

firesafetyfoundation.org

# Top 25 Countries Abroad **EMERGENCY NUMBERS**



## FIRE SAFETY GUIDE

Simple Advice for Your Time Abroad

Fire safety doesn't stop with you! Share these important resources with friends who plan to travel in the future, and commit to practicing fire safety with the same vigilance when you return home. We hope you have an unforgettable trip, and that you share your memories with us along the way through our website, Facebook, and Twitter! →





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# THE JASMINE JAHANSHAH FIRE SAFETY FOUNDATION

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## JASMINE JAHANSHAH FIRE SAFETY FOUNDATION, INC.

One Clearlake Centre

250 S. Australian Avenue Suite 601,  
West Palm Beach, Florida 33401

Phone: 561-818-5560 | Fax: 561-627-1171

[FireSafetyFoundation.org](http://FireSafetyFoundation.org)

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## SUCCESSFULLY ESCAPING A FIRE

### ☒ IF THE DOOR IS WARM TO THE TOUCH

- Before you try to leave your room, feel the door with the back of your hand. If the door feels warm, do not attempt to open it.
- Opening the door may cause smoke to rush in by creating a draft.
- Stuff the cracks around the door with soaked towels, rags, bedding or tape and cover vents to keep smoke out.
- Turn off any fans or air conditioner.
- If there is a phone in the room where you are trapped, call the fire department again to tell them exactly where you are located. Do this even if you can see fire apparatus on the street below.
- Wait at a window and signal with a flashlight or by waving a sheet.
- If possible, open the window at the top and bottom, but do not break it, you may need to close the window if smoke rushes in.

### ☑ IF THE DOOR IS NOT WARM TO THE TOUCH

- If you do attempt to open the door, brace your body against the door while staying low to the floor and slowly open it a crack to check for the presence of smoke or fire in the hallway.
- If there is no smoke in the hallway or stairwells, follow your building's evacuation plan.
- Always use a stairwell, never an elevator. The elevator could stop at the floor of the fire.
- If you don't hear the building's fire alarm, pull the nearest fire alarm "pull station" while exiting the floor.
- If you encounter smoke or flames on your way out, immediately return to your apartment or office.
- Once you are out of the building, STAY OUT!
- Tell the fire department if you know of anyone trapped in the building.

## ALWAYS REMEMBER

- If you are escaping a fire, stay low to the ground where the most oxygen is located.
- If any part of you catches on fire, cover your face and roll on the ground. Do not run, it will only increase the flames.
- Emergency numbers are different in every country, so make sure you know the number for the country you are in!
- Share all of this advice with the friends you make abroad!

## 5 Everyday Safety: Avoiding Common Causes of Fire



### Hidden Hazards

- ⊗ Victims in more than half of adult fire fatalities were intoxicated at the time of the fire.
- ⊗ Never smoke in bed or if you are feeling sleepy/drowsy.
- ⊗ Never toss glowing embers in the trash or leave them unattended.
- ⊗ Beware of common materials that are highly flammable—fabric furniture, curtains, bookshelves, Christmas trees, etc.
- ⊗ Never disable your smoke alarm because it is an inconvenience.

### Cooking Tips

- ⊗ Clean cooking areas to prevent grease build-up
- ⊗ Keep all fabrics away from heat sources
- ⊗ Wear short or close-fitting sleeves when you are cooking.
- ⊗ Never use water or flour on cooking fires
- ⊗ If a fire starts in your oven, keep door shut and turn off the heat to smother the flames.
- ⊗ Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.



### Electrical Safety

- ⊗ Do not trap electrical cords against walls or under rugs, and never overload a plug.
- ⊗ Discard or repair any appliance with old or frayed wires. Keep fabrics at least one meter away from heaters.
- ⊗ Never force a plug into an outlet if it doesn't align.
- ⊗ Keep electrical appliances away from wet floors and counters
- ⊗ Use products that meet the Underwriter's Laboratory (UL) approval

### Apartment Buildings

- ⊗ If you have a portable escape ladder, make sure it works.
- ⊗ Do not live above the seventh floor—most fire truck ladders cannot reach this point.
- ⊗ Never lock or block fire exits, doorways, halls or stairways.
- ⊗ Learn the sound of your building's fire alarm and post emergency numbers near all telephones.



### Hotels and Hostels

- ⊗ Ask if the hotel or hostel has smoke alarms and fire sprinklers.
- ⊗ When traveling, take a flashlight with you.
- ⊗ Read the fire evacuation plan carefully. If one is not posted in your room, request one from the front desk.
- ⊗ Locate the two exits from your room.
- ⊗ Count the number of doors between your room and the exits. This will assist you in the need of an emergency evacuation.

## Dear Traveller,

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Congratulations on your opportunity to witness the world from an exciting new perspective! You are part of a network of over 250,000 scholars from the United States who study abroad every year.

With so much to look forward to, few students consider the unimaginable risk of injury or death, but every year common hazards take the lives of students away from home.

On April 14, 2011, a residential fire in Paris took the lives of four exchange students and seriously injured dozens more. Affordable, accessible equipment such as a smoke alarm and a fire escape ladder could have prevented this tragedy and many more worldwide. Unfortunately, many landlords outside the United States are not required to provide this essential equipment to tenants. You should be aware of these residences even if you do not live in one.

Jasmine's Universal Stand Towards Inferno Caution and Education (JUSTICE) is a non-profit 501(c)(3) Foundation named for Jasmine Jahanshahi, a bright, disciplined, and loving 20-year-old Berkeley student who perished in the April 14 fire. JUSTICE seeks to provide every exchange student with the education and equipment to stay safe while abroad, and to promote fire safety worldwide.

This booklet is an essential guide to fire safety practices, but you can find many more pre-approved resources and advice pages on our website, [FireSafetyFoundation.org](http://FireSafetyFoundation.org). There, you can also purchase subsidized fire safety equipment and have it shipped to your home abroad.

You are about to embark on an incredible adventure, and you can be confident about personal safety if you are knowledgeable and prepared. Be sure to share these life-saving resources with your peers! Bon voyage!

## The JUSTICE Team

(From left) Grace, Jasmine, and Louise in Morocco, 2011.



Visit [FireSafetyFoundation.org](http://FireSafetyFoundation.org) to find fire safety plans tailored to your life! ➔



### <sup>3</sup> Equipment Guide

#### What You Need and How to Use It



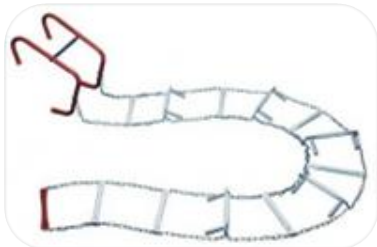
##### Photoelectric Smoke Alarm

Because it is ideally sized for travel, you should have a smoke alarm with an emergency light in your luggage. You should also have a carbon monoxide detector in your home. Be sure to test the batteries every month.



##### Fire Extinguisher

Your home should have at least one accessible fire extinguisher. Make sure it's charged and you know how to use it. Pull the pin at the top, aim at the base of the fire, and slowly squeeze the lever while sweeping back and forth.



##### Portable Escape Ladder

If your residence does not have a fire escape ladder, you must have your own. We suggest the Saf-Escape Fire Escape Ladder because you can store it in a compact place, and the metal ladder is fireproof in the event of an escape.



##### Knowledge and Practice

An emergency is the worst time to start practicing fire safety. Learn at least two exits from every room, know the local emergency number and the location of alarms and extinguishers, and share this advice with friends or peers.



### Residence Guide

#### Know You're Safe Where You Sleep

When living abroad, knowing about building quality and safety standards when looking for a home is as important as knowing about your neighborhood or roommates. Building codes and safety regulations vary around the world, so learn about what conditions you will encounter before you decide. These guidelines will help you know what to look for:

- Have a minimum of two smoke alarms installed in your home, a fire extinguisher, and an accessible, working fire escape.
- Avoid living above the seventh floor where fire truck ladders cannot reach
- Look for a building that is accessible by emergency vehicles rather than one that is hidden
- Avoid unrenovated older buildings in general—the building material and electrical wiring make them more flammable.
- Avoid structures made of wood, and instead look for fire resistant, protective materials like stone, brick and metal
- All exterior vents, attics and eaves should be covered with metal mesh screens no larger than 6 millimeters
- Ensure that windows are not obstructed by locks, bars, or faux-balconies in the event of an escape
- Use fire-resistant draperies, mattresses, and furniture for added protection.
- Chimneys, wood stoves and all home heating systems should be inspected and cleaned regularly
- If the circuit breaker trips or fuses blow, immediately call a licensed electrician to check your system.
- Do not store combustibles or flammables near heat sources.
- Test your smoke alarms once a month and replace the batteries at least once a year.

We provide all of the equipment above from pre-approved manufacturers on our website at a subsidized rate for students. Visit [FireSafetyFoundation.org](https://www.FireSafetyFoundation.org) and click "Get a Kit" to learn more! →

We are compiling a database of recommended residences for exchange students worldwide. Go to [FireSafetyFoundation.org](https://www.FireSafetyFoundation.org) and click on "Safety Talk" to participate and create your own profile. →