

**Look inside**

**for important  
fire safety and  
preparedness  
information.**



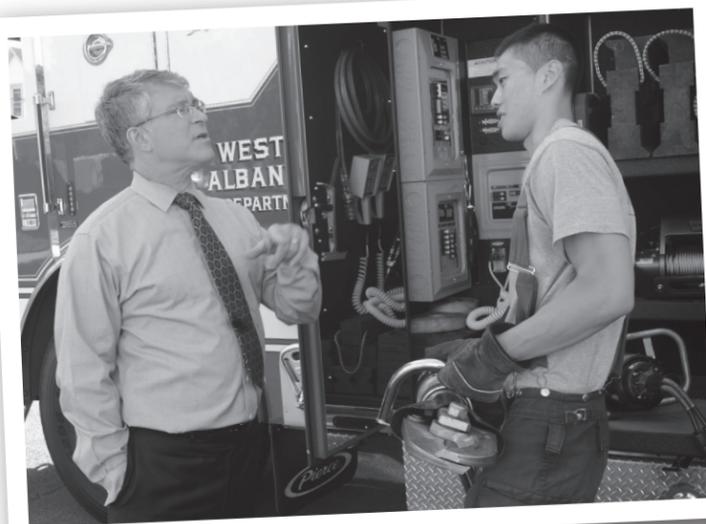
**What if you called and  
no one answered?**

**Volunteer firefighters keep  
our community safe.**

**Assemblymember Phil Steck  
encourages you to be  
an everyday hero and  
volunteer today!**

## **Assemblymember Phil Steck is working to make our communities safe**

**He sponsored legislation that would:**



- **Mandate benefits for volunteer firefighters** include coverage for melanomas or cancers incurred from service
- **Ban the use of certain chemicals in upholstery that are dangerous when burned**, which pose greater risk to firefighters
- **Require telecom companies to provide fire companies with caller identification free of charge**

### **Niskayuna Fire Departments**

**For emergencies dial 911**

Niskayuna Fire District 1:	374-8386
Niskayuna Fire District 2:	785-6033
Stanford Heights Fire Department:	346-7948

**Volunteer firefighters are eligible for community college tuition reimbursement  
for up to 80 credit hours through FASNY HELP.**

Phone: 855-367-6933 Fax: 518-426-0139 Email: [HELP@fasny.com](mailto:HELP@fasny.com)

**For more information on volunteering, please contact Kyle Rudolphsen, Schenectady  
County Fire Coordinator: 518-370-3113 x2 or [Firecoordinator@schenectadycounty.com](mailto:Firecoordinator@schenectadycounty.com)**

**For this or any other community issue, please contact Assemblymember Phil Steck's office**

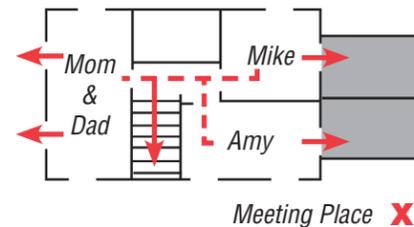
Albany Office: LOB 819 • Albany, NY 12248 • 518-455-5931 • [steckp@nyassembly.gov](mailto:steckp@nyassembly.gov)  
District Office: 1609 Union St. • Schenectady, NY 12309 • 518-377-0902

# E.D.I.T.H. step-by-step

## 1 Planning your escape

### A. The floor plan.

- Draw an outline of your home or apartment. Make a drawing for each floor where people sleep. Dimensions don't need to be exact.
- Now add each bedroom and label it. Show important details: stairs, hallways, roofs that could be used as a fire escape.
- Choose a family meeting place and show it on the plan.



### B. Inspection time!

- Check each bedroom for the best window or door for an emergency escape.
- Test windows - make sure they open easily and are large enough and low enough. Ask yourself: can children open them?
- While you're at it, check your smoke detector. If you don't have one, get one.

### C. Finish your escape plan.

- Use blue or black arrows to show the normal way out, such as the stairs or hall.
- Use different colored arrows to show emergency exits in case fire blocks your normal route.

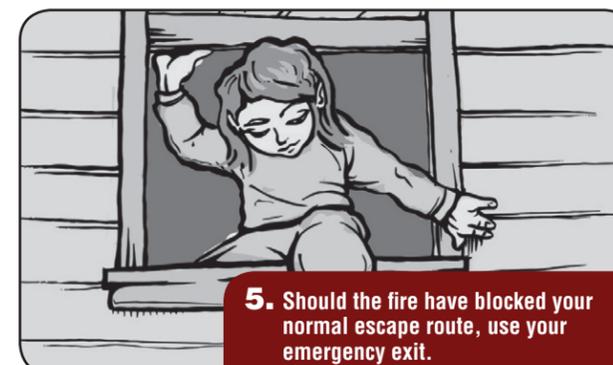
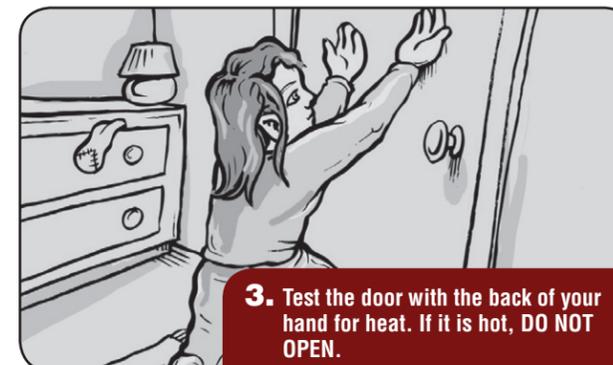
## 2 The family meeting

Discuss your plan and these procedures with your family:

1. Always sleep with bedroom doors closed. This will keep heat and smoke out for a short time – the few extra minutes you may need to escape.
2. Find a way for everyone to sound a family fire alarm. Blow a whistle, pound on walls, yell, etc.
3. In a fire, seconds count. Don't waste time dressing or looking for valuables or pets. As much as they may mean to you, your life is more important.
4. Roll out of bed. Stay low. Just one breath of smoke or hot gases can kill you.
5. Feel the door. If the door or doorknob is hot, don't open it! Instead, use your second way out.
6. Once outside, go to your family meeting place. Check to see if everyone is safe. Once you're out, stay out!
7. Call 911 or the appropriate emergency contact from a neighbor's house, cellular phone or other safe location. Again, once you are out, STAY OUT!

## 3 The drill

1. Begin with everyone in his or her bed.
2. Sound the alarm. Press the smoke detector test button. Yell FIRE! or use some other signal.
3. Everyone should roll out of bed, stay low and feel the door for heat. First time: Use the normal exit. Brace your shoulder against the door and open it slowly, ready to shut it quickly if there is heat or smoke. Second time: Pretend doors are hot. Everyone must use the second way out.
4. Gather at meeting place and check that everyone is out.
5. Appoint someone to simulate calling the fire department.
6. Get together to talk about the drill. Make changes to the plan if necessary and rehearse them.
7. Hold a family escape drill every few months – at least twice a year. The more you practice, the better you will be able to act quickly and automatically in a fire emergency.



### Tips

- Be sure everyone has a second way out.
- Escape ladders may be necessary.
- Any security devices should open easily. In a fire you might not be able to find a key.
- If necessary, rearrange bedrooms to provide easier escape for children, elderly or disabled.
- Never use elevators if there's a fire.

### Why E.D.I.T.H.?

- Most fatal home fires happen between midnight and 8 a.m. when most people are asleep.
- Toxic gases and heat, which can reach over 1000° F, rise and can travel far ahead of the actual flames.
- When your smoke detector sounds, you may have less than 2 1/2 minutes to get out. Without an escape plan you have practiced, you may not make it.
- If you don't have a smoke detector, you risk never waking up.