

# INITIAL FIRE SAFETY TRAINING FOR FOSTER PARENTS



September 2013

# INDEX

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- × **WELCOME**
- × **INTRODUCTION**
- × **NORTH DAKOTA FIRE SAFETY FACTS**
- × **UNDERSTANDING THE NATURE OF FIRE**
- × **COMMON CAUSES OF FIRE**
- × **NORTH DAKOTA REGULATIONS REGARDING FIRE SAFETY**
- × **WHY FIRE SAFETY IS SO IMPORTANT WITH CHILDREN**
- × **FIRE ESCAPE PLANNING**
- × **SLEEPOVER FIRE SAFETY FOR CHILDREN**
- × **FIRE EXTINGUISHERS**
- × **SMOKE ALARMS**
- × **SUMMARY**
- × **FIRE SAFETY TEST QUESTIONS**
- × **CERTIFICATE OF COMPLETION**

# WELCOME!

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Welcome to the new online initial fire safety course for foster parents. This training is an alternative to personally attending the fire safety course that is offered in each region of the state. By completing the fire safety training online, foster parents can meet the two-hour initial fire safety training requirement in the comfort of your own home according to your own schedule.

# WELCOME

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The N.D. Department of Human Services has established basic fire safety requirements for foster homes. Foster parents are expected to maintain these physical safety requirements. Before initial licensure and each renewal, foster parents are required to complete a Fire Safety Self Declaration and comply with all the regulations.

# INTRODUCTION

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On August 1, 1993, a law went into effect that made it mandatory for all foster families to receive fire safety training before initial licensure and before each licensing renewal.

# INTRODUCTION

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The law provides (NDCC 50-11):

**First:** Fire prevention training course (before initial licensure and each renewal) created by the State Fire Marshal and the N.D. Department of Human Services to be offered statewide.

**Second:** Self-declaration forms to be completed and signed by each foster parent before initial licensure and each renewal.

**Third:** The Department of Human Services requires various inspections on a case-by-case basis.

# N.D. FIRE SAFETY FACTS

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## North Dakota Fire Losses 2009

There were eight fire fatalities; seven of which were house fires.

- ✘ Every **1.3 hours** a fire department responded to a rescue call.
- ✘ Every **4.9 hours** a fire department responded to a fire.
- ✘ One outside fire was reported every **11.7 hours**.
- ✘ One structure fire was reported every **13 hours**.
- ✘ One vehicle fire was reported every **20 hours**.
- ✘ One home structure fire was reported every **22 hours**.

# N.D. FIRE SAFETY FACTS

## North Dakota Fire Losses 2010

**There were five fire fatalities; four were house fires.**

- ✘ Every **1.1 hours** a fire department responded to a rescue call.
- ✘ Every **5.2 hours** a fire department responded to a fire.
- ✘ One outside fire was reported every **11.7 hours**.
- ✘ One structure fire was reported every **15.3 hours**.
- ✘ One home structure fire was reported every **22 hours**.
- ✘ One vehicle fire was reported every **24 hours**.

# N.D. FIRE SAFETY FACTS

## Candles & Fireworks

Three structure fires in 2009 and 2010 were caused by candles.

### Candle fires

Type of Fire	2009	2010
Building	3	3
Outside/other	0	0
<b>Total</b>	<b>3</b>	<b>3</b>

Fireworks caused 15 fires in 2009. That number increased to 25 in 2010.

### Fireworks fires

Type of Fire	2009	2010
Building	3	1
Outside/other	12	24
<b>Total</b>	<b>15</b>	<b>25</b>

# N.D. FIRE SAFETY FACTS

## Residential Structure Fires

Fire Cause	Count		Civilian Fatalities		Civilian Injuries		Firefighter Injuries	
	2009	2010	2009	2010	2009	2010	2009	2010
Incendiary, Suspicious	32	28	1	0	1	1	0	2
Children playing	3	1	0	0	0	0	0	0
Smoking	13	20	1	0	3	0	1	1
Heating	50	34	0	0	0	0	1	0
Cooking	151	136	1	1	2	1	1	0
Electrical Distribution	9	7	0	0	0	1	0	0
Appliances, AC	15	13	0	0	0	0	0	0
Open Flames, Ember, Torch	30	34	0	0	0	1	0	1
Other Heat, Flame, Spark	31	23	0	0	1	0	0	0
Other Equipment	8	14	0	0	0	0	0	0
Natural	13	18	0	0	1	0	0	2
Exposure	6	5	0	0	0	0	1	0
Unknown	214	214	4	3	6	5	6	2
Total	575	547	7	4	14	9	10	8

# UNDERSTANDING THE NATURE OF FIRE

We have all seen fire on television and we all have some idea what a fire in our home might be like. We have seen the movies with brave firefighters who go into brightly burning buildings and rescue a dog and the baby. We think ahead of time what valuables and keepsakes we would want to take with us if we woke up to a fire in the middle of the night. But what is fire really like? The following are some of the **common myths** about fires.

# MYTH BUSTERS

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## Myth # 1:

“I have about 5 to 10 minutes to gather up the kids and a few valuables and get out after the smoke alarm goes off.”

# Reality – Fire is FAST!

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**There is little time! You only have (on average) about two minutes to escape fire in your home.**

- ✘ In less than 30 seconds, a small flame can get completely out-of-control and turn into a major fire.
- ✘ It only takes minutes for thick black smoke to fill a house and the smoke will most likely kill you long before the flames ever reach you.
- ✘ In minutes, a house can be engulfed in flames.
- ✘ **Most fires occur in the home when people are asleep.** If you wake up to a fire, you will not have time to grab valuables because fire spreads too quickly and the smoke is too thick. There is only time to escape.

# Myth #2

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“If I crawl and stay low to the ground, I can get out before it gets too hot!”

# Reality- Fire is HOT!

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Heat is more threatening than flames.

- ✘ A fire's heat alone can kill.
- ✘ Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level.
- ✘ Inhaling this super hot air will scorch your lungs.
- ✘ This heat can melt clothes to your skin.
- ✘ In five minutes, a room can get so hot that everything in it ignites at once.
  - + This is called "flashover."

# Myth #3

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“The fire will be bright enough that I can find my way to the door.”

# Reality – Fire is DARK!

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- ✘ Fire is not bright, it is pitch black.
- ✘ Fire starts bright, but quickly produces black smoke and complete darkness.
- ✘ If you wake up to a fire, you may be blinded, disoriented and unable to find your way around the home you have lived in for years.

# Myth #4

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“If I have a smoke alarm, I am protected.”

# Reality- Fire is DEADLY!

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- ✘ Smoke and toxic gasses kill more people than flames do.
- ✘ Most household items contain chemicals that can burn toxic in a short amount of time.
- ✘ Fire uses up the oxygen you need and produces smoke and poisonous gases that kill.
- ✘ Breathing even small amounts of smoke and toxic gases can make you drowsy, disoriented, and short of breath.
- ✘ The odorless, colorless fumes can lull you into a deep sleep before the flames reach your door. You may not wake up in time to escape.

# FIRE IS FAST!

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**LINK:**



Learn how fast a fire can grow. Click link below.

<http://www.youtube.com/watch?v=ult6Biaf7oM> (2:47 minutes)

# COMMON CAUSES OF FIRE

## Open Fires

- ✘ Always use a fireguard. Firelighters, logs or coal should be stored outside the fireguard – preferably in a container designed for the purpose.
- ✘ Mirrors should not be hung over the fire – it encourages people to get too close to the fire. Clothes should not be aired too close to the fire.
- ✘ Do not sit closer than 3 feet to an open fire. Never put a heater near clothes or furnishings.
- ✘ Firelighters, matches, aerosol sprays etc. are highly flammable and should not be kept near any heat source.
- ✘ Do not use open fires for rubbish disposal.



# COMMON CAUSES OF FIRE

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## Candles and Tea lights

- ✘ If you use candles, ensure they are not left lit and unattended. Always put them in an approved holder and place on a flat, heat resistant surface.
- ✘ Never place candles on top of a television or other plastic combustible surfaces.
- ✘ Keep candles out of reach of children and pets and away from curtains, furniture, and drafts.
- ✘ Never leave a burning candle in a child's bedroom.



# COMMON CAUSES OF FIRE

## Candles and Tea lights

- ✘ Keep candles away from hair and clothing. Make sure they are properly extinguished, particularly at bedtime, preferably using a 'snuffer.'
- ✘ Risk of fire or injury is higher if a lighted candle is moved while it is lit.



# COMMON CAUSES OF FIRE

## Smoking Materials

- ✘ Never leave a lit cigarette or pipe unattended – it may fall on an armchair or carpet, which will quickly catch fire.
- ✘ Use approved deep ashtrays at all times and only empty them once the contents are cold.
- ✘ Never smoke in a chair if you think you may doze off.

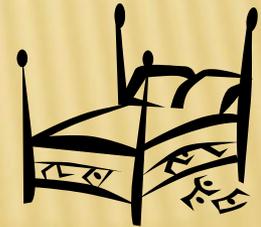


# COMMON CAUSES OF FIRE

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## Smoking Materials

- + Smoking in bed is another major cause of fire – the more you discourage it the better.
- + Always keep lighters and matches well out of the reach of children.



# COMMON CAUSES OF FIRE

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## Electrical Safety

- ✘ Electrical sockets should not be overloaded. If several appliances are in use, approved adaptors (preferably the In-line type) should be used. Electrical appliances should not be run off a light socket.
- ✘ Electrical cables should not run under carpets or near to dangerous hazards, such as a heat source.
- ✘ Look out for signs of dangerous wiring such as hot plugs and sockets, fuses blowing for no obvious reasons, lights flickering or brown scorch marks on sockets or plugs.

# COMMON CAUSES OF FIRE

## Electrical Safety

- ✘ Always use appliances and plugs that conform to the UL (Underwriter Laboratory) listed standards.



- ✘ Some appliances are designed to be left on all the time. Check the manufacturer's instructions. All other appliances should be switched off or unplugged when not in use.

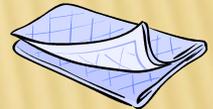


- ✘ Remove plugs carefully - do not remove them by pulling the cord.
- ✘ Never extend an extension lead. The routing of extension leads should ensure that they do not cause a trip hazard.

# COMMON CAUSES OF FIRE

## Electric Blanket Safety

- + Electric blankets cause over 2,000 fires every year. Ensure that any new blanket has 'overheat protection,' which causes the electricity to cut off if it becomes too hot. Ensure that it conforms to Underwriter Laboratory Standards.



- + If a blanket has scorch marks or exposed elements, it should not be used.



- + Hot water bottles should not be used in the same bed as an electric blanket – even if the blanket is switched off.

# COMMON CAUSES OF FIRE

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## Electric Blanket Safety

- + Over blankets are designed to be left on, but under blankets must be switched off before getting into bed. Ensure you check which type you own and use it appropriately.
- + When stored, blankets should be folded as few times as possible and with nothing stored on top of them. These actions are to avoid the wiring inside the blanket from breaking down.

# COMMON CAUSES OF FIRE

## The Kitchen

- + **Cooking accidents are the most common cause of accidental fires in the home.** Most of these fires are started by people leaving pans of food unattended, leaving the stove on after preparation of a meal or by leaving towels etc., too close to the stove.
- + Pans cooking food should not be left unattended and stoves should be turned off before leaving the kitchen.
- + Cooking under the influence of alcohol is extremely dangerous.



# COMMON CAUSES OF FIRE

## The Kitchen

- + The cord from kitchen appliances should be kept away from the stove.
- + All electrical appliances should be switched off when not in use.
- + Care should be taken with panhandles so that they are not over gas rings, burners or hot plates.
- + Deep-frying is a major cause of fire in the home.



# KITCHEN FIRES

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**LINK:**



Learn more about kitchen fire prevention.  
Click links below.

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=JWm9KkQlJWg>  
(5:43 minutes)

<http://www.youtube.com/watch?v=pEVI8R9Q9EM> (3:50 minutes)

<http://www.youtube.com/watch?v=TWhsIt8w30U> (8:41 minutes)

<http://www.youtube.com/watch?v=SYqLk0q1enU> (8:20 minutes)

# COMMON CAUSES OF FIRE

## General Safety

- ✘ **Heaters**, when used, should have proper clearance from combustible material, such as curtains.
  - + Place heaters in a safe location to avoid trip hazard.
  - + Keep area well ventilated for gas type heaters.
- ✘ **Carbon monoxide** comes from fuel fired appliances such as fireplaces, gas furnaces, or stoves.
  - + The best defense against carbon monoxide poisoning is to have a carbon monoxide alarm installed per manufacture's instructions.
  - + Symptoms of carbon monoxide poisoning include dizziness, nausea, and feeling sleepy.
  - + Leave building for space for fresh air if exposed.

# N. D. REGULATIONS REGARDING FIRE SAFETY

## General Safety Recommendations

- ✘ Each sleeping room has two means of escape – one of which may be a window.
- ✘ Basement has two means of escape, one of which leads directly to the outside (if used by foster youth).
- ✘ Smoke detection is provided for all sleeping areas and each floor level.
- ✘ A smoke detector should be placed in any sleeping room occupied by a foster child or adult.



# N. D. REGULATIONS REGARDING FIRE SAFETY

## General Safety Recommendations

- ✘ Kitchen, furnace room, and all occupied floor levels are provided with ABC dry chemical fire extinguishers.
- ✘ Fire extinguisher should, at a minimum, be rated at 1A10BC.
- ✘ All natural gas, propane gas, and fuel oil heat appliances are inspected every two years.
- ✘ Solid fuel appliances, such as coal and wood, are inspected annually.



# N. D. REGULATIONS REGARDING FIRE SAFETY

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LINK:



Review Fire Safety Self Declaration

Click link below:

<http://www.nd.gov/eforms/Doc/sfn00800.pdf>

# N. D. REGULATIONS REGARDING FIRE SAFETY

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**The following plan must be documented on the Fire Safety Self Declaration as part of the licensing process:**

- ✘ A written escape plan must be formulated.
- ✘ Fire drills will be held quarterly and in the first week any child is placed.
- ✘ Smoke detectors will be tested monthly.
- ✘ Smoke detectors with alkaline batteries will be replaced as necessary, but at least once a year.
- ✘ Smoke detectors with 10-year lithium batteries will be replaced as necessary, but at least every 10 years.
- ✘ Extinguishers will be self-inspected monthly.
- ✘ Extinguishers are serviced annually or replaced every three years.

# WHY FIRE SAFETY IS SO IMPORTANT WITH CHILDREN

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A child may be hard to wake from a deep sleep or may not recognize what the smoke alarm sounds like. They may hide under the covers or just go back to sleep.

Children in our care often have special needs and may be harder to move from place to place. They may be over-stimulated or overwhelmed by the sound of a smoke alarm.

# WHY FIRE SAFETY IS SO IMPORTANT WITH CHILDREN

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When children come into a foster home, they are unfamiliar with the home. During the panic of a fire or emergency, they may forget where the door is or how to get out if they have not practiced.

Children may bring fire setting behaviors into the home, giving us the double challenge of keeping all family members safe but also addressing the fire setting behaviors in the children.

# WHAT ABOUT ADULTS

What about you? Do you know how to work your fire extinguisher? Do you know how you will react when woken in the middle of the night? Do you know if your kids in their deep sleep will be able to hear the smoke alarm? What happens if they can not? Where will you all find each other if you get out of the house separately? Adults need practice too.

## LINKS:



Learn effective fire escape planning. Click links below.

<http://www.youtube.com/watch?v=nLq9kT8E-Ro> (4:03 minutes)

<http://www.youtube.com/watch?v=C9KSFRq4rXA> (1 minute)

# FIRE ESCAPE PLANNING

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**Before you can practice your fire escape plan, you have to develop one and you have to teach it to your children.**

- ✘ Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely once the alarm sounds.
- ✘ Your ability to get out depends on advance warning from smoke alarms and advance planning.
- ✘ Have a home fire escape plan that everyone in your family is familiar with and has practiced.
- ✘ Walk through your home and inspect all possible exits and escape routes.

# FIRE ESCAPE PLANNING

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As you walk through your house, make sure escape routes are clear and doors and windows can be opened easily. Sometimes windows freeze up and jam in winter time, so check to make sure that all windows that are used as escape routes can be opened easily by children. Make sure smoke alarms, fire extinguishers and fire escape ladders are working and you and your children know how to use them.

**Choose two escape routes out of each room, in case fire or smoke blocks an exit.**

# FIRE ESCAPE PLANNING

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- ✘ If your escape plan includes an escape ladder, practice using it from a first floor window.
- ✘ Store the ladder near the window, in an easily accessible location. You do not want to have to search for it during a fire!
- ✘ Choose an outside meeting place a safe distance in front of your home where everyone can meet after you have escaped.
- ✘ Have everyone memorize the emergency phone number of the fire department in order to call from a neighbor's home or a cell phone once outside.

# FIRE ESCAPE PLANNING

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- ✘ Under no circumstances should you ever go back into a burning building.
- ✘ If someone is missing, inform the fire department dispatcher when you call. Firefighters have the skills and equipment to perform rescues.
- ✘ Practice your escape plan and discuss different scenarios with your children. Do not just talk about it – do it!
- ✘ Children need to practice. They need to recognize the sound of the smoke detector. They need to recognize when smoke and heat may make their first choice of exit unsafe. They need to know what to do in case you are not able to reach them.

# BASIC FIRE ESCAPE PLANNING

Your ability to get out depends on advance warning from smoke alarms and advance planning.

**LINK:**



Learn more about basic fire escape planning from the National Fire Protection Association.

Click link below.

[http://www.nfpa.org/itemDetail.asp?categoryID=406&itemID=17735&cookie\\_test=1](http://www.nfpa.org/itemDetail.asp?categoryID=406&itemID=17735&cookie_test=1)

# FIRE ESCAPE PLANNING

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## KEYS TO SURVIVE

- ✘ Plan ahead – have a written plan and drawing
- ✘ Rehearse plan – have a meeting place, never re-enter
- ✘ Act clearly

## TWO WAYS OUT

- ✘ All sleeping rooms
- ✘ Primary way to a door to the outside
- ✘ Secondary way by an acceptable window or door
- ✘ Locks on doors are easy to open

# EARLY WARNING

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## BEST CHANCE OF SURVIVAL

- ✘ Install and maintain smoke alarms.
- ✘ Place smoke alarms on ceiling or interior wall 6 to 12 inches below the ceiling.
- ✘ Replace smoke alarm batteries yearly or when chirping is heard.
- ✘ Place smoke alarms near bedrooms and on every floor.
- ✘ Sleeping rooms should have smoke alarms too!

# SLEEPOVER FIRE SAFETY FOR CHILDREN

Foster parents should have a discussion with the legal custodian of the foster youth about what privileges are allowed, including the foster youth sleeping over with friends.

Before a youth is permitted to sleep over with a friend, it is always a good idea (for reasons more than just fire safety) that you talk to the friend's parents. Depending on what you learn, it can either uncover potential fire dangers or give you peace of mind during your youth's sleepover.

# SLEEPOVER FIRE SAFETY FOR CHILDREN

Judy Comoletti, NFPA's (National Fire Protection Association) Assistant Vice President for public education, recommends teaching children about the importance of fire escape planning in a positive, non-threatening style. "Ideally, your child is already well versed in home fire escape planning and drills in your own home. Before you permit a sleepover at a friend's, discuss the importance of knowing how to escape from a fire wherever you are, including friends' homes." Ms. Comoletti also urges parents to empower children to ask friends and their parents about fire safety in their home, and to report to you anything that makes them feel unsafe.

# SLEEPOVER FIRE SAFETY FOR CHILDREN

NFPA offers a free sleepover checklist to help parents consider the hazards and make decisions about slumber parties and sleepovers.

**LINK:**



Learn how to get a free copy of the Sleepover Checklist from the National Fire Protection Association. Click link below.

**<http://www.nfpa.org/categoryList.asp?categoryID=411>**

At the bottom of the page, click on free Sleepover Checklist

# FIRE EXTINGUISHERS

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**All licensed foster homes need to have a fire extinguisher on each level of their home located in a convenient and easily accessible place.**

A fire extinguisher is your best defense against small, contained fires that have just begun to burn. Extinguishers can control flames until the fire department arrives and buy you enough time to get out of a burning structure. Because fire grows and spreads so rapidly, the number one priority for residents is to get out.



# FIRE EXTINGUISHERS

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**LINK:**



Learn more about fire extinguishers  
from the National Fire Protection Association.

Click link below.

**<http://www.nfpa.org/itemDetail.asp?categoryID=277&itemID=18264>**

# FIRE EXTINGUISHERS

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- ✘ Dry chemical ABC is the best type – 2A10B.
  - a. “A” Ordinary combustible material – paper
  - b. “B” Flammable liquid – gas
  - c. “C” Electrical
  
- ✘ Locate the extinguisher in an easily accessible area.
  
- ✘ Always call the fire department if there is a fire.

# FIRE EXTINGUISHERS

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- × Utilize '**PASS**' procedure with an extinguisher.
  - a. **P**ull the safety pin
  - b. **A**im the nozzle low at the base of the fire
  - c. **S**queeze the lever
  - d. **S**weep from side-to-side at the base of the fire

# FIRE EXTINGUISHERS

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- ✘ A typical fire extinguisher contains 10 seconds of extinguishing power. This could be less if it has already been partially discharged.
- ✘ Always read the instructions that comes with the fire extinguisher beforehand and become familiarized with its parts.
- ✘ It is highly recommended by fire prevention experts that you get hands-on training before operating a fire extinguisher. Most local fire departments offer this service.
- ✘ Once the fire is out, **do not walk away!** Watch the area for a few minutes in case it re-ignites.
- ✘ Recharge the extinguisher immediately after use.

# FIRE EXTINGUISHERS

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Link: 

Learn more about how to use a fire extinguisher.  
Click link below.

<http://www.youtube.com/watch?v=ZCSms-jyOao> (2:05 minutes)

# FIRE EXTINGUISHERS

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- ✘ Acting fast can make the difference between a small fire and one that engulfs your whole building.
- ✘ Before fighting a fire, be certain that everyone has been alerted to the fire and is leaving the building and that the fire department has been called.
- ✘ Fight the fire only if:
  - + the fire is small and contained
  - + a correct type of extinguisher is within easy reach
  - + you are near a clear exit in case you need to escape.

# SMOKE ALARMS

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**LINK:** 

Learn more about the basics of home smoke alarms. Click link below.

<http://www.youtube.com/watch?v=4LQ6uhXAzvk>  
(2:19 minutes)

# SMOKE ALARMS

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- ✘ Smoke alarms do not stop fires, but they do give early warning if a fire does occur.
- ✘ Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries.
- ✘ Having a working smoke alarm cuts the chances of dying in a reported fire in half.
- ✘ When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.
- ✘ Almost one-quarter of the smoke alarm failures was due to dead batteries.

# SUMMARY

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Being prepared and planning ahead gives you an edge when looking at protecting your family.

Prevention is always the best way to keep your family safe. By looking at your living space with a critical eye, you may stop a problem before it starts.

**Remember, when in doubt, get out and leave the firefighting to the professionals.**

# SUMMARY

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You have had the opportunity to learn about fire safety for you and your family. Please answer the following questions to test your understanding of what you have learned. Following the questions, you will have a chance to see if your answers were correct.

After reviewing your questions and answers, please print off a copy of the Certificate of Completion, sign, date and furnish a copy to your licensing agency. If you are unable to print, please notify your licensing agency.

# FIRE SAFETY TEST QUESTIONS

1. **What should you teach your child to do if he is sleeping and wakened by the smoke alarm?**
  - a. Run quickly to Mom and Dad's room before the smoke is too bad
  - b. Roll out of bed and stay close to the floor
  - c. Call 911
  - d. Crawl out the window and go to the prearranged meeting place
  
2. **If you are unable to get out of your room due to smoke and fire, which of the following would you do?**
  - a. Crawl under the bed to hide from the fire
  - b. Make a dash for it through the smoke
  - c. Hang some light clothing outside your window to let someone know you are in the room
  - d. Go back to sleep
  
3. **When using a fire extinguisher, the lesson advises using the PASS procedure, which stands for?**
  - a. Point, Aim, Spray, Sweep
  - b. Pull, Aim, Squeeze, Sweep
  - c. Pull, Aim, Spray, Soak
  - d. Present, Angle, Set, Spray

# FIRE SAFETY TEST QUESTIONS

4. Which of the following statements is NOT true about fire extinguishers?
  - a. Fire extinguishers have limits. Fight the fire only if it is small
  - b. Only fight a fire if you are in a clear exit in case you need to escape
  - c. Using the wrong fire extinguishers can cause a fire to spread
  - d. Most fires can be put out by a fire extinguisher
  
5. When practicing with a safety ladder with children during the fire drill, which one of the following is true?
  - a. You should practice going out the first story of the home
  - b. You should practice going out of the second story of the home during the drill
  - c. You should store it in a hallway closet so it doesn't get all tangled up
  - d. Talk to the kids about how to use the ladder, but you don't need to practice
  
6. As you put your fire escape plan together, how many exits should you plan for out of every room?
  - a. one
  - b. two
  - c. three
  - d. four

# FIRE SAFETY TEST QUESTIONS

7. According to foster care regulations, how often should you practice fire drills?
  - a. every week
  - b. once, when the foster child is first placed in your home
  - c. every month
  - d. within the first week any foster child is placed in your home and quarterly after that
  
8. If you are caught in a fire, you can count on the flames to help light your way toward the exit if the electrical lights blow out.
  - a. True
  - b. False
  
9. To meet foster care licensing standards, you should have what kind of fire extinguisher located on each level of your home?
  - a. APW extinguisher (air-pressurized water)
  - b. 4BC dry chemical extinguisher
  - c. 1A10BC fire extinguisher
  - d. Type D fire extinguisher

# FIRE SAFETY TEST QUESTIONS

10. Your fire evacuation should strive to get your family members out of the home within how many minutes?
- a. 2 ½ minutes
  - b. 5 minutes
  - c. 8 minutes
  - d. 10 minutes
11. In a fire drill, which of the following should you teach your children to do? (Choose all that apply)
- a. Roll out of bed and stay close to the floor
  - b. Open the door and stick your head out into the hallway to check for smoke
  - c. Run to Mom and Dad's room when you hear the smoke alarm
  - d. Crawl to the door and feel the cracks around the door for heat and smoke
12. How often should smoke detectors be checked?
- a. whenever it starts making a chirping noise
  - b. monthly
  - c. quarterly
  - d. yearly

# FIRE SAFETY TEST QUESTIONS

13. How often should smoke detector batteries be changed? (Choose all that apply)
- a. monthly
  - b. quarterly
  - c. at least every 10 years for a 10-year lithium battery
  - d. at least once a year for an alkaline battery
14. How often should all natural gas, propane gas, and fuel oil heat appliances be inspected?
- a. quarterly
  - b. yearly
  - c. every two years
  - d. every 4 years
15. How often should solid fuel appliances, such as coal and wood, be inspected?
- a. quarterly
  - b. yearly
  - c. every two years
  - d. every five years

# FIRE SAFETY TEST QUESTIONS & ANSWERS

1. What should you teach your child to do if he is sleeping and wakened by the smoke alarm?
  - a. Run quickly to Mom and Dad's room before the smoke is too bad
  - b. Roll out of bed and stay close to the floor
  - c. Call 911
  - d. Crawl out the window and go to the prearranged meeting place
2. If you are unable to get out of your room due to smoke and fire, which of the following would you do?
  - a. Crawl under the bed to hide from the fire
  - b. Make a dash for it through the smoke
  - c. Hang some light clothing outside your window to let someone know you are in the room
  - d. Go back to sleep
3. When using a fire extinguisher, the lesson advises using the PASS procedure, which stands for?
  - a. Point, Aim, Spray, Sweep
  - b. Pull, Aim, Squeeze, Sweep
  - c. Pull, Aim, Spray, Soak
  - d. Present, Angle, Set, Spray
4. Which of the following statements is NOT true about fire extinguishers?
  - a. Fire extinguishers have limits. Fight the fire only if it is small
  - b. Only fight a fire if you are in a clear exit in case you need to escape
  - c. Using the wrong fire extinguishers can cause a fire to spread
  - d. Most fires can be put out by a fire extinguisher

# FIRE SAFETY TEST QUESTIONS & ANSWERS

5. When practicing with a safety ladder with children during the fire drill, which one of the following is true?
- a. You should practice going out the first story of the home
  - b. You should practice going out of the second story of the home during the drill
  - c. You should store it in a hallway closet so it doesn't get all tangled up
  - d. Talk to the kids about how to use the ladder, but you don't need to practice
6. As you put your fire escape plan together, how many exits should you plan for out of every room?
- a. one
  - b. two
  - c. three
  - d. four
7. According to foster care regulations, how often should you practice fire drills?
- a. every week
  - b. once, when the foster child is first placed in your home
  - c. every month
  - d. within the first week any foster child is placed in your home and quarterly after that
8. If your are caught in a fire, you can count on the flames to help light your way toward the exit if electrical lights blow out.
- a. True
  - b. False

# FIRE SAFETY TEST QUESTIONS & ANSWERS

9. To meet foster care licensing standards, you should have what kind of fire extinguisher located on each level of your home?
- a. APW extinguisher (air-pressurized water)
  - b. 4BC dry chemical extinguisher
  - c. 1A10BC fire extinguisher
  - d. Type D fire extinguisher
10. Your fire evacuation should strive to get your family members out of the home within how many minutes?
- a. 2 ½ minutes
  - b. 5 minutes
  - c. 8 minutes
  - d. 10 minutes
11. In a fire drill, which of the following should you teach your children to do? (Choose all that apply)
- a. Roll out of bed and stay close to the floor
  - b. Open the door and stick your head out into the hallway to check for smoke
  - c. Run to Mom and Dad's room when you hear the smoke alarm
  - d. Crawl to the door and feel the cracks around the door for heat and smoke

# FIRE SAFETY TEST QUESTIONS & ANSWERS

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# CERTIFICATE OF COMPLETION

## ONLINE INITIAL FIRE SAFETY TRAINING FOR FOSTER PARENTS



I hereby certify that I have completed the Online Initial Fire Safety Training.

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Signature

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Date

# ACKNOWLEDGEMENT AND THANKS

When developing this online Fire Safety Course for foster parents in North Dakota, information and resources were provided by:

- ✘ N.D. State Fire Marshal's office
- ✘ N.D. Department of Human Services
- ✘ National Fire Protection Association, Alaska Center for Resource Families Web-Based Course
- ✘ Essex County Fire & Rescue Service in the United Kingdom
- ✘ PATH North Dakota, Inc.

# QUESTIONS?

If you have any questions regarding this fire safety course, please contact your local foster care licensing agency.

Thank you!

