

PLYMOUTH WELLBEING CENTRE FIRE AWARENESS TRAINING TOOL

The 4 Main Paths by which Fires Spread – and How to Minimise Your Risk		
Path	What Happens?	To Minimise Your Risk:
Radiation	A fire gives out radiant energy that will lead to combustible material heating up and bursting into flame.	<ul style="list-style-type: none"> Minimise the use and storage of flammable liquids and gases as well as combustible material such as packaging – what you haven't got can't catch fire!
Convection	Hot gases from the fire will tend to rise, heating ceilings and potentially setting fire to combustible material higher in the building.	<ul style="list-style-type: none"> Maintain the fire separation designed into the building (unsealed penetrations through walls and ceilings, as well as doors left open, can undermine this). This also protects the means of escape so that people can evacuate safely.
Conduction	Heat can be conducted by materials such as metals.	<ul style="list-style-type: none"> Ensure the fire protection of structural steelwork is maintained.
Direct Contact	Burning materials set light to adjacent combustible materials.	<ul style="list-style-type: none"> Keep aisles and gangways clear, not only for safe evacuation but because it makes it harder for fire to spread. Maintain good housekeeping, if materials are put away rather than left out, it's harder for them to catch light.

PLYMOUTH WELLBEING CENTRE Emergency Procedures – ‘Action in the Event’ of Fire Notice

Action in Case of Fire

Stay calm

Sound the Alarm – Ring 999

Contact numbers:

Karen Trim personal number 07907 376470

Reception/switchboard:

Fire co-ordinator:

Fire warden:

Matt – West Design 07933 085246

Say:

Who’s calling?

What’s happened?

Where’s the fire?

Get to Safety

Leave by the nearest exit.

Take people with you.

Does anyone need special help?

Close doors.

Follow the designated escape routes.

Don’t use the lifts.

Follow the fire warden’s instructions.

Fight the Fire

Use the extinguishers if it is safe to do so and you have received the appropriate training.

Do not re-enter the building unless told it is safe to do so.

Fire Extinguishers – How they're Labelled and what Type of Fire they're for

Notes:

- All new extinguishers are now painted red. A coloured label (typically 5% of the surface area) indicates the contents.
- All extinguishers are labelled to identify the type of fire on which they are safe to use - check this first.
- Only two types of extinguisher, carbon dioxide and powder, are safe for use on live electrical equipment.
- As a general guide, different extinguishers are used on different classes of fire as follows:

Label Colour	This Extinguisher Contains:	And is Suitable for Fires of Class:
Red	Water	A (combustible materials like wood, paper, etc.)
Cream	AFFF (Aqueous film forming foam)	A (combustible materials like wood, paper, etc.) & B (flammable liquids, fats, paints & oil).
Cream	Foam	B (flammable liquids, fats, paints & oil) & A (combustible materials) if marked on label.
Black	Carbon dioxide	B (flammable liquids) and electrical
Blue	Dry powder	There are different types of powder extinguisher – check the details on the extinguisher label. A (combustible materials like wood, paper, etc.) B (flammable liquids), and C (gases) if marked on extinguisher, and electrical
Yellow	Wet chemical	F (Fires involving liquefiable solids - fats and cooking oils)