



FIRE SAFETY GUIDE





Thousands of Americans die each year as a result of fires that happen at home. Even when fires are not fatal, they can cause devastation through injury and billions of dollars in property damage.

In 2023, an estimated 352,000 residential structure fires—making up 25% of all reported fires—resulted in 2,920 civilian deaths, accounting for 80% of fire-related fatalities.

But there are ways to lessen the threat! Fire safety education and awareness are simple steps that can help save lives.

Help to prevent a home fire from causing chaos in your life by getting and maintaining smoke alarms, learning about common household hazards, preparing an emergency family evacuation plan, and eliminating fire risks in and around your home.

Our fire safety and planning booklet can help you and your family get started today.

**FIRE
QUICK
FACTS**

On average, a fire department responded to a fire somewhere in the US every 23 seconds in 2023.

TOP TIPS FOR FIRE SAFETY

- ✓ Install smoke alarms on **every level of your home**, inside bedrooms and outside sleeping areas.
- ✓ Test smoke alarms **every month**, and change the batteries at least twice a year at Daylight Saving Time.
- ✓ Talk with all family members about a **fire escape plan** and practice the plan twice a year.
- ✓ If a fire occurs in your home, **GET OUT, STAY OUT**, and **CALL FOR HELP**. Never go back inside for anything or anyone.

Every day, seven people die in home fire.

**FIRE
QUICK
FACTS**

FIRES BECOME DEADLY FAST: A TIMELINE

40 years ago, a person had 17 minutes to escape a home fire. Today, you have less than 2 minutes.

The synthetic materials used in modern homes burn much faster than natural materials, greatly reducing the time you have to escape a house fire safely. Here's how quickly this happens:





TOP CAUSES OF HOUSE FIRES

COOKING — Cooking equipment is the leading cause of home fires. Stay in the kitchen and stay alert while you cook.

HEATING APPLIANCES — Anything that burns should be kept at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, or space heaters. Clean chimneys and fireplaces regularly.

ELECTRICAL EQUIPMENT & LIGHTING — Have all electrical work done by a qualified professional. Use light bulbs with the correct wattage, replace old, fraying, and faulty wires, and don't overload your outlets.

SMOKING — Smoking causes 21% of home fire deaths. If someone in your household is a smoker, always smoke outside and dispose of materials properly.

CANDLES — Keep candles at least one foot away from anything that burns and blow them out before you leave a room or go to bed.

HOLIDAYS — Whether it's a merry Christmas tree or a deep-fried Thanksgiving turkey, fires spike during the holidays. Be careful with old/vintage electrical decorations that may not be as safe as modern ones.

WHAT TO DO IF THERE IS A FIRE

Follow your escape plan and get out fast. The more quickly you can react, the better your chance of escaping safely.

Protect against smoke inhalation. Cover your face when moving through a smoke-filled room.

Get low! Smoke rises, so get down and crawl to your exit. If your first exit is blocked by smoke or if the doorknob is too hot, leave it and find your way to the second exit.

Once you get out, stay out. If a person or a pet is inside and needs assistance, get out first, and then call 9-1-1.

If you can't escape the fire, close the door right away. Cover the vents in the room and door cracks with wet cloth or tape to keep the smoke out. Call 9-1-1, and signal for help through the window with a flashlight or light-colored clothing.

KNOW WHEN TO GO!

Safe escape is your first priority in a house fire. Every household should have a home fire escape plan and working smoke alarms.

USING A FIRE EXTINGUISHER

Remember the **PASS** Method:

- P** – Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- A** – Aim low. Point the extinguisher at the base of the fire.
- S** – Squeeze the lever slowly and evenly.
- S** – Sweep the nozzle from side-to-side.

KEEPING CHILDREN SAFE

Teach your kids the importance of fire safety, how to avoid starting fires, and what to do if there's a fire in your home.

TIPS FOR PARENTS:

- Keep matches and lighters in a secured location, out of the reach of children.
- Practice your home fire escape plan with your children several times a year.
- Never leave children unattended around a fire hazard.
- Teach kids to recognize firefighters. Take them to your local fire department to meet them and learn about fire safety.
- Familiarize children with the sound of your smoke alarm and what to do when they hear it.

WHAT KIDS NEED TO KNOW:

- Fire is a tool for adults, not a toy for kids.
- The "Stop, Drop and Roll" technique – Stop moving, lie down, and roll if clothing catches fire.
- If there's a fire at home, stay low to the ground and crawl to the exit.
- Touch doors before opening – if the door is hot, don't open it.
- Never go back inside once you are safely out.
- Never pick up matches or lighters if found. Instead, tell an adult right away.

FIRE QUICK FACTS

Children under the age of 5 are more than twice as likely to die in a fire.

PROTECTING YOUR PETS:

- Include your pets in your family emergency plan. Add anything they will need to your disaster supply kit and practice taking them with you during an evacuation.
- Get a **Guardian pet alert window cling**.
- Don't leave pets alone with open flames. Be sure to extinguish them before leaving a room.
- If pets will be home alone, consider removing stove knobs or protecting them with covers.



WHAT YOU SHOULD KNOW ABOUT CO

- ✓ Carbon monoxide (CO) is a colorless, odorless, poisonous gas.
- ✓ It is virtually undetectable without using detection technology.
- ✓ More than 400 people in the U.S. die from unintentional CO poisoning every year.
- ✓ Sources of CO gas in the home include stoves, furnaces, water heaters, dryers, and portable generators.



Car Left Running in Attached Garage



Portable Generators



Damaged Water Heater Vent Pipes



Portable Kerosene or Gas Heaters



Loose or Broken Vent Pipes



Improperly Installed Kitchen Range or Vent



Operating a Grill Indoors or in Garage



Gas or Wood-Burning Fireplace

CO POISONING PREVENTION TIPS

- Keep a monitored CO detector on every floor of your home, or one in every bedroom within 10 feet of sleeping areas.
- Test CO detectors at least once a month.
- If your CO alarm sounds, get out right away and call 9-1-1.
- Don't go back inside until emergency responders say it's safe.
- Know the symptoms of CO poisoning, such as headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Guardian Protection CO detectors are monitored 24/7, even when your system is disarmed.



DOES EVERYONE KNOW THE FIRE EVACUATION PLAN?

Fires are fast and unpredictable, so maximize the minutes you have to get out safely!

Get the whole family involved in creating a written evacuation plan, and practice it at least twice a year. Your goal should be to get everyone out in under two minutes.

**FIRE
QUICK
FACTS**

50% of fire deaths happen
between 11 p.m. and 7 a.m.

Fill out this form with your family today

Meeting Place

Shortest Emergency Escape Routes

1 - Through House

2 - Though Window

_____ 's bedroom 1. _____
 2. _____

_____ 's bedroom 1. _____
 2. _____

_____ 's bedroom 1. _____
 2. _____

_____ room 1. _____
 2. _____

_____ room 1. _____
 2. _____

_____ room 1. _____
 2. _____

INSTRUCTIONS

Prepare your family by working together on a fire escape plan. Use this plan to practice your fire evacuation route at least twice a year. Keep this plan displayed in a place where the whole family has access to it.



HOW GUARDIAN CAN HELP

A Guardian Protection professionally monitored home security system can help protect your family and your home.



Our smoke and CO detectors are monitored 24/7, helping protect your home and family from fire and smoke around the clock.



In addition to burglary, fire, and CO monitoring, Guardian offers an all-in-one mobile app and the latest smart home technology.



Guardian Protection is proud to have been named Security Company of the Year and Monitoring Center of the Year — twice!

**FIRE
QUICK
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65% of all fire deaths occur in homes without working smoke alarms.

HOW SMART SECURITY CAN HELP SAVE YOUR HOME

A candle accidentally starts a fire in your home.

Your smoke detector senses smoke. The alarm sounds loudly.

WITHOUT MONITORING

You need to quickly gather your family and get everyone out quickly.

If you still have access to a phone, you must call the fire department to ask for help.

WITH MONITORING

Guardian's monitoring center quickly calls you, and you get a mobile alert.

If a fire is confirmed or we can't reach you, Guardian calls the local authorities.

You gather your family and get out of the house quickly.

Your local fire department begins their response.

If you're unreachable Guardian calls the rest of your emergency contacts.

Firefighters arrive at your home.



GuardianProtection.com

Protecting homes and businesses since 1950, Guardian Protection is one of the nation's largest and most highly regarded security companies. We provide smart technology, 24/7 professional monitoring, and peace of mind to more than a quarter million customers. Our products are installed by experts, monitored by real people, and truly make a difference. We do what we do because of one simple truth:

Life is better when it's safe.

1.800.PROTECT
(1.800.776.8328)

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