FIRE

GUIDE
IN CASE OF FIRE



RCB
Rządowe Centrum Bezpieczeństwa

Warsaw, 2024

Composition and implementation
GOVERNMENT CENTRE FOR SECURITY



Edition I

Warsaw, 2024

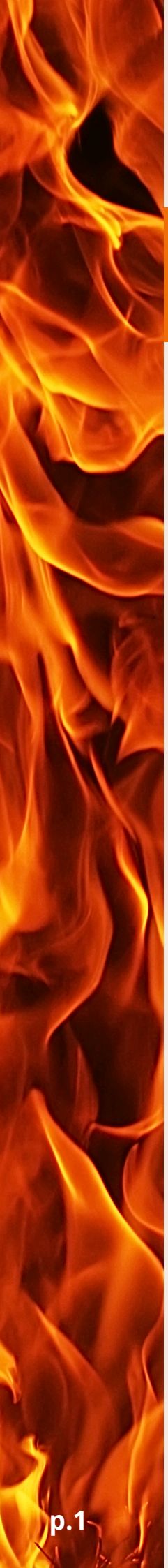


TABLE OF CONTENTS

1. Introduction
    - What is a fire? – p..2
2. Basic information about the fire
    - Causes of fires – p.3
    - Types of fires – p.4
3. Fire prevention
    - How to protect a house from fire – p.5
    - Fire prevention outside – p.6
4. What to do in case of a fire?
    - Notification of services – p.7
    - Extinguishing fires – p.8
    - Fire in the room – p.9
    - Forest fire – p.11
    - Meadow fire – p.13
    - Effects of fire – p.14
5. After fire
    - Visit to the doctor – p.15
    - Reporting damages to the insurer – p.15
    - Psychological support – p.16
    - Rating and analysis – p.16

1. INTRODUCTION



Fires are one of the most serious threats to life, health and property. Even small negligence can lead to disastrous consequences that affects individuals, families and entire communities. In order to minimize the risk of fires and effectively respond to their occurrence, appropriate knowledge is necessary and preparation.

What is a fire?

A fire is an uncontrolled burning process in a place that is not intended for this purpose. A feature of the fire is its uncontrolled way of spreading, which causes huge material losses and, above all, a direct threat to the health and life of humans and animals.

2. BASIC INFORMATION ABOUT THE FIRE

Causes of fires

The most common cause of fire is accidental or deliberate human action, short circuit or defects of the electrical installation and lightning discharge – e.g.:

- arson;
- improper handling of fire;
- leaving the fire unattended (e.g., leaving the candle lit before going to bed);
- lack or improper lightning protection device so-called lightning rod;
- no grounding installation;
- improper operation of electrothermal devices – stoves and fares;
- improper operation of – chimney ducts without systematic cleaning can lead to soot burning.



Types of fires

The way a fire is extinguished depends on what kind of fire it is and what it burns. Therefore, when we witness a fire, the first thing we should do is call for professional help and call the emergency number 112.



Fires are divided into 5 groups:

- **A** solid fire
- **B** fire of flammable liquids and substances melting at high temperature
- **C** fire gas fire
- **D** metal fire
- **F** fat fires (group F replaced group E, which concerned electrically operated materials)



3. FIRE PREVENTION

How to protect a house from fire?

The cause of fires in the house is often our carelessness – cigarette butt, faulty electrical installation or improperly operated chimney system.



Therefore:

- it is worth having an efficient **fire extinguisher, a fire blanket** and, above all, **a smoke detector** at home;
- take care of **the efficient electrical installation**. Turn off electronic equipment if not in use;
- mount **lightning rod**;
- keep clean around household appliances, do not accumulate items that can fuel a fire (such as waste paper, plastic bottles);
- **clean chimney pipes** regularly (if there is a stove or fireplace in the house);
- **insure house**. In case of fire, it will be easier to rebuild/re-create lost property.

Fire prevention outside



FIRE IN FORESTS AND NATURAL AREAS

- do not burn fires in prohibited places;
- do not throw out the cigarette butts;
- be careful when using heating appliances (for example, a grill).

- comply with fire safety regulations and procedures;
- respond quickly to alarm signals;
- take care of order in your workplace.



FIRE IN THE WORKPLACE



FIRE IN A PUBLIC PLACE

- comply with fire safety regulations and procedures;
- avoid risky behavior;
- observe and report threats to service.

4. WHAT TO DO IN CASE OF A FIRE?

Notification of services

If you witness a fire, call the fire department immediately call 112!

After reporting to the duty officer calmly and clearly state:

- your name, telephone number;
- address and place where the fire is;
- what's on fire;
- whether there is a threat to human life and health;
- after providing the information, do not hang up the handset until the notification is confirmed





Extinguishing fires

Remember that not everything that burns can be extinguished with water.

- If burning oil/fat pour water – will explode! Therefore, if we are not sure how to behave, you should immediately leave the place of danger and wait for the fire department.



- Under no circumstances **CAN NOT** extinguish with water devices under voltage – can lead to paralysis.

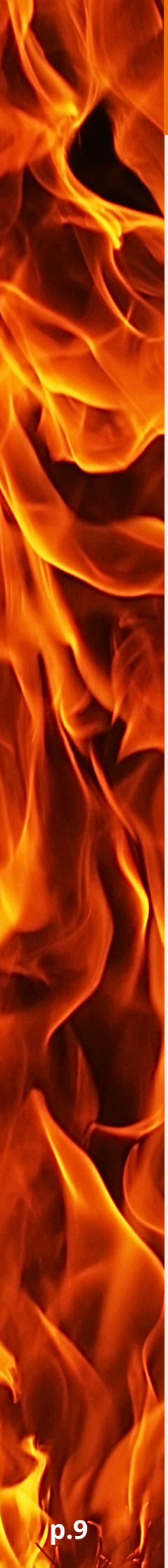


- The fire is fueled by oxygen supply. To cut it off, you can, for example, sprinkle fire with sand, cover with a fire extinguishing blanket or non-flammable fabric.



- If it burns in the room, close the windows and doors – draft stokes the fire.





Fire in the room

When it's on fire

1. Leave the room as soon as possible. Do not lock the door with a key. Do not waste time saving personal belongings – fire can cut off your escape route. If possible, disconnect the gas and electricity. Remember – do not open windows, because through open windows to the room caught in fire oxygen reaches, which can cause the spread of fire.

2. If there is a lot of smoke in the room where the fire broke out, move low to the ground. Protect the airways with a handkerchief or a piece of cloth.

3. Immediately alert people who are in the danger zone.

4. Call the fire department.

5. Help those at risk.



6 If you see a burned person, call an ambulance immediately. Until the rescuers arrive, put the injured person on the ground and cover him. Don't take your clothes off him.

7 If your clothes are on fire, lie down on the ground and turn/roll to put out the flames.

8 The rescue operation until the arrival of firefighters is managed by the plant manager/owner of the facility or the most energetic and composed person.

9 If you do not take part in the rescue operation, leave the place of the event.

10 Don't panic.



Forest fire



People are responsible for over 90% of forest fires, so when entering the forest, you should be careful and responsibly.

Forest susceptibility to fire depends on the weather – the drier it is, the greater the likelihood of a fire. When the humidity of forest litter falls below 28%, the risk of its easy ignition increases significantly.



Remember! Forest is an excellent combustible material, therefore:

- do not light a fire outside the designated areas;
- in national parks, move only on designated routes;
- use motor vehicles only on marked roads;
- comply with the ban on entry into the forest.

Before going out into the forest, check the fire hazard map on the Forest Research Institute website or in the daily report issued by the RCB every day.

Forest Research Institue

RCB daily report



In the case of high temperatures and fire hazards, **periodic entry bans to forests** are introduced. To check this, use the map prepared by the State Forests.

Map of periodic forest entry bans

Degrees of fire hazard in forests:

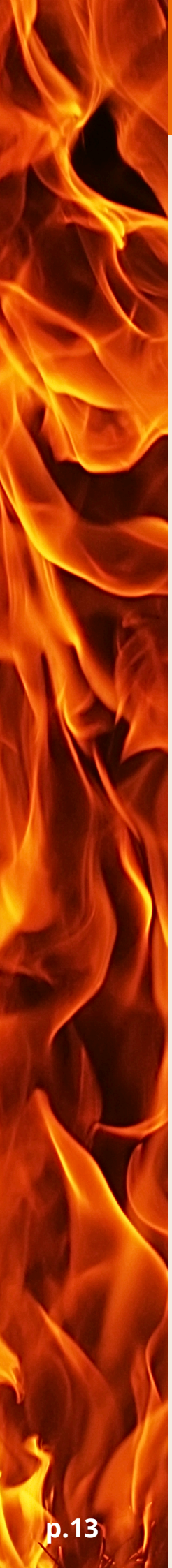
0 - no danger,

I - small threat,

II - medium threat → be careful,

III - big (catastrophic) threat → do not light fires (even in designated areas).





Meadow fire

Meadow fires are most often the result of grass burning or arson. In the fire, life loses many useful animals, including earthworms (which have a positive effect on the structure of the soil and its properties). It happens that people also die.

When we find ourselves in an area covered by fire, escape is very difficult – the speed of fire spread can be over 20 km/h, while the fast run is about 15 km/h.

In accordance with the provisions of the Code of Offences, as well as the Act on Nature Protection, grass burning is prohibited. They are threatened with a penalty of arrest, restriction of liberty or a fine of up to 30 thousand zlotys.



Effects of fire

Not only fire is dangerous, but also high temperature and smoke. Choking on very hot air can cause burns to the lungs. Smoke poses the greatest threat → very quickly spreads around the facility, cuts off escape routes and causes poisoning and burns.



Material losses

- Destruction of property – buildings, vehicles and other valuable items can be completely destroyed.
- Financial losses – recovery and repair costs are often huge.

Threat to life and health

- Loss of life – fires can lead to death.
- Damage and burns – fire and smoke cause serious injury.

Ecological effects

- Emission of toxic substances – discharging of harmful gases into the atmosphere, water, earth.
- Destruction of the environment – loss of habitats for plants and animals.

Social consequences

- Trauma and stress – fire can cause long-term mental problems.
- Impact on the community – destruction of homes and jobs disorganizes everyday life.

Economic losses

- Production interruptions – business disruptions lead to economic losses.

5. AFTER FIRE

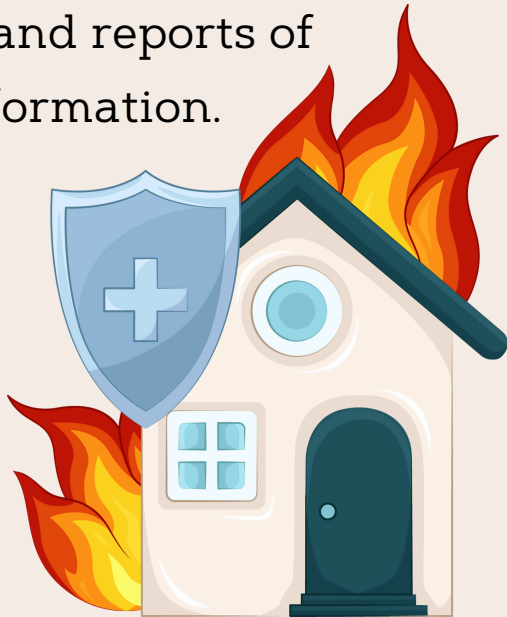
Visit to the doctor

Any person who participated in the fire should be examined by a doctor. Even if there are no external injuries, she inhaled smoke, which can be toxic. There may also have been a burn in the airways.



Reporting damages to the insurer

If during a fire your property was damaged or you suffered damage to your health, contact your insurer as soon as possible. Provide complete documentation, including photos and reports of damage assessment or medical information.



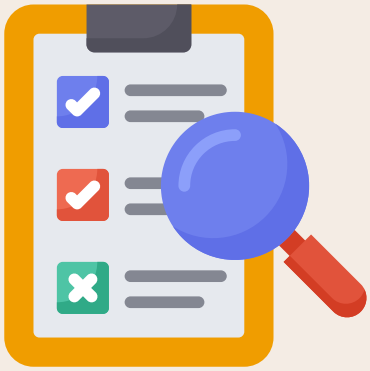
Psychological support

Psychological assistance: After a fire, you may experience stress, anxiety, or other emotional problems. If you need it, do not be ashamed to ask for help from specialists.



Rating and analysis

Make sure you have the right fire equipment, such as fire extinguishers, smoke detectors and alarm systems.






RCB
Rządowe Centrum
Bezpieczeństwa