

It may be difficult for individuals with disabilities to perform the hand movements needed for operating an extinguisher (see the **PASS** method below).

PASS Technique

Pull the pin on the fire extinguisher to break the tamper seal.
Aim the fire extinguisher low at the base of the fire.
Squeeze the handle to release the contents
Sweep the nozzle from side to side, pointing at the base until the fire is out.

Repeat these steps if the fire reignites!

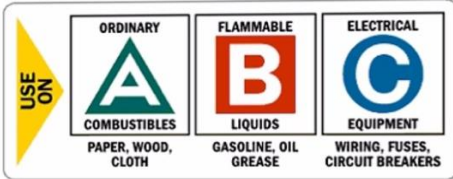
- The **BEST** thing to do is research the types of extinguishers that are accessible to you:
- Be sure that you can *lift and perform* the necessary motions. Talk with your local fire department to see if you can test one out!

Fire Extinguisher Classes

- **Next**, you need to determine what type of fire extinguisher you need. Each type of extinguisher has a **different** purpose. These are called *fire extinguisher classes*.

#1 - A-B-C Rated Fire Extinguishers Work Best In Home Fire Situations

- There are 5 classifications of fires (A, B, C, D & K) and multiple types of fire extinguishers each designed to fight different fires.
- The 3 most common house fires are ordinary combustibles (Class A), flammable liquids (Class B) & electrical fires (Class C).
- A-B-C rated fire extinguishers are capable of stopping all three of these fire types without making the situation worse.



USE ON	ORDINARY COMBUSTIBLES PAPER, WOOD, CLOTH	FLAMMABLE LIQUIDS GASOLINE, OIL GREASE	ELECTRICAL EQUIPMENT WIRING, FUSES, CIRCUIT BREAKERS
	A	B	C

➤ The most common extinguisher to use in the home is an A-B-C extinguisher. This type of extinguisher should be sufficient for most types of fires occurring in the home.

➤ DO NOT use a fire extinguisher on a grease fire unless it has been specifically designed to do so. The best way to put these fires out is to smother them and remove the oxygen using a lid or by putting baking soda on the fire.

➤ When you buy your fire extinguisher, make sure you can lift it easily. Larger extinguishers are more powerful but will only do good if you can use them! If so, you can always buy more of the smaller sizes.

➤ Next, you need to decide *where* to put the fire extinguisher.

- Generally, you should have one fire extinguisher on each level of your home and in areas where fires are more likely to start, such as the kitchen or garage.



1.3 Learning Activities

Activity: What equipment do you need?

Reflect and apply. Please reflect on the information presented in the module so far. Write down answers to the following questions and be prepared to share your answers in the synchronous meeting for this week.

1. Do you have smoke alarms in your home? How many? What types? Where are they located?
2. What class of fire extinguishers do you feel would be most beneficial in your home? Would your answer change depending on where it is located?
3. Thinking about the material presented so far in this unit, would you require any additional modifications or support to start applying what you have learned?
4. Can you think of other helpful equipment we have not discussed yet?

5. Please make a list of items you feel are most important to use to notify you what a fire is occurring.

6. Please make a list of equipment to prevent or manage fire.

Item #2: Consider equipment needs:

Determine:

- What type of equipment will you need to evacuate your home efficiently?

More detail will be provided on doing a comprehensive survey of your equipment during module #3. However, please take a moment to begin thinking about what you will need. This should include evacuation equipment (such as an evacuation chair) and your personal assistive technology.

Item #3: Communication

Communication is key before, during, and after emergencies. Communication is important with first responders and family/friends/care partners.

- Connect with your local fire department. Details on how to connect, who to talk with, and what to say will be provided in Module #3.

Develop:

- A plan with family/friends/care partners **before** a fire event.

Consider:

- What do you think are the most essential items to discuss? (More details on discussion points will be provided in Module #3.)
- Can you clearly state how you need first responders to help you **during your evacuation**?
- **After the fire event**, how would you get in contact with your family/friends/care partners?

Item #4: Practice what you can:

While you cannot simulate a fire event, you can practice components of the plan, such as navigating through your escape route and utilizing the evacuation equipment. Your fire department may even be willing to come to your home to practice the evacuation with their equipment.

Item #5: Keep your plan up to date:

Set a reminder on your calendar to update your plan every six months or if you have had a significant change in your functional status.

1.4.1 Critical Elements in Evacuation Plans

➤ We will use the list of critical elements below to start thinking about and forming your evacuation plan.

1.4 Learning Activities

Activity: What am I missing?

Directions: If you currently have an evacuation plan in place, look at the list below and select the points you currently have in your evacuation plan. If you do not have a plan, please skip down to the next section.

- Established escape routes
- Plan for receiving assistance or using assistive technology
- Communication plan (before event)
- Communication plan (after event)
- Established meeting place
- Practice/updates schedule

Let's look at our checklist again.

The items in **bold** are often typically overlooked when developing an evacuation plan. How did you do?

- Escape routes
- **Communication (before the event)**
- **Communication (after the event)**
- Assistance/types of assistive technology needed
- **Meeting place**
- **Practice/updates schedule**

➤ Please consider these key factors of an evacuation plan within your home environment.

Additional details will be provided during the next two modules, but this module will lay the necessary groundwork for developing your evacuation plan.

1.5 Your FIRE Plan

Video 1F: Introduction to the FIRE Plan

For the rest of this course, you will be building a comprehensive plan that outlines a variety of items related to fire prevention and management. We are calling this the FIRE plan.

FIRE stands for **F**ire **I**ncident **R**esponse plan. The plan will include:

- The type of fire prevention equipment you will use
- Details of your evacuation plan, including what equipment you will use
 - Key contacts at your local fire department and in your local community
- Key strategies for managing life after a fire

➤ Throughout the program, we will help you develop the details of this plan. You will learn more about this in your first online discussion section.

➤ To get started, please review the blank FIRE Plan provided to you. You will have the option to either complete your FIRE plan using pen/paper or electronically.

Please choose one option (paper or electronic) and complete the entire plan using that format. We strongly encourage you to complete the FIRE plan electronically using the fillable pdf document provided to you.

Once you have completed the **FIRE** plan, we recommend saving the pdf in a cloud-based system allowing you to access the document from multiple computers if your personal computer is destroyed in a fire event. If you prefer to use paper/pencil to develop your plan, please make several copies of the completed plan and share them with family/friends/care partners.

Tip: Look for this graphic throughout the manual to remind you to add items to your fire plan.

Module 1 Wrap-Up

This first module helped lay out much of the groundwork for the FEW program. We covered information about fire, home safety, and fire prevention. Now, let's do a wrap-up activity to test your comprehension.

Module 1 Wrap-Up Activity

Individual Writing Wrap-Up. Please take some time to write or draw the most important information you have learned in this module. Write down at least 3 things you want to focus on in the next module.

Please **DO NOT** include these components in your FIRE plan yet. You will continue to refine the plan throughout the program.

****The information noted below are preliminary ideas to get you started.****

Video 1G: Module 1 Wrap-Up

Before Module 2:

- Please complete all the Learning Activities from Module 1 before the group discussion.

Please mark the checkboxes below to ensure you have completed all learning activities.

1.1 General Fire Information (Reflect and apply – pg. 13)

1.2 Home Safety (Reflect and apply – pg. 22)

1.3 Fire Prevention Equipment (Reflect and apply – pg. 33)

Module 1 Wrap-Up Activity (pg. 41)

- Review the home safety and fire prevention instructions; you can discuss this with the trainer during our online meeting.

In module #2:

- We will be focusing on what to do when a fire starts and equipment that can be utilized to support an efficient evacuation.
- We will also discuss your personal assistive technology – how it can be used and ask you to consider alternatives if it is unavailable in a fire event.



Module 2

Video 2A: Module 2 Introduction

Welcome to Module 2! We are glad to have your continued participation in the program. In the second module, we will be discussing the following items:

- What to do when a fire starts
- Evacuation equipment
- Personal assistive technologies
- Funding for fire prevention equipment

The items discussed in this module will build on the information provided in the previous module. You may want to look back and refresh yourself. You will also begin to develop your fire plan in this module.

2.1 When a Fire Starts

Video 2B: What To Do When a Fire Starts

Despite your best planning, a fire has started. Quick! What are your next steps? This section will guide what you should do when you first sense a fire has started.

ACE – Alarm, Contain, Extinguish, or Evacuate

Remember the acronym ACE – Alarm, Contain, Extinguish, or Evacuate. Generally, following these steps will help to keep you safe when a fire starts. It is important to know that your steps may not always happen in this order and will depend on the exact situation. These are general guidelines you can follow if you find yourself in a fire situation.

2.1.1 If You Are Asleep

Consider these guidelines if you hear your smoke alarm sound in the middle of the night.

- **Call 9-1-1** immediately and let them know that your *smoke alarm* is sounding. Time is of the essence here, and every second counts.
 - Give as much information as possible to the dispatcher.
 - When you give your address, tell them you are an individual with a disability and let them know what **assistance** you need.
- Evaluate the situation.
 - Can you safely exit your bedroom?
 - If you or a family member can locate the fire's source, can it be **contained** or **extinguished**?

2.1.2 If You Are Awake

If you are awake when a fire occurs, consider these guidelines.

- **Once you seriously sense** (smoke alarm goes off, you can smell smoke, etc.), **call 9-1-1**.
 - It is better for the fire department to respond to a non-emergency than delay getting to your home in an emergency.
- Evaluate the situation.
 - Where is the source of the fire?
 - Can you smell smoke or see flames?
 - If you or a family member can locate the source of the fire, is it able to be **contained** or **extinguished**?

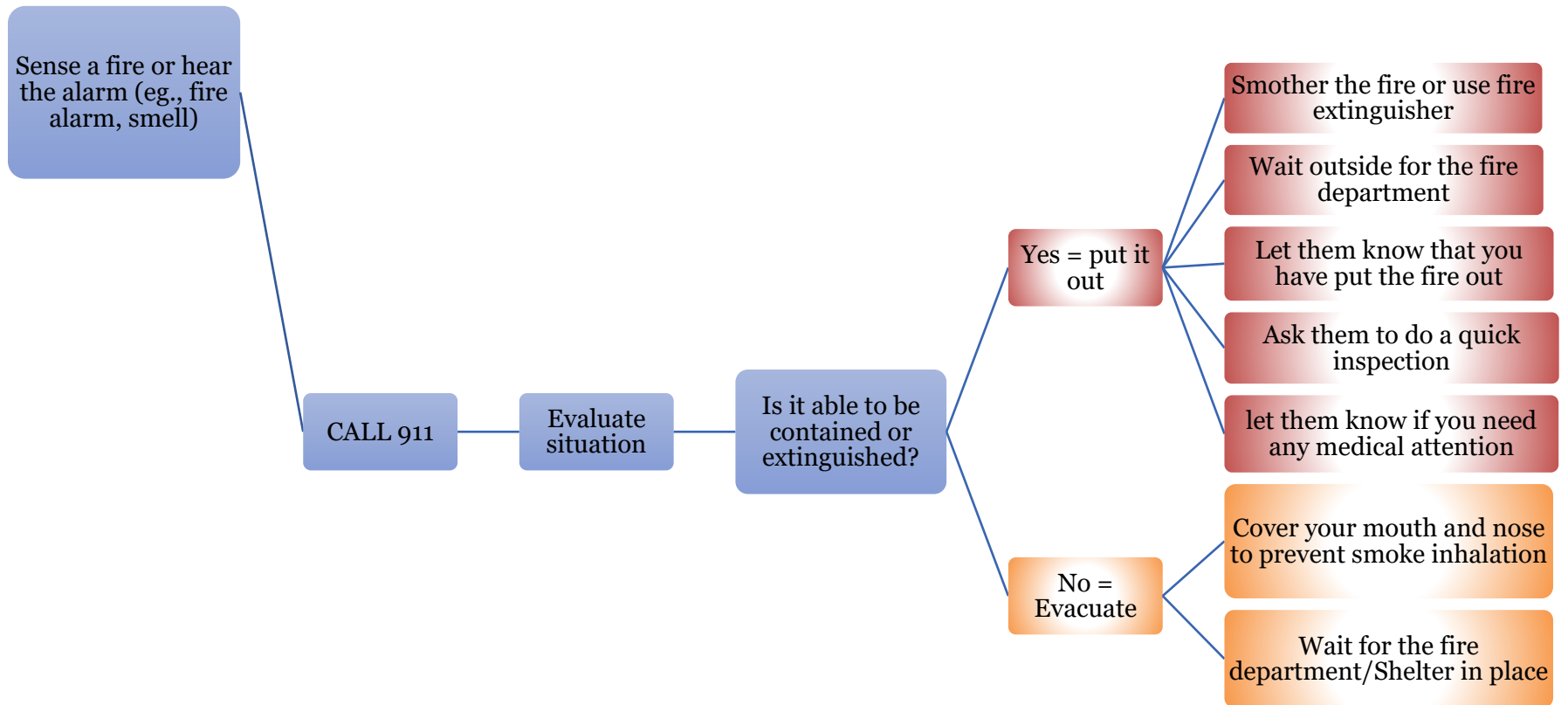


Figure 1. What to do when you sense a fire.

Tips for Shelter in Place at Home

- Close the door of the room you are sheltering in.
- Call 911 and tell them your name, your location, that you are unable to evacuate, and why you are unable to evacuate the building. Follow the directions of the emergency call-taker.
 - If you cannot call 911, tell those who are evacuating to inform emergency personnel of your location and your inability to evacuate the building.
- Wet cloth material and place it around or under the door to help prevent smoke from entering the room.
- If the room has an exterior window, be prepared to signal to someone outside.

#CloseBeforeYouDose

Consider closing your bedroom door before you go to sleep. This may minimize smoke and buy you extra time to make your escape

Proven methods to slow or stop fire in your home should be your first defense

Every second counts in a fire event

2.2 Evacuation Equipment

Video 2C: Evacuation Equipment

Once a fire has started and you have decided to evacuate your residence, you must consider what equipment you will use. Think of your evacuation route and what equipment you will need. In module 3, we will encourage you to talk with your local fire department about your evacuation needs. Before this conversation (and before a fire starts!), please consider what equipment you will use to evacuate your residence. This information will help to guide your discussion with the fire department.

There are **three** main categories of equipment:

- Evacuation chairs (Track Type)
 - Designed to be the most comfortable and quickest option.
 - Allow the individual to remain in a seated position.
 - One or two people may be needed for the operation.



- Evacuation mattresses (Sled Type)
 - Designed for individuals who may not be able to sit upright.
 - Used when an evacuation chair may not be practical.
 - Require two individuals to operate.



- Evacuation sheets (Carry Type)
 - Typically used in healthcare settings.
 - Can transport an individual and their mattress together.
 - Sometimes require more time to set up.



There are also some new power wheelchair designs that can navigate stairs. One example is the Scewo BRO electric wheelchair which has a stair mode. This allows the user to navigate up and down stairs at a pace of 30 steps/per minute. To learn more about this technology, please visit their website at <https://www.scewo.com/en/>.



ATTENTION:

Limited testing has been performed on the safety of this device. People also often need assistance to use the device safely on the stairs.

➤ All these types of equipment are designed for use in emergencies. Depending on your health condition and ability status, one type may be better suited for you.

➤ When talking with your local firefighters, ask if you can test/demo some of the equipment to know what will work best for you before you need it.

2.2 Learning Activities

Activity: What evacuation equipment do you need?

This module provides you with information on fire evacuation and evacuation equipment. We would like you to reflect on the best type of evacuation device for you. Please make some notes in the section below.

Take into consideration what your abilities are on your worst day!

2.3 Personal Assistive Technologies

Video 2D: Use of Personal Assistive Technology in an Evacuation Plan

Many individuals with mobility impairments use different types of assistive technology in their homes to help with activities of daily living.

- Consider the assistive technology or devices you use daily and what you would do if you did not have them available during a fire event.
- Consider what it takes for you to use your assistive technology.
 - For example, if you use a power wheelchair or scooter for mobility, consider how you **transfer** into the device and if you need assistance to perform that transfer.
 - If you charge your power wheelchair or scooter overnight, can you unplug the charger yourself, or do you need assistance?
 - Also, do you use alternative drive controls that are not mounted or integrated directly into your device that are critical for driving the chair?
- Consider any assistive technology or devices that require electricity or smart devices that use the internet to operate. These services may be disrupted during a fire event or other type of emergency.
 - A powered door opener or lock might also be affected during a fire event.
- Consider if you have an elevator in your home or building.
 - If the power goes out or there is smoke, you may be unable to use the elevator.
- Consider any of these types of devices that are critical for you to exit your home and what type of backups are in place.

The following tables list some examples of assistive technologies people commonly use during an evacuation. Please consider the list and what you would do if that technology were unavailable. Please think of strategies you could use if that technology is unavailable. Some suggestions are provided, but we encourage you to consider your unique situation. If you cannot think of an alternative, consider scheduling an appointment with an occupational therapist to problem-solve ideas.

**If a type of assistive technology you use is not listed here, you may want to reach out to an occupational therapist to have them help you consider some alternatives. **

Assistive Technology/Device	Potential Alternative/Backup
Wheelchair	<p>Can you use a cane or walker for short distances?</p> <p> Scooter toy to move yourself a short distance?</p>
Manual Wheelchair Power Assist Device/Smart Watch to control power assist	Push wheelchair independently (consider if you can do this)
Electronic Bed	Manual crank
Elevator	Scooting up/down the stairs
Oxygen	Storing a tank at a neighbor's home (Could you disconnect during evaluation and reconnect as soon as you are outside?)
Door opener	Reduced friction sliding door
Gloves	Coated pushrims

Table 1. Assistive Device and Potential Alternative

2.3 Learning Activities

Activity: How would you modify your evacuation plan?

Reflect and Apply: Think about the equipment you use every day and how your routine would change if this equipment was missing or broken.

How would your established evacuation plan need to be modified and adapted for the loss of this equipment during or immediately after the fire event?

****Please be prepared to discuss your answers with the group. ****

2.4 Funding for Prevention Equipment

Video 2E: Funding for Fire Prevention Equipment

Paying for fire prevention equipment and assistive technology can be expensive and difficult to obtain for the users who would benefit from them the most. This equipment is often not covered by insurance companies. You may have to get creative and look in many different places to get the equipment you need. Below are some places you can start looking:

➤ *The United Spinal Association* hosts and regularly updates a webpage with grants for people with disabilities broken down by category. We suggest that you start your search here:

<https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=2971>

- This organization is dedicated to empowering individuals to achieve their highest potential in all facets of life. It supports people to help them obtain equipment to live independently in their preferred environment.

➤ Many states also have divisions through their vocational rehabilitation departments that fund assistive technology. As an example:

Illinois Department of Human Services:

<https://www.dhs.state.il.us/page.aspx?item=29737>

➤ We recommend supplementing the resources provided with your research to find the funding options that best fit your needs.

➤ You might also consider *soliciting funds* from friends and family using social media pages such as Go Fund Me or other similar applications.

Funding For Assistive Equipment	
Federal Funds	<p>U.S. Department of Transportation (DOT) U.S. Department of Justice (DOJ) U.S. Department of Health and Human Services (HHS)</p>
State Funding Opportunities	<p>https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=2971 https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=3590</p>

Corporate, Associate, and Foundation Funding	<u>American Police and Sheriff's Association Equipment Grants</u>

Table 2. Assistive Device Funding Resources

The resources provided above are just some available, but they will put you on the right track. We recommend supplementing these resources with your research to find funding options that may best fit your needs.

Module 2 Wrap-Up

Video 2F: Module 2 Wrap Up

This week we have focused on the first part of developing a comprehensive evacuation plan – considering what type of equipment you will use to evacuate and carefully consider what personal equipment you will utilize. We encourage you to review these videos as often as you need.

Module 2 Wrap-Up Activity

Please now take some time to make some notes in your program manual about the equipment you will utilize during a fire event.

1.

2.

3.

4.

5.

Before Module 3:

- Please complete the Learning Activities from Module 2.

Please mark the checkboxes below to ensure you have completed all learning activities.

2.2 Reflect on the best evacuation device for you - pg.49

2.3 Reflect on the equipment you use and how you would evacuate if unavailable - pg.52

Module 2 Wrap-Up Activity – Consider what equipment you would use during an evaluation pg.55.

In module #3:

- We will focus on another important component of an evacuation plan – communication.
- We will discuss putting together a comprehensive list of what you need during a fire event and then communicating these needs to your local fire department, family, friends, and care partners.



Remember to write down
what you're not sure about
so we can discuss it during
the online meeting!

Module 3

Video 3A: Introduction to Module 3

Welcome to Module 3! We are glad to have your continued participation! In the third module, we will be discussing the following items:

- Creating an inventory of your specific needs
- Communication with your local fire department
- Communication with family/friends/care partners
- Pulling together your comprehensive evacuation plan

The items discussed in this module will build on the information provided in the previous modules. You may want to look back and refresh yourself.

3.1 Individual and Home Checklist

Video 3B: Development of an Individual and Home Checklist

Before communicating with your fire department and family/friends/care partners, you must take an inventory of yourself and your needs. This inventory will help determine what type of assistance you need and make it easier to communicate this information with the fire department and your family/friends/care partners. This will allow you to provide specific details on how the fire department and your family/friends/care partners can best support you in a fire event.

➤ Below is an example of a checklist that will help you consider the parts of your home that **first responders** need to know about and how they can more effectively help you in an emergency.

➤ A blank copy of this checklist is in your FIRE plan. Please look at the example and complete your FIRE plan checklist.

Individual and Home Checklist		
Directions: Fill out this checklist with all applicable items. You may also want to give a copy to your local fire department to keep on file. Please review and update this checklist once every six months or when a significant change occurs.		
Date: 06/01/2022		
Name: John Doe		
Address: 906 South Goodwin Ave	Apartment:	Phone #: 217 555-0134
City: Urbana	Zip: 61801	Phone #: 217 555-0135
Emergency Contact: Jane Doe		
Medical Conditions/Needs: L-3 Incomplete spinal cord injury. I have full sensation and use in my upper body and limited sensation in my legs. I use a manual wheelchair and I am able to walk a short distance.		
Access Information: The garage is the most accessible entrance with a ramp. The front door has one step. The back door has a deck that has 5 steps I can walk down with help.		
Door Key Location: I have a smart lock on my front door. The code is 875986. I also have a garage code that is 12345.		

Individual Items	Home Items
<p>Ways I Transfer</p> <ul style="list-style-type: none"> • Independently • I can walk short distances 	<p>Accessible Entrances</p> <ul style="list-style-type: none"> • Garage
<p>Assistive Technology/ Devices I Use on a Daily Basis</p> <ul style="list-style-type: none"> • Manual wheelchair • Forearm crutches 	<p>Other Access Points</p> <ul style="list-style-type: none"> • Front door is next best
<p>Other Medical Equipment</p> <ul style="list-style-type: none"> • Ankle-Foot Braces • Glasses and contact lenses 	<p>Home Modifications</p> <ul style="list-style-type: none"> • Home elevator • Gas generator • Widened doorways • Low cabinets and kitchen counters
<p>Service Animals/Pets</p> <ul style="list-style-type: none"> • No service animals, but 3 cats (Orange tabby, calico, and black) 	<p>Home Layout</p> <ul style="list-style-type: none"> • Two story • 3 bedrooms on second floor • Finished basement • Garage
<p>Locations I Experience Pain</p> <ul style="list-style-type: none"> • Lower back • Right shoulder • Left ankle and foot 	<p>Family members live with me</p> <ul style="list-style-type: none"> • I live by myself

3.1 Learning Activities

Activity: Individual Home Checklist.

Reflect and Apply: Please take some time to reflect on your individual and home checklist. Write down answers to the key points that follow to create a set of quick instructions on how someone can help you. Be prepared to share your answers during our online meeting for this week. You may also want to share this information with the fire department when you talk with them.

- How should a person help you with a transfer? Think about when you are feeling your worst: are you able to independently transfer, do you need any special equipment, does someone need to lift you?
- Be sure to consider range of motion limitations, sensitive areas of your body, and what causes you pain. What are the most important things you would like people to be aware of?
- List any critical components that would need to be disconnected or carefully moved if you are in bed or transferring to your wheelchair (catheters, oxygen, CPAP/BiPAP, ostomies, orthotics, etc.).



FIRE Plan Update:

Please go to the section of your fire plan called “*Individual and Home Checklist*”. Please complete this checklist prior to the online meeting.

3.2 Connecting with your Fire Department

Video 3C: Communicating with Your Fire Department

Communication in an emergency is extremely important when time is not on your side. Clear communication will save time when every second counts.

This section will discuss the types of information first responders should know about you, how often the information should be updated, and whom to tell.

➤ The best way to keep yourself safe in an emergency is to have a plan in place **BEFORE** the emergency that is regularly practiced and updated.

➤ Doing these things regularly will ensure that the people coming to help you can do so quickly and to the best of their ability when every second matters.

3.2.1 Find your Fire Department

1. First, it is important to find your local fire department. To find your local fire department a good place to start looking for information is the National Fire Department Registry (<https://apps.usfa.fema.gov/registry/>).
 - a. On this website, you can type in as much or as little information as you have about the area you are searching.
 - b. This tool helps find Fire Departments in your home area and in areas you are traveling to.

National Fire Department Registry

Share on: [Twitter](#) [Facebook](#) [LinkedIn](#)

The National Fire Department Registry provides an address listing of U.S. fire departments registered with the U.S. Fire Administration (USFA) as well as some basic information about each fire department.

The purpose of the registry is to create a national database for use by USFA to conduct special studies that will guide program decision making and to improve direct communication with individual fire departments. Our colleagues in the fire protection and prevention communities, allied professions, and the general public can use the data for similar purposes. [Learn more about the Registry.](#)



[Registry quick facts](#)

Q Search for fire departments

Fire department name

City State ZIP code

[Search](#) [Advanced search](#)

To use the tool:

Enter, at a minimum, your City and State, and click “Search.”

Here is an EXAMPLE of what information will come up in a search:

National Fire Department Registry Search Results

2 departments found.

[Q Search again](#)

[Download fire department listings...](#)

<p>City of Champaign Fire Department</p> <p>307 S Randolph ST Champaign, IL 61820-4868</p> <p>View station addresses</p> <p>Fire Department type: Career</p> <p>Organization type: Local (includes career, combination, and volunteer fire departments and fire districts)</p> <p>Update this listing</p>	<p>Eastern Prairie Fire Protection District</p> <p>424 Wilbur AVE Champaign, IL 61822-1320</p> <p>Fire Department type: Volunteer</p> <p>Organization type: Local (includes career, combination, and volunteer fire departments and fire districts)</p> <p>Update this listing</p>
--	---

Then, click on your “View Station Addresses” to see the exact locations:

City of Champaign Fire Department station(s)		
Champaign Fire Department Station 2 1901 S Prospect AVE Champaign, IL 61820-7319	Champaign Fire Department Station 3 702 W Bradley AVE Champaign, IL 61820-2523	Champaign Fire Department Station 4 2315 W John ST Champaign, IL 61821-3607
Champaign Fire Department Station 5 1810 N Mattis AVE Champaign, IL 61821-1419	Champaign Fire Department Station 6 3911 Windsor RD Champaign, IL 61822-8744	

You can then search the internet for the direct, non-emergency phone number to your closest fire department.

3.2.2 Searching the Internet

➤ You can also search the internet for your town’s website. Most cities offer direct non-emergency phone numbers and addresses of their fire stations.

Here is an EXAMPLE showing the information about the fire department in Champaign, IL:

The screenshot shows the City of Champaign website's Fire Department page. The header includes the City of Champaign logo and navigation links: HOME, ABOUT, CITY COUNCIL, CITY DEPARTMENTS, CONTACT US, ONLINE SERVICES, and JOBS. The main heading is "FIRE DEPARTMENT". Below this is a secondary navigation bar with links: ABOUT THE DEPARTMENT, OUR STATIONS, BUILDING SAFETY, SAFETY & PREVENTION, NEWS & REPORTS, and MEET THE STAFF. On the left, there is a "QUICKLINKS" section with buttons for PERMITS, BURN ORDINANCE, TOUR A STATION, READY TO SERVE VIDEO, and BECOME A FIREFIGHTER. On the right, under the heading "CHAMPAIGN FIRE DEPARTMENT STATION LOCATIONS", there is a list of six stations with their addresses and phone numbers:

- Headquarters, Station One
[307 S. Randolph St.](#)
 217-403-8901
- South Station, Station Two
[1901 S. Prospect Ave.](#)
 217-403-8902
- North Station, Station Three
[702 W. Bradley Ave.](#)
 217-403-8903
- West Station, Station Four
[2315 W. John St.](#)
 217-403-8904
- Northwest Station, Station Five
[1810 N. Mattis Ave.](#)
 217-403-8905
- Southwest Station, Station Six
[3911 W. Windsor Road](#)
 217-403-8906

3.2.3 Who Should I Talk to?

➤ Now that you have found your local fire department's non-emergency phone number, who do you talk to? If your local department has a Community Risk Reduction (CRR) program manager, they are a great resource to start with.

➤ **The CRR program manager** oversees your community's risk reduction program and carries out the risk assessment. Overall, this person will be knowledgeable about emergency response plans, coordinating education for community partners, and will be aware of technology and products that could help reduce fire-related risks.

➤ If you do not have one of these people in your fire department, any firefighter should be able to talk with you about your specific needs.

3.2.4 What Should I say and how often should I say it?

Once you connect with a person in your local fire department, below is a list of items you should let your local fire department know so they can help you in an emergency. During your conversation, ask the firefighter if they can enter the following information in their computer-aided dispatch system:

- Location of your home.
- Home Layout
 - Discuss the location of accessible exits and areas you have difficulty navigating.
- Description of your disability and your unique needs in an emergency.
 - Examples: Not able to walk down steps
- How many people would be required to lift you.
- Any mobility devices/special equipment that you use.
 - Examples: wheelchairs, oxygen, etc.
- Service animals
- Your ideal piece of evacuation equipment and what type of evacuation equipment the department has access to.
 - If these items do not match up, you may want to schedule a meeting with the department to ensure their equipment matches your needs.
 - Information about evacuation equipment was provided in Module #2.
- Ask about the potential of practicing your plan with the fire department, including using their evacuation equipment.

➤ The computer-aided dispatch system allows call-takers and 911 operators access to information they can relay to first responders to best respond to an emergency.

➤ You should update your fire department at least once a year on your specific needs or when a significant change in your abilities occurs.



FIRE Plan Update:

Please go to the section of your fire plan called "Connecting with your fire department". Please complete this checklist prior to the online meeting.

3.3 Communication with Family/Friends/Care Partners

Video 3D: Communicating with Your Family/Friends/Care Partners

➤ In addition to communicating with the local fire department about your needs, it is also important for you to talk with your family/friends/care partners about a fire event – both how to prepare and how to manage the aftermath.

➤ Talking about disaster events with others may not be the most comfortable, but speaking will help ensure that everyone is more prepared if disaster strikes. How can you plan with family/friends/care partners before a fire event? What do you think are the most important items to discuss?

➤ If you and your family/friends/care partners have family meetings, or if you have meetings with your care partners, you can use that time to start discussing what you each would do in a fire event.

➤ It is important to keep the conversations age and ability appropriate. If children are involved, have them help with the plans – draw maps, and provide comments.

➤ On the next page, we have provided some talking points to help guide you through a discussion with your family and friends. Please look through these talking points. Once you know what you want to say, **schedule a meeting with your family/friends/care partners** to discuss these items.

3.3.1 Sample Outline for Meeting #1

- Introduce the topic – Preparing for a Fire Event.
- Ask others what they may already know about fires.
- Provide some statistics about fire and fire safety, explicitly noting the challenges faced by individuals who use wheelchairs and scooters.
- Ask everyone what they would do if a fire happened at home.
- Provide details on your escape route and ask family/friends/care partners to make sure they keep this route clear.
- Provide details on your conversation with the fire department.
- Ask for questions and provide clarification.

3.3.2 Sample Outline for Meeting #2

- Reiterate important points discussed in meeting #1, especially the details of your escape route.
- After everyone is out, where are you going to meet? What is your backup location if the first one is not safe?
- If you are not able to get there, how will you get in contact with others?
- Make plans to practice the evacuation plan

3.4 Putting it all together:

Video 3E: Pulling the Evacuation Plan Together

Now, you are ready to pull your evacuation plan together! We have now covered all the components of the evacuation plan. Now it is time to pull it all together.



FIRE Plan Update:

Please pull out your FIRE plan and make sure all the details are included. By the end of this module, sections 1 & 2 should be complete.

Preplanning: (FIRE Plan Section #2)

- Consider how you will evacuate:
 - Escape routes you will utilize.
 - Try to develop at least two different escape routes that you can maneuver as independently as possible. Make sure these paths remain clear at all times.
 - If you live in a multistory building, find your area(s) of rescue assistance and determine your route to these areas.
 - Consider what type of evacuation equipment you need.
 - Be able to convey these needs to the fire department and let them know what type of evacuation equipment would work best for you.
 - You may need to be flexible on the specifics based on the type of equipment your fire department has. However, you need to make sure this equipment works well for you.
 - If the department does not have the equipment you need, talk with your fire department to determine if they can purchase this equipment. If not, consider self-purchase of evacuation equipment.
 - Consider what personal assistive technology you will use.
 - Take a careful inventory of what equipment you use to get out of your home, considering a variety of scenarios.
 - Consider backup equipment in case your primary plan does not work out well.
- Complete the Individual and Home Checklist.
 - Take an inventory of your specific needs.
 - Consider how a first responder can help you in an emergency, how a first responder can get into your home and any other specific needs you might have.

- Locate your local fire department (name, address, non-emergency phone number)
- Talk with the fire department about your specific needs.
 - Note who you talked with and when you talked with that person
- Talk with your family/friends/care partners about a fire event and what actions you will take in a fire event. You may need a few meetings to work out all the details and ensure everyone feels comfortable.
- Practice what you can. While you cannot simulate a fire event, you can practice components of the plan, such as navigating through your escape route and using evacuation equipment. Your fire department may even be willing to come to your home to practice an evacuation with their equipment.
- Keep your plan up to date! Set a reminder in your calendar to update your plan every six months or if you have had a significant change in your functional status.

Module 3 Wrap-Up

Video 3F: Module 3 Wrap Up

This week we have focused on an important part of your evacuation plan: communication. During the module, we discussed different strategies to use when talking to your fire department, family/friends/care partners.

Module 3 Wrap-Up Activity

Individual Writing Wrap-Up. Please take some time to write or draw the most important information you have learned in this module.

1.

2.

3.

Before Module 4:

- Learning activities 3.1 (pg.60).
- Please complete the individual and home checklist and enter information into your FIRE plan. Make sure you reflect on your needs for a few days!

- Schedule a meeting with your fire department.
- Complete the section in your FIRE plan: Connecting with your fire department.
- Schedule a meeting with your family to discuss your evacuation plan.
- Complete the section in your FIRE plan: Family/Friend/Care partner communication.
- Review the *Putting It All Together* activity and update your FIRE plan (pg.69).

In module #4:

- We will be focusing on managing life after a fire.
- We will consider who you should talk with, your after-fire needs, the equipment and supplies you will need, and how to manage living in temporary housing.

This information will also be integrated into your FIRE plan.



Module 4

Video 4A: Introduction to Module 4

Welcome to Module 4! We are glad to have your continued participation! In the fourth module, we will discuss ways to manage life after a fire event. The following items will be addressed:

- How to connect with local support services.
- Developing a list of items you will need if your house is damaged or destroyed.
- How to replace equipment that was damaged or destroyed.
- How to prepare for living in a shelter or other temporary housing.
- What to do in the aftermath of a fire event.

The items discussed in this module will build on the information provided in the previous module. You may want to look back and refresh yourself. You will also continue developing your fire plan in this module.

PLEASE NOTE: Our focus in this module will be primarily on items specific to *individuals who use wheelchairs or scooters*.

For more general information on preparing for life after a fire, please see:
<https://www.lincolncounty.org/DocumentCenter/View/7724/Now-That-The-Fire-Is-Out?bidId=>

4.1 Preparing for the Aftermath of a Fire

Video 4B: Preparing for the Aftermath of a Fire

Up to this point, we have been primarily focused on the basics of **fire, prevention** of fires, and planning a **safe evacuation** once a fire has occurred.

Now we will shift our focus to **developing a plan** for after evacuation from the fire event.

4.1.1 Connecting with Support Services in Your Community

Who will be there for you once the fire has been extinguished and the first responders roll up their hoses and lines? What is your next step?

Considering what you will do in the aftermath of a fire is another important item you should plan. Since every community is unique, it is very important that you reach out to your local fire department to determine what services are available in your community.

For example, we will talk about an organization serving the communities of Champaign-Urbana, IL – **Champaign-Urbana Emergency Services Support Team**.



➤ We recommend looking at what this organization offers and then doing your own research to find something comparable in your community.

➤ Please know what is important here: finding one (or many) organizations that could *provide aid* in the **immediate** aftermath of a fire.

Case Study: Champaign-Urbana Emergency Services Support Team

The Champaign-Urbana Emergency Services Support Team (ESST) was founded in 1996 by retired Champaign Fire Department Lieutenant Lon Pitcher. Lt. Pitcher created ESST, a volunteer organization, after experiencing many fire calls where there was no one to help after the fire department left.

Through the cooperation of law enforcement, fire, emergency medical providers, the local coroner, and countless other community service organizations, ESST provides safety net services until other organizations can take over.

The Champaign-Urbana ESST comprises twenty trained volunteers who respond to fellow citizens during a crisis. These support members are on call 24 hours a day, 365 days a year.

For ESST to help, their assistance is requested by Champaign or Urbana police and fire. Once ESST assistance is requested, volunteers can typically arrive at the scene within 20-25 minutes. Volunteer shifts run from midnight to midnight with a primary and secondary responder in case of multiple emergencies.

The assistance the ESST provides is **tailored** to each emergency and individual they are responding to and varies case by case. Below are some of the services the ESST has provided:

- Answering questions and providing guidance on the next steps after an emergency.
- Providing food after a home fire.
- Finding a new home for a pet after its owner passed away.
- Purchasing winter coats for children after their home caught fire in the winter.
- Helping individuals locate a temporary home after a fire event.

The assistance provided by the ESST can help free up fire and police resources so they can continue responding to additional emergency calls.

ESST team members generally stay on the scene for a few hours. In one case, volunteers stayed in contact with a family for four days until additional resources could be obtained. The time volunteers spend with individuals provides a bridge until organizations like the Red Cross can take over.

4.1.1 Learning Activities

Activity: Research available organizations in your area and the services they provide.

Research and apply. Please do some research about organizations in your area that can provide services like the Champaign-Urbana ESST. You can use the space below to take notes on your research. Once you have found an organization, please list the name of a contact and the phone number in your FIRE plan.

**If you are having trouble finding a similar organization, we recommend that you reach out to your local fire department using the non-emergency number you looked up in module 3. **



FIRE Plan Update:

Please complete the section called “*Connecting with local resources*” of the Fire Plan prior to the online meeting.

4.1.2 Items You Will Need

Video 4C: Items Needed After a Fire

The following section will help you plan what items you need immediately after a home fire, in the first week and the first month. Before the fire event, these items should be considered so you can put plans in place to obtain these items. You can also provide your list of needs to your community support services so they can be better prepared to help you.

Immediate needs:

After a house fire, likely, your thinking will not be clear due to stress and high emotions.

Often, you will need help to make decisions. It is important to anticipate and plan that you will be in some sort of shock while processing the trauma of the event. It is, therefore, essential to think in advance:

- What items would you need immediately after a fire?
 - Think of the assistance an organization like the ESST provides.
- How would you best utilize the services of a support organization?
 - It is also important to remember that an organization like ESST will likely be unable to provide everything you need immediately.

It is essential to carefully consider what you will need right away for survival so that a community support organization can immediately get the most important items to you.



FIRE Plan Update:

Please proceed to section *“Items needed after a fire event”* of the Fire Plan and continue with this section prior to the online meeting.

4.1.2 Learning Activities

Consider your needs after a fire event. Below are some items to get you started. Please check the items you might need right after a fire (immediately – *the first 24 hours*), and consider, other additional needs you may have (*the first weeks & month*). Also consider **where** you would obtain these items. Write down the items you think fits into each category. You can cross out any items that you do not need. As a reminder, this section focuses primarily on needs for individuals with who use wheelchairs or scooter. You will likely have additional personal need also. Feel free to add these to this list.

➤ Please complete this activity prior to the online session. You will have an opportunity to discuss these findings with your group.

Immediately:

Right after a fire for survival (e.g., living necessities)

- Incontinence products
- Cushion to protect your sitting surface
- Food and water for yourself
- Food and water for service animals
- Oxygen and necessary equipment to deliver oxygen to you.

Additional Needs:

During the first week:

- Loaner wheelchair or scooter
- Loaner medical equipment
- Copies of important documents related to healthcare needs and equipment
- Phone charger

Cash or Credit cards

During the first month:

Replacement wheelchair or scooter

Replacement medical equipment



FIRE Plan Update:

Once you have finalized what items you need, please transfer this information to your FIRE plan.

4.1.3 Living in Temporary Housing or Shelters

Video 4D: Temporary Housing

Another important item to consider is where you would live if your home were destroyed by fire.

Unless you have family or a close friend you can stay with, people often live either in a hotel or a shelter after a fire event. Even if you have a person to stay with, their home may not be accessible to you.

You must consider how to make temporary modifications and set up the equipment you will need in your temporary living location.

Below are a few items you might consider:

- Accessible entrance
- Widened doorways
- Tub seat
- Transfer lift
- Equipment to support oxygen use

4.1.3 Learning Activities

Activity: What are your personal needs?

Reflect and apply. Please think about the minimum characteristics that you would need, using the list above as a starting point, when looking for temporary housing or shelters. Please take a few days to consider this list. While you go about your day-to-day life, think about what you frequently utilize. Be sure to consider the talking points above and be ready to share your thoughts in the group session this week. During the online group discussion, others might have some ideas that you have not considered.

**Please use the space below to make notes.



FIRE Plan Update:

Once you have a solid list, please transfer your final list to your fire plan. (Section 3.3 Critical characteristics needed in temporary housing)

Resources

In addition to your local support services agency, there are many other organizations that can help after you experience a fire.

➤ The table below lists some options worth exploring when searching for temporary shelter after a fire event. The organizations below specialize in housing or disaster response.

PLEASE NOTE: the DPQoL has no financial interests in any of the organizations presented here.

Organization	Description & Contact Information
Federal Emergency Management Association (FEMA)	<ul style="list-style-type: none"> FEMA’s mission is helping people before, during and after disasters. It leverages a tremendous capacity to coordinate within the federal government to make sure America is equipped to prepare for and respond to disasters. <p>Please find your state and regional contact info here: https://www.fema.gov/about</p>
American Red Cross (ARC)	<ul style="list-style-type: none"> The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. <p>https://www.redcross.org/find-your-local-chapter.html</p>
The Salvation Army	<ul style="list-style-type: none"> The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. <p>https://www.salvationarmyusa.org/usn/help-disaster-survivors/ https://www.salvationarmyusa.org/usn/provide-shelter/</p>
US Department of Housing and Urban Development (HUD)	<ul style="list-style-type: none"> HUD is a federal organization that administers federal housing and urban development laws <p>https://www.hud.gov/findshelter</p>

<p>Your Local Federally Qualified Health Center (FQHC) through the Health Resources and Services Administration (HRSA)</p>	<ul style="list-style-type: none"> ● The HRSA Bureau of Primary Health Care (BPHC) funds health centers in medically underserved communities, providing access to affordable, comprehensive, high quality, primary health care services for people who are low-income, uninsured, or face other obstacles to getting health care. <p>https://findahealthcenter.hrsa.gov/</p>
<p>Your Local Public Health Department</p>	<ul style="list-style-type: none"> ● Your local public health department can help you with access to medical appointments, vaccinations, and other public services. ● We recommend you do a search to see what the public health department in your area offers. <p>Varies by State and Municipality</p>

➤ We recommend that you call some of these organizations before you need to use them. Much like the conversations you have had with your local fire department in previous modules, the organizations providing temporary emergency shelters will need to know much of the same information.

4.1.4 Replacing Damaged or Destroyed Equipment

Video 4E: Replacing Damaged or Destroyed Equipment

Another important item to plan is what you would do if your mobility device were destroyed in a fire event. To support independent mobility, you must quickly replace your mobility device.

The following section will help you get a temporary loaner device and a permanent replacement.

The following section is broken into two sections:

- If you already work with a wheelchair or scooter vendor
- If you do not have a vendor to work with.

A wheelchair vendor is a *company* that provides a device to you – similar to Walgreens or CVS pharmacies providing medication to you.

Some examples of wheelchair vendors:

- National Seating and Mobility
- NuMotion

If you are unsure if you work with a vendor, look at your wheelchair or scooter. Vendors often place a sticker on your device with their phone number.

If You Already Work with a Vendor

➤ A wheelchair vendor will typically be able to get you a temporary wheelchair or scooter replacement in **24-48** hours. If you have a highly custom device, it may take longer to replicate the custom items.

However, they often can get something that will provide you with some mobility more quickly. When working to replace your device, it is very important that you know the name of the vendor you work with.

If you have a vendor you have worked with for your previous piece of adaptive equipment, give the vendor a call and explain the situation.

The vendor can get moving on getting you a loaner device, but you should also make an appointment to get started on obtaining a permanent replacement.

Make sure to provide them with the serial numbers of the equipment. Insurance information will be required as well.



➤ If you need help connecting with your vendor, call your insurance provider. Traditional Medicare will generally cover the cost to replace durable medical equipment lost or damaged in an emergency or disaster if Medicare originally paid for the equipment. Medicare will also generally cover the cost of rentals.

Call 1-800-MEDICARE (1-800-633-4227) for more information on replacing your supplies.

If you have a commercial or Medicare Advantage plan, contact your insurance company to see if they will pay for repairs or replacements.

If You Do Not Work with a Vendor

If you need a vendor, you should be aware of other resources in your area where you can obtain equipment.

Places like the **Salvation Army**, **Goodwill**, or big box stores like **Walmart** or **Walgreens** can usually help in a pinch.

➤ Look into the equipment each of these has in stock; that way, you will have a better idea if you ever need to utilize a replacement. When planning for the long term, it is a good idea to start looking for a vendor now.

After a fire event, you must schedule an appointment as soon as possible to order your new equipment.

- By contacting a vendor before an emergent situation, you will have the opportunity to start building a relationship with the person who will order and maintain your equipment.
- If the vendor did not have anything to do with the order of your current equipment, they might still be able to provide routine maintenance for brands they are contracted to work with.

To Summarize

Whether or not you have a vendor, reaching out to one will be your best option.

If you are hard-pressed for a replacement chair, a vendor may be able to get a simple manual loaner chair within 24-48 hours. If you require a power chair or something more custom, those can usually be pieced together in a few days.

In all cases, be sure to obtain a police report detailing the damage to your medical equipment. If your chair is within the typical 5-year lifespan, the vendor will need the report to provide proof to the insurance company that the equipment was destroyed.

4.1.4 Learning Activities

Self-Check. Please take ~20 minutes to make note of the serial number of your wheelchair or scooter. Sometimes it is difficult to find the serial number. Often, the serial number is on the bottom side of the wheelchair. You may need the help of someone who can lie on the floor. The product manual provided to you at the time of purchase will indicate this location. Your supplier may also have a record of this information - you can give them a call to find out the number, so you have it on record.



FIRE Plan Update:

Once you find the serial number, please note this in your FIRE plan. This is under *Section #3 Managing Life After a Fire Replacement of equipment.*

4.2 After Fire Management

Video 4F: After Fire Management

This next section will focus on what to do after a fire occurs. To help you during this difficult time, a condensed 'to-do' list is provided in your FIRE plan. Please add additional information to the checklist if you have any more unique needs.

4.2.1 What to Expect

There are many ways a home can be damaged in a fire. Most people know to expect damage from flames, but you may not realize that your home can also be damaged from the smoke and heat of the fire and the water and ventilation holes that firefighters use to help put the fire out. If contained, most damage outside of the fire room will be smoke damage.

As a result, many of your personal items will be damaged. Anything you want to save or reuse will need to be carefully cleaned.

The soot and dirty water could make you sick. It is particularly important that any medical equipment you have, such as catheters, are carefully inspected before they are used. If your home has a sprinkler system, you may find minor damage from the flames, heat, and smoke. You may, however, have water damage in the area where the activated sprinkler is located.

4.2.2 Immediately After a Fire Event

After any fire event, it is important that you and your family get evaluated by medical professionals or emergency medical technicians (EMTs). Here are some general tips everyone can use:

- Get yourself checked out before helping others.
- Deal patiently with urgent issues first.
- Wash and disinfect minor wounds with soap and water.
- Prevent infection using bandages and replace them when they become soiled, damaged, or waterlogged.
- Get evaluated for smoke inhalation.
- Carefully check for any burns, especially on areas of your body in which you do not have sensation.



Smoke Inhalation

The 1st cause of death related to fires is smoke inhalation.

Additionally, smoke inhalation accounts for 50-80% of fire deaths compared to burn deaths.

Smoke inhalation occurs when you breathe in the products created by the fire's combustion. *If you have a limited capacity to take in/blow out a deep breath, you must be extra cautious of smoke inhalation.*



➤ Stay low if confronted with smoke when evacuating. Check closed doors for heat before opening.

➤ Please remember from previous modules that a fire's combustion can be affected by the type of object that is burning, the temperature of the fire, and the amount of oxygen available to the fire.

Signs and symptoms of smoke inhalation include:

- Cough
- Shortness of Breath
- Hoarseness or noisy breathing
- Red and irritated eyes
- A change in skin color
- Soot around the nostrils
- Headache
- Changes in mental status



Figure 3. Smoke Inhalation. By Balboa Nicklas (2022).
<https://www.healthdigest.com/963485/how-smoke-inhalation-affects-your-body/>

Cut, Burns, and Bruising

Check your body for burns, cuts, bruising, etc. *If you have areas in which you have limited sensation*, make sure to check those areas very carefully.

When you are being evaluated by EMTs or other medical professionals who may be unaware of your abilities, please tell them specifics about your health condition, areas you are concerned about, and any unique items about you.

The medical professionals evaluating you, your family, friends, or care partner can also assist with helping you check for injuries you may not feel.

Appropriate Pressure Management

If you have limited sensation, ensure you are considering ways to keep your skin safe.

A pressure ulcer can develop very quickly if you do not have the right equipment. If you cannot evacuate with your mobility device, ensure you get a cushion to manage pressure on your sitting surface. While not ideal, a foam or a thick yoga mat could be used. Consider keeping a spare or old cushion at a family, friend, or care partner's home to provide a quick resource.

4.2.3 Within the First Week

Whom to Contact

1. Insurance Company

After you and your loved ones are out of danger and medically stable, the first thing you should do is call your homeowner's insurance company and ask them what to do first. Your insurance company will have recommendations for cleaning and restoration companies that you can trust. Ensure your insurance can pay these companies, as this is not always the case.

➤ When you contact any of these companies, get estimates in writing so you can refer to them later if needed.

➤ When talking with your insurance company, ask about specific policy coverages. Some home insurance companies cover home contents, while others may cover up to a particular amount. You must have this information to order replacement mobility or medical equipment.

➤ Make sure you purchase renters' insurance if you are not the homeowner.

- Renters' insurance, often called tenants' insurance, benefits those who are not homeowners or are unaware, especially in areas like college campuses where people tend to be renters.

➤ Make sure you talk with your insurance company about the value of your home and personal belongings, including any mobility device or medical equipment. Also, contact your landlord or mortgage lender to report the fire event for future insurance claims.

2. Credit Card Company

You will also want to contact credit card companies to report cards as lost.

➤ Make sure to save any receipts for money that you spend to replace items lost or damaged in the fire. Insurance companies will often ask for these as part of your claim, and you will need these to prove a loss on your tax returns.

3. Mobility Equipment Vendor

At this time, you should also consider scheduling an appointment with a mobility equipment vendor and a physical or occupational therapist to begin replacing your mobility device.

➤ Starting the process as soon as possible will reduce potential wait times and decrease the time you will have to use loaner equipment.

4. Primary Care Doctor

You may also want to schedule a visit with your primary care doctor to ensure no medical issues have developed due to the fire, mainly if you already have limited

respiratory function or a heart condition. This is particularly important if you were not evaluated immediately after the fire event.

Important Documents

Check the following list to see whether the documents need to be replaced:

- Driver's license
- Car registration
- Titles and deeds
- Insurance policies
- Military discharge papers
- Passports, birth, death and marriage certificates
- Divorce papers
- Driver's license
- Social security or Medicare cards
- Credit cards
- Stocks and bonds
- Wills
- Medical records
- Warranties
- Income tax records
- Citizenship papers

4.2.4 Within the First Month

Replacing Money and other Financial Items

If you had cash in your home, it might need to be replaced after the fire.

- Handle burnt money as little as possible.
- Try to wrap each bill or part of a bill in plastic wrap to help preserve it.
- If the money is only partially burnt (more than half is okay)
 - Take it to your regional Federal reserve
 - Your local bank will be able to tell you where it is
- You can also submit damaged money to the treasury

For more information about what to do with damaged money, please go to <https://www.bep.gov/services/mutilated-currency-redemption>

To replace U.S. savings bonds destroyed or mutilated, go to www.TreasuryDirect.gov/forms/sav1048.pdf and download the FS Form 1048 – Claim for Lost, Stolen, or Destroyed United States Savings Bonds.

4.2.5 Assessing damage

Only enter your home or apartment building if accompanied by firefighters. The fire department will check the utilities (gas, water, electric) and monitor the atmosphere to ensure it is safe to enter to collect personal belongings. If these are unsafe, the fire department will turn them off for you.

Please DO NOT try to turn these back on yourself.

Do **NOT** cut or go past colored tape used to mark damage unless authorities say it is safe.

Do **NOT** enter if there is a color-coded sign on the building. Instead, call your local building inspector to get more information about the sign's meaning and ensure it is safe to enter. Because ramps or other accessibility features may be damaged, additional assistance from family, friends, or a care partner may be needed.

➤ You may also want to contact your local police department to let them know you will be away from your property.

➤ You may also have to board windows and doors to discourage people from entering your property. Again, additional assistance from family, friends, or a care partner may be needed.

Module 4 Wrap-Up

Video 4G: Module 4 Wrap-Up

This module has focused on preparation for life after a fire. We discussed how to plan for the immediate aftermath, weeks, and months that follow. Now, let's do a wrap-up activity to test your comprehension.

Module 4 Wrap-Up Activity

Individual Writing Wrap-Up. Please take some time to write or draw the most important information you have learned in this module. Write down at least 3 things you want to focus on in the next module.

The biggest takeaway from this week is how important it is to connect with local support services in your community before a fire event occurs. These organizations are often the first to respond and can provide you with the critical supplies you need. Remember to review your plans for replacing equipment and get in touch with vendors! Even in the best of times, this can take several weeks.

Before Module 5:

- Please complete the Learning Activities from Module 4.

Please mark the checkboxes below to ensure you have completed all learning activities.

- 4.1.1 Research Local Organizations (pg.74)
 - Be ready to share some of your findings during the online meeting.
 - Add this information to your FIRE plan.
- 4.1.2 Consider your needs after a fire event (pg. 76 - 77)
 - Add this information to your FIRE plan.
- 4.1.3 Personal Needs for Temporary Shelter (pg. 79)
 - Add this information to your FIRE plan.
- 4.1.4 Wheelchair/scooter Self-Check (pg.85).
 - Add this information to your FIRE plan.
- Module 4 Wrap-Up activity (pg.93) & develop a checklist of “to do” items after a fire event.
 - Add this information to your FIRE plan.

In Module #5:

- We will discuss fire prevention strategies specific to wheelchair and scooter users.
- We will discuss specific modifications you can make in your kitchen, bedroom, and bathroom and some more generalized safety tips.



You have achieved this
program milestone!
Keep up the good
work.

Module 5

Video 5A: Introduction to Module 5

Welcome to Module 5! We are glad to have your continued participation! In the fifth module, we will be discussing fire prevention strategies specific to wheelchair and scooter users in the following areas:

- Kitchen safety
- Bedroom safety
- Bathroom safety
- General safety tips

The items discussed in this module will build on the information provided in the previous modules. You may want to look back and refresh yourself. You will also continue developing your FIRE plan in this module.

5.1 Kitchen Safety

Video 5B: Kitchen Safety

The kitchen is often considered the **most** dangerous room in a home and is the most common location where fires start. In the kitchen, there are:

- Sharp knives
- Heavy pots and pans
- Flammable objects
- Cooking materials

Taking precautions can make the kitchen a much safer place. Below are a few ways to make your kitchen and cooking skills safer.

You can find all these items in a local restaurant/kitchen supply store or through an online retailer like Amazon.

PLEASE NOTE: the DPQoL has no financial interests in any of the organizations presented here.

1. Use silicone or neoprene kitchen gloves or mitts instead of traditional oven mitts.

- While fabric oven mitts usually work well for transferring hot pots and pans from the stove and oven, they are highly flammable.
- Heat-resistant silicone cooking gloves or mitts are *non-flammable* and may reduce the risk of burns.
(PLEASE NOTE: gloves may be challenging for individuals with limited hand function. In this case, a mitt may be better.)



- In addition, the silicone is somewhat “grippy, ” making it easier to grip the item you are attempting to move. Going to a store with many cooking supplies might help you test out equipment before you buy.

- If you have trouble finding a solution that works for you, please work with an occupational therapist to develop strategies to increase cooking safety. While looking at different types of gloves, consider the following items:
 - a. Level of heat resistance. If you work primarily in ovens, gloves or mitts rated to 450 degrees should be sufficient. If you work with open flames or grills, consider a higher level of heat resistance.



- b. Flexibility. Regardless of the glove/mitt's materials, they should be flexible enough not to restrict your range of motion in your hands and wrists. You also do not want a glove or mitt that is too thick; you want to have a good grip on hot pots and pans.
- c. Size. Most kitchen gloves are manufactured in multiple sizes instead of one size that fits all. A too-tight or loose glove may restrict your range of motion and interfere with the cooking task. You should find the most appropriate size for you by following the manufacturer's guidelines and modifying it for comfort. Mitts generally come in one size. Make sure the size gives you a firm grip on the items you need to move.
- d. Cleaning. Gloves or mitts that can be cleaned often. Putting them in the dishwasher can save you time and energy, making it more likely that you will continue to use the gloves.
- e. Wrist Protection. Depending on the specifics of your health condition(s), you may have varying levels of sensation. If you have limited sensation in your wrists and arms, consider purchasing gloves or mitts that can cover your wrists and forearms.
- f. Waterproof Design. Steam is usually involved in different types of cooking. Waterproof gloves or mitts will help protect you from potential steam burns and will help increase the glove's longevity.

2. Consider using mirrors above stove burners.

- This setup will allow for visibility at a wheelchair/scooter level to see over pots and pans to the back burners, allowing for consistent monitoring.
- People who use wheelchairs or scooters can have the mirror above the stove mounted on the wall so that the top and burners can be seen from a seated position. This type of mirror is easily fixed to the wall and can be adjusted to suit the view required from a sitting or standing position.
- A mirror like the one pictured below is available at Sammons Preston or similar retailers.



3. Consider the types of pots and pans you have.

- If possible, you should consider purchasing a pot with a built-in strainer.
- When looking for these specific pots, please be mindful of the weight: if it is too heavy to lift empty, it will be too heavy when cooking.



Figure 4. Built-in Strainer Pot
Walmart.com

4. Use rolling trivets.

- These trivets can assist with moving heavier pots and pans across the kitchen counters with minimal effort from the user.



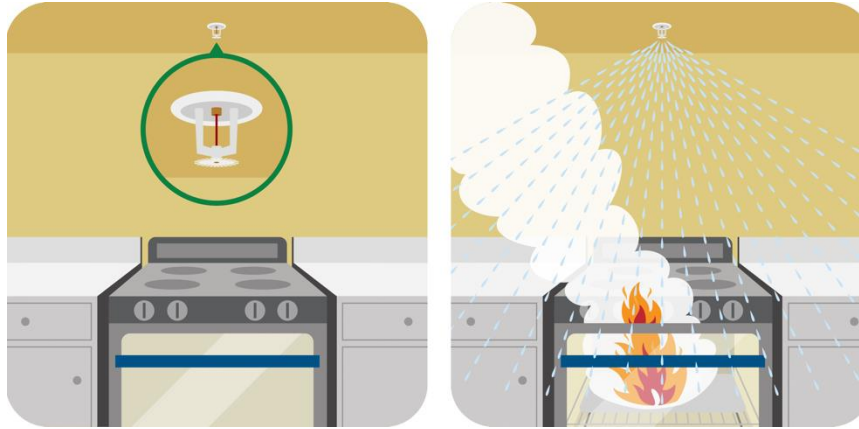
5. If feasible, consider replacing your gas/thermal electric stove with an induction stove.

- This type of stove heats the cookware directly using magnets, allowing the cooktop to not get as hot. This may be useful in reducing burn injuries on the hands, wrists, and forearms.



6. Over-the-range sprinkler systems.

- These systems are placed directly under your cooking range and are designed to automatically release a chemical spray when a cooking fire reaches a specific temperature.



5.1 Learning Activities

Activity: How to improve your kitchen safety?

Reflect and apply. Please take some time to reflect on the information presented in the module so far. Write down ways you can improve safety in your kitchen.

5.2 Bedroom Safety

Video 5C: Bedroom Safety

If a fire occurs at night, chances are you will be asleep in your bedroom. The bedroom is the **second** most common place where fires occur.

Below are a few suggestions to modify your environment to prepare for a fire event.

1. **Battery Chargers**

- a. Make sure the charger is in good repair
- b. Use the charger provided by your wheelchair or scooter manufacturer.
- c. Consider if you can unplug the device yourself.

2. **Keep a light on or readily accessible to you while lying in bed.**

- This will make nighttime evacuation easier since you do not have to first find a light switch. Having a light will make it easier to find an exit in smoky conditions should you need to evacuate.

3. **Consider replacing your door locks with a battery-operated keypad.**

- This will allow firefighters/EMTs to access the room without breaking the door. Please be sure the code is known to either the fire department or the dispatching agency.
- You can also purchase deadbolts with keypads for your front doors. Please remember that if these locks are internet-enabled or “smart” devices, any power or internet connection disruption may adversely affect their performance. You will need to consider this and have a backup for this when developing your FIRE plan.



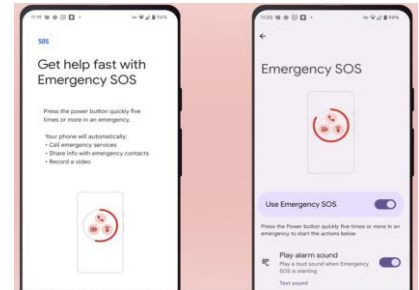
4. **Think about how you will contact emergency services.**

- We suggest selecting at least one of the following:
 - a. Wear a personal alert device at night that can contact emergency services with the push of a button.
 - b. Have a cell phone always charged and within reach. You can set up emergency calling on your device. Please refer to the operating system instructions on your device for more specific information. Please see the general information below about standard operating systems.



- I. For the iOS system: You can use two of Apple's emergency features, Emergency SOS and Emergency Contacts. With Emergency SOS, your iPhone will automatically call your local emergency number. When that call ends, a text message will be sent to your emergency contact with your real-time location. You can add multiple emergency contacts. For more information, see <https://support.apple.com/en-us/HT208076>.

- II. For the Android system: Add emergency information and contacts to your phone's lock screen by going to "About phone → Emergency Information." You can then enable Emergency SOS by going to "About phone → Emergency SOS." You can then enable Emergency Location Services to give first responders your exact location when you call or text an emergency number. For more information, see



<https://support.google.com/android/answer/9319337>.

- c. Smart devices, such as Amazon Alexa or Google Home, can assist in contacting emergency services, but you need to set them up first.

- Features required to call 9-1-1.

- I. Amazon Alexa: Amazon Alexa can help you to contact emergency services, but you need to set up an additional service, Guard Plus, first.
 - i. Guard Plus is an upgraded subscription to the Guard feature. Alexa Guard is a feature that helps you keep your home safe when you're away using smart alert notifications, away lighting, and security system integration. It is a free feature available for supported Amazon Echo devices that can detect the sound of smoke alarms, carbon monoxide alarms, or glass breaking when you set Guard to Away mode.
 - ii. Alexa can send you Smart Alerts via notifications to your mobile device. When you enable Guard Plus, you can access the Alexa Emergency Helpline.

PLEASE NOTE: This is not 9-1-1 directly, but it will connect you to a trained agent who can contact emergency services on your behalf. Use the command “Alexa, call for help” or “Alexa, I need help.” The *helpline will not work if there is a power or internet outage*. For more information, see

<https://www.amazon.com/b?ie=UTF8&node=18021383011>.

How do I set up Guard Plus?

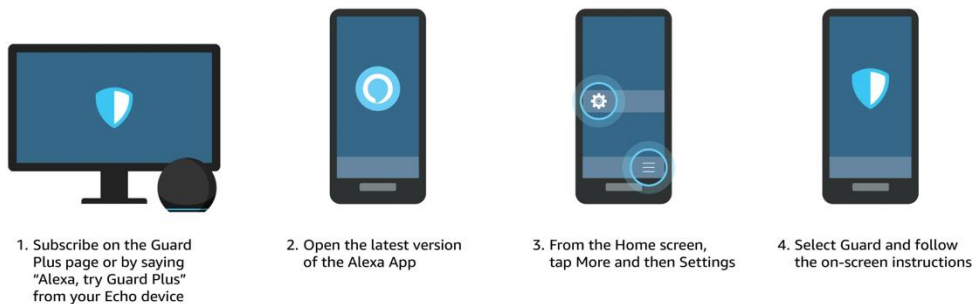


Figure 4. Amazon Alexa Guard Plus

- iii. Talking through an Alexa device, a trained agent can request dispatch of emergency personnel for you, such as police, fire department, or ambulance, based on the information you provide over the phone. (To use Amazon Alexa to contact emergency services, you'll need Alexa Guard Plus.)
- II. Google Home: To use Google Home to call emergency services, you'll need Nest Aware. Nest Aware is a monitoring service that covers Google Nest cameras, displays, and speakers in your home for a monthly fee. You need to have at least one camera to activate the Aware service. Once active, you can turn on emergency calls by opening the Google Home app, then tapping settings. From there, go to Nest Aware → Emergency Calling. Please know this is not 9-1-1 directly, but it will connect you to a trained agent who can contact emergency services on your behalf. If you need to contact emergency services, tap “Emergency → Call Emergency Services” from the Google Home app. *Please be aware that this service will not work if there is a power or internet outage*. For more information, see https://store.google.com/us/product/nest_aware <https://support.google.com/googlenest/answer/9678051>.



Other considerations:

- **Avoid using windowless rooms as bedrooms. A bedroom without a window exit is illegal and is a safety hazard.**
- **Minimize the use of dangerous items.**
 - DO NOT leave burning candles unattended.
 - DO NOT smoke in the bedroom.
 - Power wheelchair users:
 - i. Regardless of the location of your charger, make sure that the device is in good repair, the cord is not frayed, and you keep the charger away from any clutter, especially flammable bedding materials.

5.2 Learning Activities

Activity: How to improve your bedroom safety?

Reflect and apply. Please take some time to reflect on the information presented in the module so far. Write down ways you can improve safety in your bedroom.

5.3 Bathroom safety

Video 5D: Bathroom Safety

Bathrooms are another area in your home where fires could have a good potential to start. Often bathrooms are smaller than other rooms in your home, and dangerous, flammable items such as cleaning supplies and nail polish remover are stored here.

In addition, bathrooms are usually very wet and humid due to the use of the bathtub and shower. Water and electricity do not mix and could cause an electrical fire if you are not careful.

Below are some tips to help prevent fires from occurring in the bathroom.

1. **Consider different strategies for electrical outlets and plugs.**
 - Weather-resistant ground-fault circuit interrupters (GCFIs) can be used. If needed, a waterproof cover can be added to the outlet, allowing appliances to remain plugged in.
 - For people with limited hand function, these added safeguards can sometimes make plugging in/unplugging an item a little more complicated. In this case, a plug puller can be beneficial.



Figure 1. Weather resistant ground-fault circuit interrupters (GCFIs)



Figure 2. Plug Puller

2. **Pay special attention to higher-risk items like hairdryers and curling irons/straighteners.**
 - Never leave a hairdryer plugged in when not in use. Also, be mindful when using hair dryers around sinks or where water can get inside. When using a curling iron or hair straightener, please remember to unplug it when you are done. You can also purchase a heat-resistant pouch to store your device when not in use. This may reduce the risk of a heat-related fire.
3. **Special considerations for flammable materials like nail polish removers, hairsprays, etc.**

- Individuals with limited hand function should pay special attention to these items since they may take longer to use, and the chance for spillage is greater. Increased exposure time or spills may result in a greater buildup of flammable fumes.
4. **Consider upgrading your bathroom fan to a sparkless motor or exhaust fan.**
 - If there are flammable fumes, this will reduce the chance of the fumes being ignited.
 5. **You can also purchase a flammable storage cabinet to store your flammable materials, such as hairspray and nail polish remover.**



- Flammable and combustible liquid storage cabinets are designed to protect internal contents from a fire outside the cabinet.
6. **Like bedroom safety, think about how you will contact emergency services if a fire event occurs while in this room.**
 - We suggest selecting at least one of the following:
 - a. Wear a personal alert device in the shower that can contact emergency services with the push of a button.
 - b. Have a cell phone always charged and within reach. Be sure to think about an alternate strategy if you fall in the shower and cannot reach it.
 - c. Use a smart device like Amazon Alexa or Google Home to contact emergency services. Please see the description in the 'bedroom' section describing how to utilize these systems.

5.3 Learning Activities

Activity: How to improve your bathroom safety?

Reflect and apply. Please take some time to reflect on the information presented in the module so far. Write down ways you can improve safety in your bathroom.

5.4 General Safety Tips

Video 5E: General Safety

A higher level of environmental awareness is required for individuals who use wheelchairs and scooters.

Often many of the modifications you will make to your home allow children or pets easier access to potentially dangerous items. For example, if you have lowered your kitchen countertops, it could be possible for a child or a pet to knock over a lit candle or incense.

Other equipment, such as elevators or stair glides using natural-gas generators or battery backups, may pose an additional fire safety risk.

1. Natural gas generators can generate electricity for your home by using your existing natural gas line. The generator and the fuel you use to run it can cause a fire hazard.
2. Do not store generator fuel in your home. Gasoline, propane, kerosene, and other flammable liquids should be kept away from residential areas and in labeled non-glass safety containers. Gasoline, propane, kerosene, and other flammable liquids should be stored away from residential areas and in labeled non-glass safe containers.
3. Do not store fuel near equipment that burns fuel, such as a furnace or water heater. Before refueling generators, turn them off and allow them to cool down. Gasoline spilled on hot engine parts may ignite.
4. Backup batteries are powered by electricity, which can come from your home solar system. Therefore, they are safer for the environment.

You should talk with the manufacturer or vendor of your product to discuss specific areas of risk. Older elevators and stairs glides may have exposed electric connections that could cause sparks. Carefully inspect your elevator, with the assistance of a manufacturer's representative or vendor, to uncover any potentially dangerous components of the device. Always keep batteries, chargers, and cords away from flammable items such as couches and bed sheets.

5.4.1 Managing High-Risk Items

Space Heaters

Space heaters are electric devices that provide supplemental heat to a small- to medium-sized room. Although electric space heaters do not use combustion, the fire risk remains. To ensure fire safety, look for appliances with certification marks such as UL, ETL, CSA, or CE. This applies to all electrical equipment, not only to space heaters.

These fall into four categories based on their components: *fan, ceramic, infrared, and oil filled.*

- Fan heaters are the **cheapest** and are best for heating **small spaces** such as office cubicles.
- Ceramic and infrared heaters are best for use in **bedrooms.**
- An oil-filled heater is better for heating **larger spaces.**

If not operated correctly, space heaters cause significant fire risks, burns, and carbon monoxide poisoning.



Figure 1. Space Heater

Below are some **Safety Tips** to follow when using a space heater:

- Check the space heater's certification.
- Ensure the space heater has safety features, such as Overheat Switch (Automatic shut off when overheating).
- DO NOT use extension cords and power strips.
- Place the space heater out of harm's way – at least 3 feet from flammable materials.
- Keep children and pets away from space heaters.
- Place space heaters on a level surface.
- DO NOT hide space heater cords by tucking or running cables under a rug or carpet.
- Turn off your space heater any time you are out of the room.
- Get rid of space heaters running too hot.
- Regularly inspect your space heater.

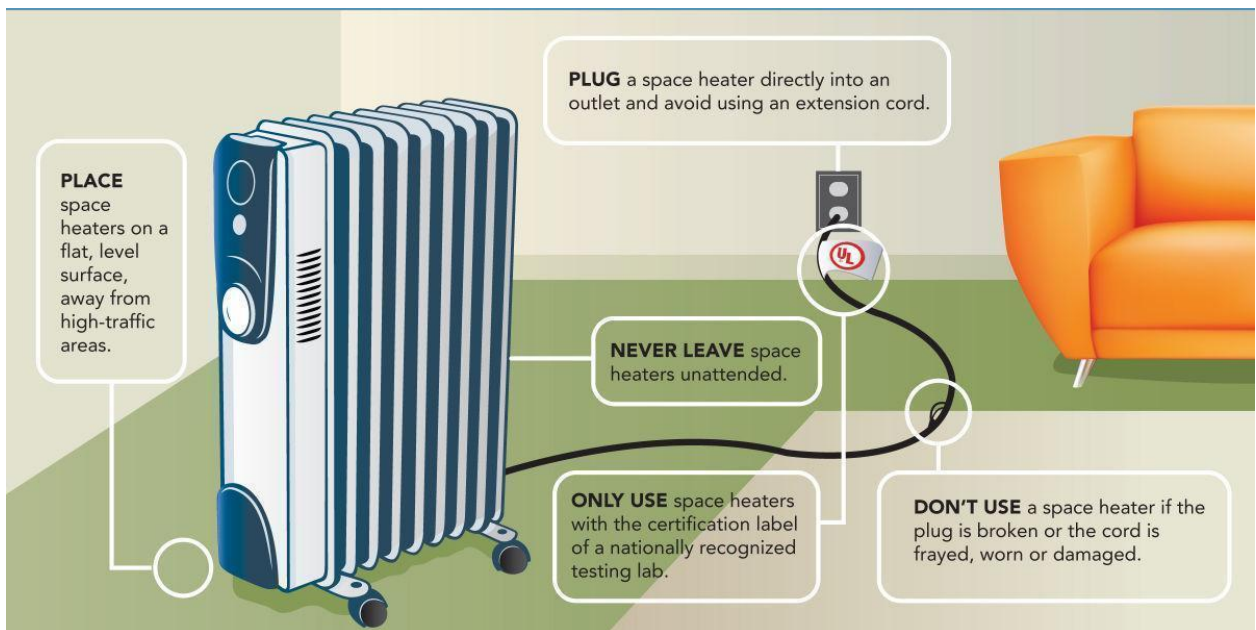


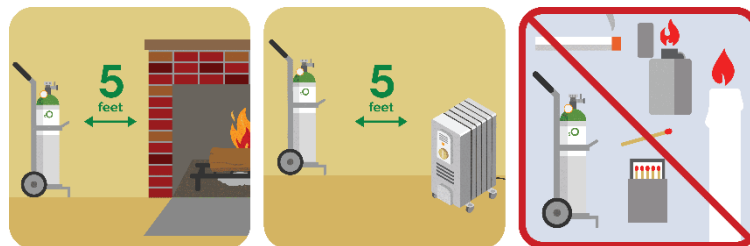
Figure 2. Space Heater Safety Tips

Home Oxygen

- Do not smoke.
 - This includes e-cigarettes/vaping. These have a “spark” within the device and can ignite.
 - Any type of smoking, when oxygen is around, is extremely dangerous for everyone.
- Always keep oxygen cylinders at least five feet from gas stoves, candles, electrical devices, or other heat sources.



- DO NOT use oil, grease, petroleum-based lotions, or creams near the oxygen equipment.
- DO NOT use electric razors, candles, sparking toys, or other potential ignition sources while using oxygen.
- Always secure your oxygen tank in a fixed position at home or in a safe position when using portable oxygen in public. Care and extra attention should be exercised when transporting or moving oxygen around the house. If not in use, the oxygen tank or concentrator should be shut off and all tubing disconnected.
- Avoid draping a blanket over an oxygen concentrator or hiding it in a confined space like a closet. This allows for a dangerous buildup of pure oxygen.
- Oxygen saturates hair, bedding, clothing, and other nearby materials. This makes it easy for the fire to start if any sparks or flames are present.



5.4.2 Accessible Exit Pathways

Whether you live alone or with family, friends, or care partners, keep all your accessible exits free from clutter.

You should always have a primary exit and a backup exit.

Blocking and obstructing exit doors and routes will create delay, panic, and confusion in the case of an emergency and acts as a safety hazard.

Some things you can do to make sure you can always get out:

- Routinely tidy up your spaces.
 - Even if you do not have the energy to fully clean, pick up one item every time you go by.
 - It is important to ensure these exits are clear and accessible before going to bed for the night.
- Do not let deliveries and mail pile up.
- Consider doing a deep clean of your home every six months or with a change in season.
 - These times of year are good to reflect on items you need, items you would like to keep, and items you can live without.

Module 5 Wrap-Up

Video 5F: Module 5 Wrap Up

This week we focused on fire prevention strategies specific to wheelchair and scooter users. During the module, we discussed modifications you can make in your kitchen, bedroom, bathroom, and home.

Module 5 Wrap-Up Activity

Individual Writing Wrap-Up. Please take some time to make a list of items you would like to modify in your home. In section #1 of your FIRE plan, we have started a list of items you may want to include on your list.



FIRE Plan Update:

Please revise section #1 of your FIRE Plan based on the information you learned this week before the online meeting.

Before Module 6:

- Please complete the Learning Activities from Module 5.

*Please mark the checkboxes below to ensure you have completed all learning activities regarding **established** settings.*

- 5.1 Kitchen Items (pg.100)
- 5.2 Bedroom Items (pg.105)
- 5.3 Bathroom Items (pg.108)
- Module 5 Wrap-Up Activity: Make a list of items you would like to modify (pg.114)

In module #6:

- we will be recapping the information presented from Modules 1-5.
- We will be reviewing, editing, and finalizing your FIRE plan.

Next week will be our final module of the FEW program!



Module 6

Video 6A: Introduction to Module 6

Welcome to Module 6! This is the last module of the program! Congratulations on your hard work! This final module will help you to:

- Pull together all the information you have learned during the program
- Put your FIRE plan into action
- Developing strategies to maintain your FIRE plan

Please make sure you have your FIRE plan out and ready to go. We will be taking a close look at it during this final module.

6.1 Pulling it all together!

Video 6B: Pulling it all together

Over the past five weeks, we have worked to consider methods to prevent a fire from occurring, develop a plan to evacuate your home safely and efficiently and develop strategies to manage life after a fire event.

➤ This section will help you review the items discussed and highlight key components.

Please now access your FIRE plan. While going through this review exercise, please review the information you entered in your FIRE plan. While reviewing the entire plan, please consider the following items:

- Have I written down the key items requested in my FIRE plan?
- Are there any areas where I need clarification on what to do/enter my FIRE plan?
- Are there any areas where I need further guidance to develop my FIRE plan?

6.1.1 FIRE Plan Sections

1. Fire Prevention and Management Equipment

Equipment to notify you that a fire is occurring

Foundational information: Module 1

Please carefully consider what equipment you will utilize to notify you that a fire is occurring. Please review the table in your FIRE plan and fill in all sections. As a reminder, you made an initial list of items in Module 1 1.3 Learning Activities on pg. 23.

Once you have developed your list of items, consider the following questions:

- For existing equipment, is the item in question in good working order? Please check the equipment to make sure it is working correctly. If you don't know how to check, please ask the firefighter you are working with.
- For new equipment, set a time and date that you will go to the store to buy the equipment.
 - Do you need funding resources to purchase this equipment?
- How will you install the equipment (do you need help)?

Equipment to prevent fires

Foundation information: Module 1

Please carefully consider what equipment you will utilize to prevent fires from occurring. Please review the table in your FIRE plan and fill in all sections.

Once you have developed your list of items, consider the following questions:

- For existing equipment, is the item in question in good working order? Please check the equipment to make sure it is working correctly. If you don't know how to check, please ask the firefighter you are working with.

- For new equipment, set a time and date that you will go to the store to buy the equipment.
 - Do you need funding resources to purchase this equipment?

 - How will you install the equipment (do you need help)?

2. Evacuation Plan

Foundational information: Modules 1-3

Please carefully consider the various components of your evacuation plan.

- Escape route
 - Ensure you have a primary and backup route carefully mapped out. If you live in a multi-story residence, you should have a route mapped out for each floor.
 - Make a note of any assistance you need along the way.
 - Consider any doors or windows that would need to be unlocked.
 - Consider areas of rescue assistance if you live in a multi-story building.
- Equipment that will be used to evacuate
 - Note the devices you will use to evacuate if you live in a multi-story residence.
 - Make a note of any maintenance requirements for the equipment
 - Does your fire department have this equipment, or will you need to self-purchase this equipment?
 - Make a note of any personal equipment you will use and indicate a backup if that equipment is unavailable.
- Communication with family
 - Please make sure you have established a plan with your family and that they are aware of the following items:
 - Your planned escape routes.
 - Primary meeting location after a fire event.
 - Back up meeting location.
 - Plans for communication after a fire event.

Communication with your local fire department

Foundational information: Modules 2-3

- Take a careful inventory of your home and your needs. Complete the 'individual and home checklist.'
- Locate the contact information of your fire department.
- Review the talking points before calling your local fire department to ensure you will cover all the necessary information.

3. Management of life after a fire

Foundational information: Module 4

Please carefully consider items that you will critically need after a fire event. As noted in module 4, please make preliminary notes in your program manual and then transfer the final items into a comprehensive list in your FIRE plan. In addition, please note the name and phone number of your local support services agency.

Please also note any critical characteristics you will need in temporary housing after a fire event.

Again, after making some preliminary notes, transfer the final list to your FIRE plan.

- Finally, make a note of your wheelchair/scooter vendor, including:
 - name of vendor
 - phone number of the vendor
 - insurance information.
 - We also recommend looking up your serial number. Depending on your device, this may be challenging. Details of how to find the number are listed in Module 4.

4. Room-specific fire prevention and management

Foundational information: Module 5

In module 5, we encouraged you to take a careful inventory of your home and develop a list of items you would like to modify in your home. While this item is not included in your fire plan, we encourage you to develop and review this list. This inventory may also help when developing your individual and home checklist.

6.2 Putting your FIRE plan into action

Video 6C: Putting your FIRE plan into action

Now that you have completed your fire plan, it is time to implement it.

General strategies to put your plan into action:

To make sure you are following through on your FIRE plan, we will utilize the following:

- “Action Planning”
 - Developed by Dr. Kate Lorig, Virginia González, and Diana Laurent at the Self-Management Resource Center.
 - It helps break down a bigger, more difficult task into small components.

Steps of action planning:

- Step 1: Specifically identify your goal.
- Step 2: What small step will you do to take the first step to achieve your goal?
 - What will you do?
 - When will you do it?
- Step 3: Identify what will help you succeed
- Step 4: How confident are you that you can succeed in this step in the next two weeks on a scale from 0-10? (0 = not sure, 10 = very sure)
 - If you are not an 8 or higher, please refine your goal to make it more manageable.
- Step 5: Identify the next step to achieve your overall goal.

Please see the example below of an action plan put into place:

ACTION PLANNING FORM

Think about what could help you prevent a fire in your home. Think about how you could address this area and minimize the fire risk.

Step 1: What is your personal modification goal? (e.g., Purchase an evacuation chair)

Step 2: What is one small step you could make towards your goal this week? (e.g., Talk about your plan with family members)

What will you do? (e.g., Research available items online, Call the manufacturer for details, etc.)

When will you do it?

Step 3: Identify what will help you succeed:

➡ We will now be circling back to the beginning of your plan to discuss how to implement it. Below, you will see that steps are listed for each module and prompt you to schedule various appointments for these key items.

➡ If you have already completed an item, good for you! Just check off the item so you know you have completed it.

➡ At the end of this section, a checklist has been started regarding items you may need to buy and items you need to practice. We have also started a to-do list for you.

While you are reviewing your FIRE plan, please examine these lists. Feel free to cross out any items that do not pertain to your individual needs and add additional items to the list.

6.2.1 FIRE Plan Sections

Fire Prevention and Management Equipment

You have now established your lists of items you want in your home to notify you that a fire is in progress and to prevent and manage fires. (FIRE Plan Section #1)

Please look carefully at your lists and consider what needs to be done to ensure each item noted is obtained and in proper working order. Please use the action plan format to help the installation or ongoing use of items that are important to notify you that a fire is in progress or to be used to prevent or manage fires.

Some of the specific items you should consider are:

- For items you do not currently own:
 - Where are you going to buy the item?
 - When are you going to buy the item?
 - How will you install the item?
 - Do you need help with the installation?
- For items that you currently own
 - When will you test the item to ensure it is in working order?
 - Do you need assistance to do this testing?
 - If the item is not in working order, please see the list above for ‘items not currently owned.’

Remember! You don't need to do it all at once.

Once you have a good idea of what items you want in your home, put them in order of importance. Once the order has been set, start working through the items. For bigger items, such as installing a home sprinkler system, use action planning to break this item into smaller, more manageable steps. For expensive items, remember that support is available. Look back at module 2 for guidance on ways to fund costly equipment.

Evacuation Plan

You have had the opportunity to think carefully through the steps needed to develop an effective evacuation plan in the event of a fire. Please take some time to review the details of your evacuation plan in your FIRE plan (Section #2).

Please carefully consider the following items:

Escape route:

- If you need assistance on the escape route
 - Who will be helping you, and what training do they need?
 - Who will be your primary assistant's backup when they are out of town?

Equipment that will be used to evacuate:

- If you live in a multistory building, identify the equipment you will use for a vertical evacuation (e.g., going down the stairs).
 - How will you get this equipment? (From the fire department or self-purchase)?
 - If your fire department does not have this equipment, how will you get the equipment, or will you look for an alternative?
- Carefully consider what personal equipment you need to evacuate your home and backups if that item is unavailable.

Family/Friend/Care partner communication:

- Take a moment now to reach out to your family and schedule a meeting time (if you haven't done so already). Please write the date and time of the meeting here:
_____.
- If you cannot connect with your family now, set yourself a reminder to plan the meeting later.
- Make sure all relevant parties are present during the meeting.
- During the meeting – follow along with the talking points and clearly state your needs during an evacuation.

Individual and Home Checklist:

- Schedule ~30 min to complete this checklist. Schedule a time and date to complete the checklist and write the information here:

- Take a careful inventory of what you need. It might be helpful to begin the checklist and revisit the list a few days later to ensure you have remembered everything.

Connecting with your fire department:

- Schedule a time/day to reach out to your fire department. You may need to schedule a follow-up meeting, but for now, plan a time/day to reach out. Please note the time and day here: _____.
- Before connecting with the fire department, make sure you have your list of talking points organized.
- Have a copy of your individual and home checklist available to the fire department.
- Ask your fire department about practicing a vertical evacuation with their equipment or equipment you have at home.
- Consider any other equipment you would like to try out (e.g., fire extinguisher)

Managing Life After a Fire

Take an inventory of your immediate needs after a fire event and the needs you would have in the first week and month after the fire. Also, consider what characteristics you would need in a temporary shelter.

As noted in your manual, please take some time to consider what you need and then transfer your list over to your FIRE plan.

- Schedule a time/day to research your local support services agency. Ask your local fire department if you are having trouble finding a resource. Please note the time and day here: _____
- Schedule a time/day to contact your local support services agency to discuss your specific needs. Ensure you have your list of needs when you talk with the support services agency. Please note the time and day here:

- Finally, collect information on the name and contact information of your wheelchair/scooter vendor. Note the information in your FIRE plan.
- If you do not have a vendor, schedule time to do some research to determine who might be a good vendor for you to work with.
- Find the serial number of your wheelchair or scooter. This might take some time! Your vendor might have this information on file, so ask them for help. If not, schedule ~30 minutes to track down this information. You might want to enlist the help of a family member, friend, or care partner to help you. See the tips in module 4 for finding this information.

6.2.2 Checklists

Please complete the following checklists:

Items to practice			
Item	Practice Date	Practice Time	Who will attend?
Using a fire extinguisher			
Navigation of your escape route			
If the vertical evaluation is required: Use of evacuation device along your escape route			
Meet up with family in the designated meeting location			

Items to buy				
Items	Where will you buy the item?	When will you buy the item?	Do you need additional funding to purchase this item?	If additional funding is needed, where will it get it?
Smoke Detector or Alarm				
Carbon Monoxide Detector or Alarm				
Fire extinguisher				
Sprinkler system				
Evacuation device				

To Do's				
Items	Date	Time	Who will be involved?	Are follow-up meetings required?/How often?
Schedule a family meeting to discuss evacuation procedures				
Complete your individual and home checklist				
Meet with the fire department to discuss specific needs.				
Find the serial number of the wheelchair				

6.3 Maintaining your FIRE plan

Video 6D: Maintaining Your FIRE Plan

The final section of module 6 will focus on how you will maintain your FIRE plan to ensure ongoing preparedness for a fire event.

Ongoing maintenance

Now that you have pulled your plan together and implemented it, please consider how you will continue it in the long term. Please revert to your FIRE plan and consider what items you will need to do in the long term to stay prepared. We have started a checklist to help you pull your ideas together. Please feel free to cross out any items that do not pertain to you and add additional items that are not listed. Please also consider how you will remind yourself to do these items.

Here are some tips:

- If you use a digital calendar, you can set up a recurring event so that you will receive ongoing reminders to perform these activities.
- If you use a paper calendar, please take a few minutes to write down these reminders.
- Please note these events for each new calendar/year as soon as you get a new one. Sharing this information with your friends/family/care partners will also help ensure these items get done regularly.
- Space out the tasks. Many of the items should be done every six months. You don't need to do everything on the same day. You can space out your tasks and do an item once a week.
- Get help. If you feel that the number of maintenance tasks is too overwhelming, ask various family members, friends, or care partners to take the lead on performing them. Just make sure to be very clear about who is doing what. You might want to note the person performing the task in the checklist below.

Items to set recurring reminders about:

Item	How often	Reminder set?	Who will perform this task?
Updating your FIRE plan	6 months		
Smoke Detector or Alarm check	6 months		
Carbon monoxide Detector or Alarm check	6 months		
Sprinkler maintenance			
Fire extinguisher maintenance			
Evacuation device maintenance			
Updating individual and home checklist	6 months		
Checking in with the local fire department	6 months		
Family meeting to discuss fire prevention and evacuation plans	6 months		
Taking an inventory of after-fire needs	6 months		
Updating the list of criteria for temporary housing	6 months		
Updating the serial number of the wheelchair or scooter	When getting a new device		

Module 6 Wrap-Up

Video 6E: Module 6 Wrap Up

You are done! Congratulations!! Thank you so much for participating in the program and making time to develop a plan to prevent fires and prepare yourself for a fire event.

You have worked hard to:

- Consider what you can do to prevent a fire from occurring.
- Make sure you have a warning system in place.
- Develop a plan to evacuate your residence in a fire.
- Plan for what to do after a fire occurs.



This comprehensive plan will ensure you are well-prepared for any fire event. Please use the materials outlined in Module 6 to put all your hard work into action and keep up with your plans.

We wish you all the best! If you have any questions, please reach out to the principal investigator, Dr. Rice (ricela@illinois.edu). We are happy to answer your questions, even after the program is done!