

**HealthStream Course 10312  
Providence Alaska Medical Center  
Annual Safety Update 2011**

**Fire Prevention**



**Course Description**

**Fire safety in the medical center is an important issue due to patients not being able to evacuate without assistance from staff. PAMC employees and volunteers should:**

- **Know their responsibilities and role in the event of a fire;**
- **Recognize life safety systems used at PAMC;**
- **Know the importance of keeping egress (exit) hallways clear of obstructions;**
- **Be able to identify where the smoke compartments and evacuation routes are in their work area; and**
- **Be able to identify the nearest fire alarm pull stations and fire extinguishers in their work area.**

## Fire Alarm

In the event of a fire alarm:

- Stay calm.
- Follow your department's specific procedures
- Be aware of your surroundings and ready for further directions from the overhead paging system.



## Roles & Responsibilities

At the fire, remember R.A.C.E

- R - RESCUE and RELOCATE all patients and personnel in immediate danger from the fire area.
- A - Pull the nearest fire ALARM pull station. ALERT all persons in the area and call 777.
- C - CONFINE and/or CONTAIN the fire or smoke by closing all doors and windows.
- E - EXTINGUISH the fire if possible or EVACUATE the area if notified.

Away from the fire:

- Close doors that lead to the main corridor and windows.
- Remove items in the hallways.
- Listen for instructions from the overhead paging system.
- Prepare to evacuate.

## R.A.C.E.

### R - Rescue and Relocate

- **Rescue and Relocate all patients and personnel in immediate danger from the fire.**
- **Know your department's evacuation route, specific procedures and your role (i.e. evacuation of patients).**
- **Always evacuate horizontally and then vertically.**
- **PAMC is divided into "smoke compartments", identified by signs on main corridor doors. Evacuate into a safe adjacent smoke compartment.**



### A - Alarm and Alert

- **Pull the nearest fire ALARM pull station. ALERT all persons in the area and call 777.**
- **Activating a pull station immediately notifies CBX, Facilities Support-Control Room and the Anchorage Fire Department of the event.**
- **When calling (777) you are in contact with CBX. In a calm and clear voice be prepared to give information about the location, nature, and extent of the fire or smoke event.**



### C - Confine and Contain

- **Confine and/or contain the fire or smoke by closing all doors and windows.**
- **Providence Alaska Medical Center is made up of smoke compartments that allow patients, staff and visitors to move from one compartment to another for safe refuge without having to evacuate the building.**
- **Smoke compartments are designed to provide a safe place for refuge in the events of actual smoke or fire. Following your evacuation route will lead you to safe refuge in the next smoke compartment.**



## **E - Extinguish and Evacuate**

- **Extinguish the fire if possible or evacuate the area if notified.**
- **Fire extinguishers are located within 75 feet at any given point.**
- **Know where the fire extinguishers are located in your area.**
- **Contact the Security Department immediately if you observe any problems with a fire extinguisher.**
- **Only use a fire extinguisher if you have had training in its use. Training is offered through Providence Alaska Learning Institute (PALI).**



## **Fire Extinguisher Use**

**When using a fire extinguisher, remember P.A.S.S.**

- **P - PULL the pin.**
- **A - AIM the extinguisher at the base of the fire.**
- **S - SQUEEZE the handle.**
- **S - SWEEP the extinguisher side to side at the base of the fire.**



## **Fire and Life Safety at PAMC**

**There are many systems that are built into the building to protect the occupants from smoke and fire. They include:**

- **Fire alarms, detectors, pull stations, horns, and chimes to detect fires and notify occupants.**
- **Sprinkler to extinguish fire.**
- **Extinguishers to extinguish small fires.**
- **Fire/Smoke barriers (floors, ceilings, walls and doors) that prevent the spread of smoke and fire.**
- **Egress (exit) hallways to allow for safe evacuation.**
- **Exit stairs to allow for safe evacuation.**
- **Exit signage to direct occupants to the exits.**
- **Overhead paging to notify occupants of emergencies.**

**For system repairs notify Facilities at extension 25000.**

## Emergency Plan Map

Your emergency plan at PAMC will identify:

- Evacuation routes;
- Fire extinguisher locations;
- Pull station locations;
- Egress (exit) hallways;
- Exit stairwells; and
- Smoke compartments.

Following your department's evacuation route will lead you to an area of safe refuge from smoke and fire.



## Egress (Exit) Hallways and Stairwells

These are designated routes used for horizontal and vertical evacuation in the event of an emergency.

- Hallways must be kept clear of obstructions at all times. Only crash carts, isolation carts and devices in use may be in the hallway.
- Storage of beds, gurneys, wheelchairs, recliners, and other devices in the hallways is not permitted.
- Hallway or exit stair doors may not be wedged or blocked open.
- Exit stairs must be clear of obstructions at all times.

Remember keep halls clear at PAMC also allows for the safe transport of our patients.



## Defend in Place Strategy

Patient rooms are designed to protect patients in the event of a fire and/or smoke. Patient protection is provided by:

- Smoke compartments within the facility.
- Ceiling tiles to prevent the spread of smoke into their room.
- Fire/smoke detection devices.
- A closed fire/smoke door entering the patient room
- Sprinkler system.



If patients are not in immediate danger, staff can “Defend in Place” until evacuation is initiated.

## Fire and Smoke Doors

- Magnetic hold open devices will release the fire/smoke door in the event of a fire alarm.
- Fire/smoke doors typically offer 20 minutes - 2 hours of safe refuge.
- Most fire/smoke doors have automatic closures that ensure the door will close automatically.
- Fire/smoke doors must close and latch to work properly.
- Patient room doors that do not automatically close need to be closed by staff, these doors need to latch properly when closed.



Any doors that do not close or latch properly should be reported to Facilities at extension 25000.



## Sprinkler System

The sprinkler system is designed to automatically extinguish a fire when the temperature at the sprinkler head reaches approximately 165 degrees F. In order for the sprinkler system to operate properly:

- Ceiling tiles must be in place to keep the heat and products of combustion from getting above the height of the sprinkler head.
- The area below the sprinkler head must be kept clear.
- **No storage within 18 inches** of the sprinkler head.
- Do not hang decorations from the sprinkler head.

For questions regarding storage and the sprinkler system please contact Alvin Peterson at extension 25044.

## Fire Alarms

In the event that the fire alarm system is activated by smoke or a pull station being activated:

- Anchorage Fire Department (AFD) is notified.
- The fire doors with magnetic hold opens will close.
- The bells, horns and strobes will activate in the area of the alarm, the floor above the alarm, the floor below the alarm, and any adjacent area to the alarm.
- CBX will announce overhead Code Red.
- During the announcement the bells will pause.
- Security and facilities staff will respond to the event.

If you hear a Code Red announcement with no bells, the alarm is most likely not near you. Listen for instructions overhead.



## Fire Drills

PAMC conducts at least 12 fire drills each year, one per shift, per quarter.

- Engineering activates building wide drill on Simplex system.
- CBX overhead pages a predetermined area of alarm (which silences bells during page).
- Staff and volunteers are drilled on R.A.C.E. by finding the location.
- Bells are silenced at 2 minutes or sooner depending on staff response in the area.
- Staff and volunteers in the area of the alarm and away from the alarm are drilled on R.A.C.E. by identifying next steps in process.
- Drill is terminated.
- All departments should participate in each drill. There should be one observer for each department.



Fire alarm observation forms are available on the Intranet in the Forms Library.

## Fire Safety Course Summary

- Keep egress (exit) hallways and stairs free of obstructions and storage items at all times.
- Keep storage at least 18 inches from the sprinkler head.
- Do not prop or block the fire/smoke doors open.
- In the event of fire stay calm and remember R.A.C.E. (Rescue, Alarm, Confine, Extinguish or Evacuate).
- When using a fire extinguisher remember P.A.S.S. (Pull, Aim, Squeeze, Sweep).
- In the event of a fire or other emergency call 777.

## 2011 Volunteer Annual Safety Update (ASU) Test Questions

Please open the 2011 Answer Sheet, print that document and mark your answers on the answer sheet.

Another option would be to open the 2011 Test Questions document, print it and mark your answers, then return either one to Volunteer Services.

### Fire Prevention

23. The “A” in R.A.C.E. stands for:

- A. Act
- B. Alarm
- C. Awake
- D. Always

24. In an area with visible smoke and an active fire alarm, you should FIRST:

- A. Help evacuate patients to the exterior of the building.
- B. Prepare to evacuate patients vertically to the next fire compartment that is smoke and fire free.
- C. Rescue anyone in danger.
- D. Walk to the nearest exit.

25. In the event of a fire in the Medical Center you should:

- A. Stay calm
- B. Remember R.A.C.E. (Rescue, Alarm, Contain, Extinguish)
- C. Listen for instructions on the overhead paging system
- D. All of the above

26. What information can you find on the emergency plan map?

- A. Evacuation routes
- B. Fire alarm pull station locations
- C. Fire extinguisher locations
- D. All of the above

27. What is allowed to be in an egress (exit) hallway?

- A. Beds, crash carts, medical equipment
- B. Isolation carts, gurneys, beds
- C. Crash carts, isolation carts, and items in use
- D. Items in use, beds, medical equipment

28. When storing boxes or equipment, all items must be at least :

- A. 10 inches away from the ceiling
- B. 18 inches away from a sprinkler head
- C. 24 inches away from the ceiling
- D. 36 inches away from a sprinkler head