

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:	<u>Karen Trim personal number 07907 376470</u>
Reception/switchboard:	
Fire co-ordinator:	
Fire warden:	<u>Matt – West Design 07933 085246</u>

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)