



ILO Self-Advocate Life Skills Exercise

Safety

Using a Fire Extinguisher

Life Skills Exercise

1. Watch this YouTube video (<https://www.youtube.com/watch?v=Hw4uIiXUCY4>) and list 2 things you learned from it:

- (1) _____
(2) _____

2. Review the following steps and then walk through the steps (role play):

Steps for Responding to the Initial Stage of a Fire

Step 1:	<ul style="list-style-type: none">• Pull the fire alarm and call 911.
Step 2:	<ul style="list-style-type: none">• Identify a safe evacuation path before approaching the fire.
Step 3:	<ul style="list-style-type: none">• Use the extinguisher using the P.A.S.S. technique (pull, aim, squeeze and sweep).
Step 4:	<ul style="list-style-type: none">• Evacuate immediately if the extinguisher isn't working or if it's a large fire.

3. Examine a real fire extinguisher and make sure you understand this technique:

PASS Fire Extinguisher Technique

- **PULL:** Pull the pin. This will also break the tamper seal.
- **AIM:** Aim low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire.
- **SQUEEZE:** Squeeze the handle to release the extinguishing agent.
- **SWEEP:** Sweep from side to side at the base of the fire until it appears to be out. Watch to make sure it doesn't reignite.



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Self-Advocate Name _____ Date _____

ILO Community Builder _____

How Well Do You Know This?

1. Where is your fire extinguisher located in your home? _____

2. What are the 4 action steps to take if a fire breaks out.

(1) _____

(2) _____

(3) _____

(4) _____

3. What is the acronym commonly used to help us remember how to use a fire extinguisher? _____

4. What are the 4 steps for using a fire extinguisher?

(1) _____

(2) _____

(3) _____

(4) _____




5. Do you feel confident that you could handle an emergency situation that involved a small fire? Yes No

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Self-Advocate Keep & Post

Remember the **PASS** Word

P ull	Pull the pin (or other motion) to unlock the extinguisher.	
A im	Aim at the base (bottom).	
S queeze	Squeeze the lever.	
S weep	Sweep the spray from left to right.	