



# News Release

**Sunrise Fire-Rescue Department**  
(954) 746-3400  
[www.sunrisefl.gov](http://www.sunrisefl.gov)  
For Release: IMMEDIATE

## **EVERY SECOND COUNTS: PLAN 2 WAYS OUT!**

*Sunrise Fire-Rescue urges residents to develop a home escape plan.*

(SUNRISE, FL)- Would you and your family know what to do if you awoke to the sound of the smoke alarm and the smell of smoke? In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. That's why home escape planning is so critical in a fire situation. It ensures that everyone in the household knows how to use that small window of time wisely.

"Developing and practicing a home escape plan is like building muscle memory," said John McNamara, Acting-Fire Chief for the City of Sunrise Fire-Rescue Department. "That pre-planning is what everyone will draw upon to snap into action and escape as quickly as possible in the event of a fire."

A home escape plan includes working smoke alarms on every level of the home, in every bedroom, and near all sleeping areas. It also includes two ways out of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole, or mailbox) that's a safe distance from the home.

Here are some additional tips for developing and practicing a home escape plan:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave — this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

For more information on home escape plans and this year's Fire Prevention campaign, "Every Second Counts: Plan Two Ways Out", please visit [www.firepreventionweek.org](http://www.firepreventionweek.org).

In support of the campaign, Sunrise Fire-Rescue will ramp-up outreach efforts throughout October ("Fire Prevention Month"), visiting Sunrise elementary schools and preschools to teach children about fire-safety. On October 31<sup>st</sup> from 5:00 pm to 8:00 pm, trick-or-treaters are invited to all five Sunrise Fire Stations for Halloween candy and fire-safety tips! Call (954)746-3465 for details.

Please visit us on the web: [www.sunrisefl.gov/Fire](http://www.sunrisefl.gov/Fire),  
and follow @SunriseFRD on [Facebook](https://www.facebook.com/SunriseFRD) and [Twitter](https://twitter.com/SunriseFRD).

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