

## IN A FIRE

Immediately tell everyone.

'Get out' – don't waste time investigating or rescuing valuables.

Remember – use the stairs! Never use lifts in a fire.

'Keep low' where the air is clearer.

Call 999.

Don't go back in – wait outside for the Fire and Rescue Service.

IF THERE'S A FIRE... **Get Out  
Stay Out  
and call  
999**

## If escape routes are blocked

- If the fire is in your flat, get everyone into a room with a window that opens. Put cushions and bedding round the bottom of the door to block smoke. Open the window to attract help!
- If you're on the ground or first floor, escape out of a window. Use bedding to cushion your fall and lower yourself slowly – don't jump! If you need to break a window, use a heavy object to break the glass in the bottom corner. Then knock out the glass. Be careful of jagged edges – make them safe with a towel or blanket.
- If the fire is outside your flat, seal your front door from smoke with tape or bedding and close any ventilators. Phone 999, giving the number of your flat. If your front door becomes hot, wet it down.



### GET SMART!

Information that could save your life.

### GET EQUIPPED!

Investing in your own safety.

### GET OUT!

Make a plan. Be prepared.

This is one of a series of leaflets in the 'Get Smart! Get Equipped! Get Out!' fire safety range available from your local Fire and Rescue Service. Other leaflets in the series provide advice on fire safety equipment, fire safety for parents and children, and extra information for those with eyesight problems or problems getting around.

Translations and alternative formats are also available.

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For further information visit our website at: [www.firekills.gov.uk](http://www.firekills.gov.uk)

# Escaping from a high rise



PROTECT YOUR HOME FROM FIRE



# Escaping from a high rise

Living above the first floor doesn't make you any less at risk from fire.

High-rise flats are built to be fireproof and most fires don't spread further than one or two rooms. But taking a few extra minutes to think about fire safety is time well spent! Careful planning can keep you and your household extra safe!

**Make your plan. Get out alive**

## A decision that saved her life



Lorraine Heslop was woken by the fire alarm going off in her block of flats. There was smoke in the corridor and, half asleep, Lorraine pressed the button for the lift. She then changed her mind and headed down the stairs. Later, safely outside the

building, the firefighters told her that her change of mind had probably saved her life.

"I know that the lift was a bad idea, it's just that I was on autopilot and not thinking straight what with all the panic. The fireman told me that the lift had stopped on the floor where the fire was, with its doors jammed open. Anyone inside the lift would have had nowhere to escape to. The idea of how close I got terrified me!"

**Remember – never use the lift in a fire.**

## PLAN AHEAD – YOUR ESCAPE PLAN

Plan what you would do, with everyone in your household, in case of a fire.

- Talk through your 'escape plan' with everyone who lives in your home. Always include children, the elderly and disabled people.



**Make sure everyone knows where to find door and window keys.**



- Choose an escape route – avoid lifts and balconies. Plan how you would get out of your own flat and escape from your floor.

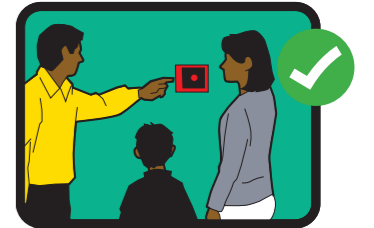


- Choose a safe room, ideally one with a phone, and a window that opens. If you can't escape, you are safer in a room, lobby or corridor as they are protected by fire-resistant walls.



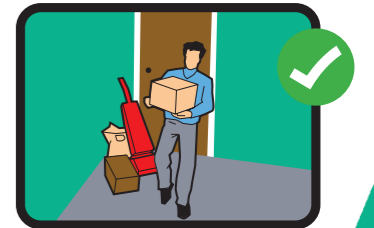
- Make sure everyone knows where the stairs are. It is easy to get confused in the dark, so count how many doors you need to go through. Don't use the lift.

- Make sure everyone knows where the fire alarm operating points are.



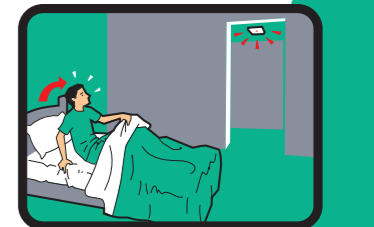
## Keep your escape routes clear

- Check there are no boxes, rubbish or anything which can catch fire easily in corridors or stairways. Make sure doors to stairways and fire escapes are not locked. Regularly check you can open these doors from both sides.



## Get your own smoke alarm!

- Even if there is a fire warning system in your block of flats, you should still get a smoke alarm for your home – it will respond quicker and give you vital extra time to get out. You should fit it in the corridor or lobby area outside the bedrooms.
- If you need help or advice on which is the most suitable smoke alarm for you or where to install it – contact your local Fire and Rescue Service (fire station). They will be happy to advise you.



**Smoke alarms save lives!**

Fit alarms where you can hear them throughout your home and test the batteries regularly

