

Things to Remember



Safe Storage

- ⇒ Limit the amount of combustible materials present
- ⇒ Do not store materials in or near heat producing equipment such as boiler rooms, electrical rooms, heaters/personal space heaters, mug warmers...
- ⇒ Maintain adequate space below ceilings – Materials cannot be within 18 inches of the ceiling in buildings with fire sprinkler protection. The distance is increased to 24 inches in non-sprinklered buildings
- ⇒ Maintain aisle widths to allow for unimpeded exiting
- ⇒ Do not block fire suppression equipment such as extinguishers
- ⇒ Do not store or post combustible materials at or near exits

Plan and Practice Your Escape from Fire

- ⇒ Know two ways out of every room
- ⇒ Make sure windows and doors open easily
- ⇒ In a fire, get out and stay out

Be Kitchen Wise

- ⇒ Know the location of all fire suppression equipment in your work areas such as extinguishers, alarm pull stations, & fire blankets
- ⇒ Wear tight-fitting or rolled-up sleeves when cooking
- ⇒ Use oven mitts to handle hot pans
- ⇒ Never leave cooking unattended
- ⇒ If a pan of food catches fire, slide a lid over it and turn off the burner
- ⇒ Don't cook if you are drowsy from alcohol or medication

Stop, Drop and Roll

- ⇒ If your clothing catches on fire: Stop (don't run), drop gently to the ground, cover your face with your hands and roll over and over to smother the flames
- ⇒ If you cannot do that, smother the flames with a towel or blanket
- ⇒ Immerse burns in cool water for 10 to 15 minutes.
- ⇒ If burns are severe, get medical help immediately

Know Your Local Emergency Number

- ⇒ Remember the number for emergencies is 9-1-1
- ⇒ Once you've escaped a fire, call the fire department

For questions contact the Safety Office
858-627-7174



San Diego Unified
SCHOOL DISTRICT