

## SAFETY NEWSLETTER

SELF INSURED WORKER'S COMPENSATION FUND MEMBERS

October 2020

### Fire Prevention Month 2020, October is Fire Prevention Month!

In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871.

This year, Fire Prevention Week™ (October 4 to 10, 2020) aims to educate people about the simple but important things they can do to keep themselves and those around them safe from fire in their kitchens and homes.

The goal of fire prevention is to educate the public to take precautions to prevent potentially harmful fires, and be educated about surviving them. It is a proactive method of preventing emergencies and reducing the damage caused by them

#### Why do we celebrate Fire Safety Week?

The day is observed every year to remember the 71 firemen who lost lives fighting the fire that took place at freighter SS Fort Stikine at the Victoria Dock in the then Bombay Port on April 14, 1944. The explosion led to killing of hundreds of people including the firemen apart from causing extensive damage to ships.

#### What is basic fire safety?

Fire safety is the set of practices intended to reduce the destruction caused by fire. Fire safety measures include those that are intended to prevent ignition of an uncontrolled fire, and those that are used to limit the development and effects of a fire after it starts.

#### What are the 4 goals of fire protection?

Four goals: (a) prevent fire from starting, (b) prevent loss of life in case fire does start, (c) confine fire to its origin, and (d) extinguish fire

#### What are the 5 types of fire extinguishers?

There are 5 main fire extinguisher types – Water, Foam, Dry Powder, CO2 and Wet Chemical.

#### What are 5 classes of fire?

Fires can be classified in five different ways depending on the agent that fuels them: Class A, Class B, Class C, Class D, and Class K. Each type of fire involves different flammable materials and requires a special approach.

#### Fire prevention plan requirements:

At a minimum, your fire prevention plan must include: A list of all major fire hazards, proper handling and storage procedures for hazardous materials, potential ignition sources and their control, and the type of fire protection equipment necessary to control each major hazard.

#### What is the purpose of fire training?

Fire safety training helps to protect your business. It ensures everyone knows how to act safely, reducing the risk of injury or loss of life in the event of a blaze. Basic fire-fighting techniques can also help to prevent small fires from becoming big emergencies.

What does ABC mean on fire extinguisher?

This pale, yellow powder can put out all three classes of fire: ... Class A is for trash, wood, and paper. Class B is for liquids and gases. Class C is for energized electrical sources. What is full form of pass?

**Using a Fire Extinguisher.** ... Discharge the extinguisher within its effective range using the P.A.S.S. technique (pull, aim, squeeze, sweep). Back away from an extinguished fire in case it flares up again.

What does a fire safety plan look like?

While specific requirements may vary by jurisdiction, in general, a fire safety plan should include: Emergency procedures to be used in case of fire, including how to: ... evacuate occupants (e.g., procedures occupants should follow when the fire alarm sounds), evacuate persons who may need assistance, How often should you do fire training?

At least once a year provide refresher fire safety training sessions to make sure that they remain familiar with the fire safety arrangements for the workplace and are reminded of the action to be taken if there is a fire. Training should be more frequent if: You have a high turnover of staff.



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## How do you make a fire plan?

These tips can help you create a house fire evacuation plan:

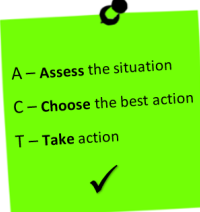
- Plan for everyone. ...
- Find two ways out. ...
- Involve children in planning. ...
- Choose a meeting spot. ...
- Check smoke alarms. ...
- Be visible. ...
- Respond quickly. ...
- Have a backup plan.



Below are key components to ensuring your workplace and home are fireproof:

- **Eliminate Clutter** – Exercise good housekeeping. Clutter can easily become a fuel source in the event of a fire, allowing a fire to spread quickly. Furthermore, clutter can restrict access to emergency equipment and exit routes.
- **Designate Smoking Areas** – Permit smoking only in designated smoking areas and provides means for extinguishing smoking materials safely.
- **Fire Extinguishers** – Maintain the appropriate type and number of fire extinguishers. Conduct monthly and annual extinguisher inspections to ensure they are in good, working condition. Provide training for employees on the correct use of fire extinguishers.
- **Chemical Safety** – Use and store chemicals safely. Read hazard warning labels and safety data sheets to determine flammability and other fire hazards. Ensure your chemical storage areas provide adequate ventilation for the storage of chemical or other hazardous substances.
- **Waste Control & Storage** – Limit the accumulation of flammable or combustible materials and residues as to prevent the risk for such materials contributing to a fire emergency.
- **Exits** – Ensure emergency exit route diagrams are posted and accessible in all areas of the facility for all employees to easily view. Additionally, ensure means of egress are well-lit with regulated exit signs and free from debris or clutter.
- **Contact Information** – Employees should have access to a list of emergency contact phone numbers in case of emergency. Remember that human nature is to panic in emergency situations; therefore, basics such as the company address, important phone numbers, and building floor plan should be posted on or with the emergency action plan.

Remember it is always better to be proactive rather than reactive and it is best to alleviate hazards or hiccups in times of peace than in times of chaos. Utilize the above tips to reduce the risk for catastrophe or at least minimize the damage. The reality is that fire emergencies and disaster situations can strike anyone, anytime, anywhere. So, remember, if a fire occurs in your workplace or home, don't panic, A-C-T:



## Fire Safety Tips for Home

A home is often referred to as a safe haven. This month, make sure your home is protected from (and your family is prepared for) a fire.

Here are some simple tips to help you avoid fires and reduce the risk of injury should one occur:

- **Smoke Alarms** – These are still a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
- **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
- **Keep Plugs Safe** – Unplug all appliances when not in use. Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
- **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.
- **Fire Safety Sprinklers** – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.
- **Create An Escape Route** – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.
- **Position Appliances Carefully** – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.
- **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.
- **Be Careful Around the Holidays** – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.
- **Conduct Regular Inspections** – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.