

# Fire & Disaster



## Victim Services of Kingston and Frontenac

c/o Kingston Police, 705 Division Street, Kingston, Ontario K7K 4C2

Telephone: 613-548-4834 Fax: 613-547-6674

[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)

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## Also Available



## And more...

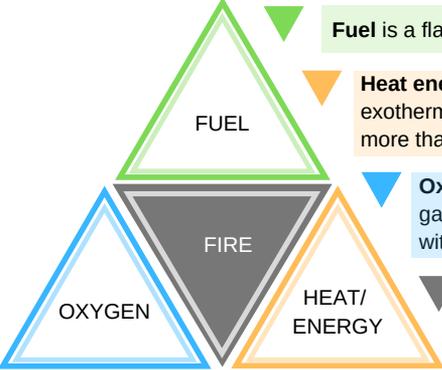


**Be Ready for Emergencies**

House fires, floods, power outages, and even catastrophic earthquakes – whatever the disaster, the official Canadian Red Cross Be Ready app helps you and your family be prepared for different emergency situations and to take action when a disaster strikes. Get instant access to tips and information through your mobile device.




## Understanding Fires



- Fuel** is a flammable material that begins the process of combustion.
- Heat energy** is produced during combustion because the reaction is exothermic. Since these reactions are ongoing, combustion releases more than enough heat to make the fire self-perpetuating.
- Oxygen** supports burning due to oxidation. This is when gases released by fuel heat up, break apart, & recombine with oxygen. This is what causes burning to begin.
- Fires** start and continue when all those factors exist. Fire extinguishers work on one or more of those components to stop the fire.

## Carbon Monoxide

Carbon Monoxide is a colourless, odourless, and tasteless toxic gas that enters the body through the lungs when you are breathing during a fire. Hundreds of Canadians are hospitalized every year from carbon monoxide poisoning. It is important to ensure your smoke alarm is functional and designed to detect it.

## Symptoms



MILD

- Slight headache
- Nausea
- Vomiting
- Fatigue



MEDIUM

- Severe headache
- Confusion
- Drowsiness
- Fast heart rate



EXTREME

- Unconsciousness
- Convulsions
- Cardio-respiratory failure
- Death

## Fire Extinguishers

A fire extinguisher is a storage container for an agent like water or chemicals. It is designed to put out a small fire, not a large one. Extinguishers are labelled A,B,C or D. Ensure you use the right extinguisher for the appropriate type of fire.

- |   |   |  |   |
|---|---|--|---|
| <p><b>A</b></p> <ul style="list-style-type: none"> <li>• Paper</li> <li>• Wood</li> <li>• Drapes</li> <li>• Upholstery</li> </ul> | <p><b>B</b></p> <ul style="list-style-type: none"> <li>• Fuel/ Oil</li> <li>• Paint</li> <li>• Grease</li> <li>• Solvents</li> <li>• Flammable Liquids</li> </ul> | <p><b>C</b></p> <ul style="list-style-type: none"> <li>• Wiring</li> <li>• Fuse Boxes</li> <li>• Conductors</li> <li>• Electrical Sources</li> </ul> | <p><b>D</b></p> <ul style="list-style-type: none"> <li>• Magnesium</li> <li>• Sodium</li> <li>• Other Metals</li> </ul> |
|---|---|--|---|

## When using a fire extinguisher, remember **PASS**



- **P**ull the pin while holding the nozzle away from you, then release the locking mechanism.
- **A**im low, pointing the nozzle at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side to side

Most fatal fires occur at night when people are sleeping. A working smoke alarm will detect smoke and sound to alert you. Effective March 1, 2006, it is the law for all Ontario homes to have a working smoke alarm on every storey and outside all sleeping areas.

There are two different types of smoke alarms to choose from:

- Ionization Smoke Alarms use electricity to detect smoke and activates the alarm.
- Photoelectric Smoke Alarms use a light to detect and activate the alarm.

Because smoke rises, it is recommended you place the alarms on the ceiling. Avoid ceilings near bathrooms, heating appliances, windows and ceiling fans. The smoke alarm should be installed between each sleeping area and the remainder of the building or where a sleeping area is served by a hallway, install the alarm in the hall. Always install the smoke alarm on or near the ceiling in accordance with the manufacturer's installation instructions.

The batteries on my alarm  
were last changed:

## Fire Escape Plan

### Escape planning tips

- Pull together everyone in your household and make a plan. Walk through your home and inspect all possible exits and escape routes. Households with children should consider drawing a floor plan of your home, marking two ways out of each room, including windows and doors.
- A closed door may slow the spread of smoke, heat and fire. Install smoke alarms in every sleeping room, outside each sleeping area and on every level of the home.
- Choose an outside meeting place a safe distance in front of your home where everyone can meet after they've escaped.
- Go outside to see if your street number is clearly visible from the road.
- Practice your home fire escape plan twice a year, making the drill as realistic as possible.
- Escape ladders can be placed in or near windows to provide an additional escape route.

## Family Household Emergency Kit

Your Family Household Emergency Kit should include:

- **A go bag** - This is what will hold all of your items, and what you will grab to take with you when you must evacuate your home quickly.
- **Flashlight** - Place batteries in reverse inside to conserve energy while not in use
- **Radio and extra batteries** - A battery-operated or crank radio can be used to receive the latest news during an emergency.
- **Batteries and chargers** - Include extra batteries to run the flashlight and the radio. Consider getting a solar-powered, crank or vehicle phone charger.
- **First Aid Kit** - This includes adhesive bandages, waterproof tape, antiseptic wipes, assorted bandages, gauze pads, gauze rolls, cotton sterile rolls, eye pads, eye wash, face masks, first aid cream packets, cold pack, non-adhesive pads, plastic bags, scissors, triangular bandages, tweezers, latex gloves and first aid instructions
- **Bottled Water** - Four litres of water per person per day.
- **Cash** - Having between \$20 and \$100 on hand in case the ATM machines are not working
- **Canned food** - Non-perishable, ready-to-eat food, as well as a manual can opener.
- **Whistle** - This will allow you to signal for help.
- **Plastic sheeting** - This can be used to seal doors, windows or ventilation systems.
- **Duct Tape** - With the plastic sheeting, to seal doors, windows and ventilation
- **A phone** - That doesn't require constant electricity

## Individual Emergency Kit

Your Individual Emergency Kit should include:

- Copies of credit and debit cards
- Cash
- Bottled water and non-perishable snacks
- Flashlight
- Battery operated or crank radio with extra batteries
- Medication. Pack any prescription and over-the-counter medications you may need in addition to a list of your medications and copies of prescription slips.
- First Aid Kit
- Regional Map
- Contact list
- Comfortable shoes
- Extra sets of keys
- Toiletry kit: hand sanitizer, toothpaste, toothbrushes, a change of contact lenses, feminine hygiene products, shaving cream, razors, soap, moist towelettes, band-aids, nail clippers, Q-Tips, lip balm and sunscreen
- Blankets
- Rain Gear
- Copies of important documents such as birth certificates, photo ID, insurance information
- Photographs
- Mess kit: cooking and eating utensils, plates, cups, spoon, fork, knife and paper towel

The following information was extracted from After A Flood, by the Government of Canada: <https://www.getprepared.gc.ca/cnt/hzd/fllds-frm-eng.aspx>

*After a flood, always contact your home insurance to understand what they offer.*

## Re-entering your home

- Do not return home until authorities have advised that it is safe to do so.
- Do not use any appliances, heating, pressure, or sewage systems until electrical components have been thoroughly cleaned, dried, and inspected by a qualified electrician.

## Water

- Flood water can be heavily contaminated with sewage and other pollutants. It can cause sickness and infections.
- If your house has been flooded and you have a well, don't drink the water. Have it tested first.
- Household items that have been flood-damaged will have to be discarded according to local regulations.

## Documentation

- Store all valuable papers that have been damaged in a freezer until they are needed (After your cleanup, consult your lawyer to determine whether flood-damaged documents, or just the information in them, must be retained).
- Record details of flood damage by photograph or video, if possible.
- Register the amount of damage to your home with both your insurance agent and local municipality immediately.

## Salvage or Dispose of?

- Dispose of all insulation materials, particleboard furniture, mattresses, box springs, stuffed toys, pillows, padding, cushions and furniture coverings that have been exposed to flood water.
- You can salvage:
  - Frames of high-quality furniture can often be saved. However, they must first be cleaned, disinfected and rinsed, then dried by ventilation away from direct sunlight or heat. Drying too quickly can cause warping and cracking.
  - Clothes can be cleaned. Scrape heavy dirt from washable clothes. Rinse and wash them several times with detergent and dry quickly.

## Before moving back in

- The regular water supply has been inspected and officially declared safe for use.
- Every flood-contaminated room has been thoroughly cleaned, disinfected and surface-dried
- Adequate toilet facilities are available.

The following information was extracted from After a flood, by the Government of Canada: <https://www.getprepared.gc.ca/cnt/hzd/flds-fty-eng.aspx>

## Recommended flood cleanup equipment

- Gloves, masks and other protective gear
- Pails, mops and squeegees
- Plastic garbage bags
- Unscented detergent
- Large containers and clotheslines

## Water

- Remove water from your flooded home slowly. Drain it in stages - about one third of the volume daily.
- Use pumps or pails to remove standing water, then a wet/dry shop vacuum.
- For instructions on how to disinfect and restore wells and cisterns, contact your local or provincial health authorities or emergency management organization.

## Dirt and debris

- Remove all soaked and dirty materials as well as debris.
- Break out walls and remove drywall, wood panelling and insulation at least 50 centimetres (20 inches) above the high-water line.
- Hose down any dirt sticking to walls then rinse several times.
- Wash and wipe down all surfaces and structures with unscented detergent and water. Rinse.

## Heating and appliances

- Do not heat your home to more than 4°C (about 40°F) until all of the water is removed.
- If you use pumps or heaters powered by gasoline, kerosene or propane, buy and install a carbon monoxide sensor.
- Flooded forced-air heating ducts and return-duct pans should be either cleaned or replaced.
- Replace filters and insulation inside furnaces, water heaters, refrigerators and freezers if they have been wet. However, it is often cheaper to replace this equipment.

## Floor drains

- Flush and disinfect floor drains and sump pumps with detergent and water. Scrub them to remove greasy dirt and grime.
- Clean or replace footing drains outside the foundation when they are clogged. Consult a professional for advice or service.

The following information was extracted from After a flood, by the Government of Canada: <https://www.getprepared.gc.ca/cnt/hzd/flds-frm-eng.aspx>

## Structures

- Ventilate or dehumidify the house until it is completely dry.
- Rinse and then clean all floors as quickly as possible.
- Replace flooring that has been deeply penetrated by flood water or sewage.
- Clean all interior wall and floor cavities with a solution of water and unscented detergent.

## Carpets and furniture

- Carpets must be dried within the first two days. For large areas, hire a qualified professional to do the job. Carpets soaked with sewage must be discarded immediately.
- Remove residual mud and soil from furniture, appliances, etc.
- If items are just damp, let the mud dry and then brush it off.
- To test if material is dry, tape clear food wrap to the surface of the item. If the covered section turns darker than the surrounding material, it is still damp. Dry until this no longer occurs.
- For upholstered furniture you should consult a professional to see what can be salvaged. In the meantime, remove cushions and dry separately. Do not remove upholstery. Raise furniture on blocks and place fans underneath.
- Wooden furniture: Remove drawers and open doors. Do not dry quickly or splitting may occur.

## Mold

- If you are cleaning up in a room where mold is present, wear a face mask and disposable gloves.
- To minimize mold growth, move items to a cool, dry area within 48 hours and set up fans.
- Alternatively, textiles, furs, paper and books can be frozen until they are treated.
- Wet mold will smear if wiped. Let it dry and then brush it off outdoors. You can also kill mold spores by lightly misting the item with rubbing alcohol.

## Food and medicine

- All undamaged canned goods must be thoroughly washed and disinfected.
- Dispose of all medicines, cosmetics and other toiletries that have been exposed to flood water.
- Dispose of:
  - Contents of freezer or refrigerator
  - All boxed foods
  - All bottled drinks and products in jars

The following information was extracted from Guide to Fire Recovery by the Canadian Red Cross [redcross.ca/crc/documents/3-1-2-4-Fire-Recovery-Guide.pdf](https://www.redcross.ca/crc/documents/3-1-2-4-Fire-Recovery-Guide.pdf)

## First Steps

According to the Canadian Red Cross Recovery guide, if you cannot stay in your home due to fire damage, you will need to find temporary housing for your family and any pets. In a disaster, families may become separated or loved ones outside the disaster area may be trying to reach you. If you are looking for a family member, contact your local Red Cross office.

Contact your insurance company and let them know what has happened. They will want to know a record of damage to your home and belongings and may request photos or video. If you have been affected by a house fire, you may be eligible for government disaster financial assistance. Check with your local authorities for more information related to available assistance programs.

You will not be allowed to re-enter your home after a fire if the building inspector judges the building to be unsafe. If a fire investigation is being done, you must get permission from the Fire Inspector before re-entering. A firefighter may escort you to ensure your safety. Protect yourself by dressing properly, including rubber boots or sturdy boots, safety glasses, hard hat, rubber gloves and a dust mask.

## Canadian Red Cross

The Canadian Red Cross may provide emergency and disaster services in partnership with first responders, emergency managers, public officials, and in collaboration with other voluntary sector organizations.

These services may include emergency lodging, reception and information, emergency food, emergency clothing, personal services and family reunification.

If you have been affected by a personal disaster, such as a house fire, contact us at 416-209-0432. Otherwise, contact (905) 723-2933 for general enquiries.



**CANADIAN  
RED CROSS**

### **Kingston and District Branch**

2790 Princess Street  
Kingston ON K7P 1W9

### **Hours of Operation**

Mon - Fri: 8:30 am - 4:30 pm  
Saturday - Sunday: Closed

*After a fire, always contact your home insurance to understand what they offer.*

## **Hazardous materials**

- Dispose of hazardous materials such as solvents, garden chemicals and home cleaning products that have been soaked or that show signs of water damage at the Household Hazardous Waste Depot, where the recycling center is, Thursdays (8 a.m. to 5 p.m.) and Saturdays (8 a.m. to 4 p.m.) from April through November.

## **Food and medicine**

- Perishable foods, foods packaged in cardboard or plastic, or any foods or medicines directly exposed to heat, smoke, fumes or water should be discarded.
- Discard all food in glass jars and metal cans.
- Dispose of all medicines, cosmetics and toiletries that have been exposed to smoke or extreme heat.
- Dispose of the following items if they have been exposed to smoke, soot or heat from the fire:
  - Contents of the freezer or fridge including all meat and produce
  - All boxed foods
  - Cans with large dents or with any external damage

## **Smoke, odours & soot**

- Try placing small saucers of vinegar, vanilla or activated charcoal around the house to absorb odours. Smoke odours can last a long time. You will probably need to clean everything in the house several times.
- If you can't remove the smoke odour, contact a professional.

## **Heating, appliances and utilities**

- Do not use appliances, electrical outlets, switch boxes or fuse-breaker panels until they have been checked by a qualified electrician.
- Have your central heating system checked by a qualified technician before use.
- Replace filters and insulation inside furnaces, air conditioners, water heaters, refrigerators and freezers if they have been damaged. You may need to consider replacing the whole appliance, depending on the severity of the damage.
  - Contact the appropriate utility or service company to have your service restored (i.e. electricity, gas, cable, phone, etc.) when you are ready to return home.

The following information was extracted from Guide to Fire Recovery by the Canadian Red Cross [redcross.ca/crc/documents/3-1-2-4-Fire-Recovery-Guide.pdf](http://redcross.ca/crc/documents/3-1-2-4-Fire-Recovery-Guide.pdf)

## Floors and walls

- Vacuum all surfaces, including carpets and rugs. Seal off the room you are working in with plastic sheeting to keep soot from travelling throughout the home.
- Consult a professional painter for advice on how to clean your walls. You may need to re-paint with a specially formulated paint.

## Furniture

- Remove residual mud and soil from furniture and dry it off. If you suspect any mold on any furniture that has been wet, contact a professional for advice.
- Consult a furniture restoration professional to see if any upholstered furniture can be salvaged.
- You may need to replace furniture entirely if it has been severely damaged by fire.
- Scrub wooden surfaces (furniture, kitchen cabinets, railings, etc.) with a stiff brush and a cleaning solution such as Murphy's Oil Soap.

## Clothing

- If affected by the fire, use your washer and dryer only once they have been checked by a qualified electrician.
- Scrape all heavy dirt from clothes, rinse and wash several times with detergent and dry immediately to prevent mold from forming

## Mattresses and pillows

- Mattresses and pillows are usually not worth saving.
- If you must use a mattress temporarily, let it dry in the sun and then cover it with plastic sheeting.

## Books, ID, photographs and papers

- Victim Services has a booklet that covers replacing any and all Identification and important paperwork that can't be salvaged. Contact us at 613-548-4834 for more information.
- To salvage important documents, put them in the freezer immediately. Later, allow them to thaw and lift off each page as it thaws.
- For advice on salvaging books, photographs or paintings damaged by fire, contact the Canadian Conservation Institute toll free at 1-866-998-3721.

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# Victim Services of Kingston & Frontenac

Victim Services of Kingston & Frontenac is a community-based program working in partnership with emergency services and local support agencies. It is a 24/7 service that provides confidential emotional support, practical assistance, referral and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster, in order to lessen the impact of victimization.

Immediately following violent crime victimization, financial assistance may be available through the Victim Quick Response Program with Victim Services of Kingston & Frontenac.

*A time-sensitive staff assessment is required.*

c/o Kingston Police, 705 Division Street,  
Kingston, Ontario K7K 4C2  
Telephone: 613-548-4834 Fax: 613-547-6674  
[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)



*Committed to treating  
individuals with courtesy,  
compassion and with  
respect for their dignity,  
privacy and diversity.*