



TOPIC: Phases of Fire Emergency

Overview

Fire tragedies or uncontrolled fires are disasters which can be mitigated, prepared for, and steps can be taken to avoid or lessen the damage they cause. However, preparation and prevention can only do so much, because a fire accident can still occur despite our best efforts to make sure it does not happen. Thus, we should be knowledgeable on how to bring ourselves to safety when encountering a fire inside our house, a building, or in a public place. Being aware of the proper actions to take can save our lives and even the lives of others during a fire. After the fire, certain steps also ensure that the fire has a low probability of happening again like putting more safety precautions in place.

Preparations to Avoid Fire

- Pre-disaster mitigation and preparation includes both long-term and
- Short-term planning and action. Mitigation refers to measures taken to avoid fire disaster or minimize the damage it will cause, while preparedness involves knowing and readying the items needed should a fire disaster strike.
- Good environmental design can improve resilience to fire disasters by intervening in all stages of an emergency situation. It can support mitigation efforts and increase disaster preparedness.
- Fire escalates through convection, conduction, and thermal radiation. To fire from propagating through these means, the design of a city or municipality's, infrastructure should have some distance between structures or buildings, or have fire-resistance structures constructed between them to prevent the quick spread uncontrolled fire.
- In terms of urban design or even in rural areas, planning offices' spatial plans and strategic management should include the improvement of the roads used by people and vehicles to travel so it will be easier to evacuate by foot or by vehicle in the case of uncontrolled fires. Road construction must be planned and monitored in such a way that roads are physically able to accommodate the width, length, and maneuverability of fire-fighting vehicles of each municipality or city.
- All buildings are mandated to have a Fire Safety Plan, and it is also helpful to have for your home. This plan shows where the fire extinguishers and fire exits are, so that in the case of uncontrolled fire, people can escape to safety. Building administrators should be clearly designate escape routes and this information should be properly and effectively disseminated to the occupants of a building, or the residents of dense urban localities. Meanwhile, we should look for the nearest fire exits when we enter a building, mall, cinema, or any public place, so we know where to go in case of a fire.
- Fire hydrant posts must be strategically placed in vulnerable areas reachable for fire engines during a fire anywhere within a city or municipality. Water must always be available for firefighters, so they can immediately douse large fires and stop fires from spreading to neighboring structures.
- For buildings, fire sprinklers and fire alarms are part of the building code. Fire sprinkl are activated when it detects a certain high level of temperature, such as when heat from cigarette smoke reaches

its sensors. Fire alarms are situated on the floor of every building so that the rest of the building will be notified immediately of a fire when the fire alarm is sounded.

- Fire drills must always be part of building residents' fire safety program, so that people will become familiar with the building's routes to the fire exits. Employees should attend fire safety seminars to learn what to do when an uncontrolled fire starts. There should also be trainings on how to use the fire extinguisher properly.

What to do during a fire

- If you discover a fire and the building fire alarm is not sounding, then manually activate the nearest fire alarm, which is often situated near the fire exit, so you can activate it your way out. Doing this can save the lives of other people in the building because will be informed that there is a fire and evacuate immediately. Smoke is blinding because it hurts our eyes, and it can lead to zero visibility along corridors and within rooms. Thus. it is important to be aware of one's surroundings, and know how to get around your immediate environment. Know the location of the two nearest exits of a building. Stay low and crawl in the direction of the fire exit to avoid smoke, which tends to have an upward movement and will rise to the ceiling.
- Always use the stairs, not the elevators when there is a fire. The elevators may be broken and lead you to further harm, or if it is working, it may break down while you are using it, leaving you trapped inside.
- Shut doors behind you as you exit to isolate the area where the fire started, and make the spread of the fire slower.
- If you are at work in an industrial plant or in a laboratory, then make sure to shut down the equipment you are using before leaving, if possible, and without putting yourself at risk. This will prevent more damage from occurring should your equipment explode or become an accelerant to the uncontrolled fire.
- Never attempt to re-enter a burning building, unless cleared to do so by a member of your fire department.
- Never attempt to put out a large fire on your own because it may cost your life, especially if you do not have the proper fire-retardant outfit and equipment to use. If the fire is small and you are trained to so do, only then can you try to put out the fire out on your own.
- Assign a person or "champion" to account for the occupants of the building after it has been evacuated. During a fire, do a headcount immediately to find out if somebody was left in the building. There can also be a "buddy system," with each person having a buddy that they would account for after evacuation. Thus, when a fire occurs, this can lead to a faster check if all building occupants are present in the evacuation area.
- Assist the disabled or people with special needs in exiting the building.
- When your clothing is on fire, stop, drop, and roll. When your shirt catches fire, stop running to avoid fanning the flames. Lie flat on the floor then roll over to stop the flames.



Philippines Fire Levels of Respondents

In the Philippines, we have 13 Fire Levels to indicate the number of fire trucks and responders that should respond to a fire. With this information, the general public can have an idea on the size of the fire.

Alarm Level	Responder
First and Second Alarm	Senior Fire Officer/ Shift-in-charge/ Team Leader
Third Alarm	City or Municipal Fire Marshal
Fourth and Fifth Alarm	Provincial or District Operations Chief Task Force Alpha Provincial or District Fire Marshal Task Force Bravo Chief, Operation, Intelligence and Investigation Branch Provincial or District Fire Marshal and all City/ Municipal fire Marshals of the provincial district concerned Task Force Charlie Deputy Regional Director Task Force Delta, Echo, Hotel, India, and General Alarm Regional Director



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ACTIVITY 1
Chapter Test

Directions: Answer the following.

1. Why is uncontrolled fire a dangerous hazard to families and communities? Explain.

2. What can you do in your home to prevent accidental fires from occurring?

3. Let's say you are in a mall or in a concert and a fire alarm suddenly sounds. What will you do?

4. A faulty electrical wiring in one of your home appliances has sparked and caused a sudden fire. Who is the first person you should call? Then, what will you do? Why?

5. Do you have fire drill in your school or community? What do you think is the importance of holding fire drills in schools and in communities?



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ACTIVITY 2
ALL IN THIS TOGETHER!

Workshop Activity

It is the best to know what one should do in cases of emergency. Form your family member. Discuss among yourselves how to go about the following situation. Suppose a fire started in your community. Draft an escape plan for you and the family member you are with. Draw a floor plan of the house you are in. Name the fire escapes most accessible to you. List down (in the order you will do them) the things that you should do to get safety. Report your family output through a cell phone video.



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ACTIVITY 3
WE ARE FAMILY!

With your family member, design a poster expressing your message to the youth on spreading awareness and readiness in the event of a fire in school, at home, or in the community. Place your work in an old back part of your home calendar H-2ft x W- 1ft. Any clean, presentable paper will do. No need to go out of the house to buy one. Take a photo of the family working on in this activity.