

Fire In Your Residential Building

To Go ??

Or

To Stay ??

当你的居住大楼失火怎么办

逃离??

或

呆下来??

Your safety depends on the right decision.

Your fire safety is **your** responsibility! If you live in an apartment or condominium, your safety also depends on the actions of the building management and other residents. Every fire is potentially dangerous and unpredictable, so do not underestimate the risk to your life. Fire and smoke move very quickly, and the conditions in any part of the building may change in an instant. Smoke can spread throughout a building and enter your suit even when the fire is many floors away. During an emergency, you will not have much time to decide what to do. Make sure you know what to do ahead of time.

你的安全取决于正确的决定。

火警中你对你的安全是应负责对待的。如果你是住在一公寓里或集体宿舍里，你的安全也是和大楼管理及其他居民的行动相关连的。每一火警对你都有潜在的和不可预料的危险，因此，不可低估危险将危及你的生命。火和烟雾的移动非常迅速，建筑物的任何一部分的情况会瞬间发生变化。烟雾能

迅猛贯穿散布于整幢大楼、并进入你的公寓套间，即使火源离你在很多层楼之外。当意外事故发生时，你将没有很多时间去决定该做什么。未发生火警前你就该弄清、在火警时你该做些什么。

1 Some information I have read tells me to evacuate immediately in case of fire. Other information says that I will be safer if I stay in my suite. Which is correct?

To go or to stay ... the decision is yours. Each option involves a major commitment on your part. Your choice will depend on the circumstances at the time of the emergency. You should understand the consequences of this important decision. **Most of the time, the best thing to do in a fire is leave the building as soon as possible. If you let this opportunity pass, you must be prepared to protect yourself from smoke and other effects of fire until you are rescued or told by the fire department that it is safe to leave.** This may take a long time and the condition in the building may deteriorate. Do not try to leave your suite a long time after the fire alarm has sounded. The longer you wait to evacuate, the more risk there is that heavy smoke and heat will have spread into the stairways and corridors. Your chances of survival are significantly reduced. The following information will help you to make the right decision and to develop a personal fire emergency response plan ahead of time.

1 有些资料告诉我当火警发生时立即撤离。而有的资料又说我呆在自己的公寓室内是安全的。哪一个是正确的？

逃离或呆着... 这决定权是你自己的。在你这方面每个选择包含着一主要信念。你的选择要根据火警事故发生时的环境状况。你应该明白此重大决定的后果。大多数时间，在一火警事件中、最佳去做的事是尽快离开大楼。如果你失去此最佳时机，那你必须准备从烟雾中保护你自己和其它因火灾引起的后果，直到你被救出、或被消防部门告知可以安全撤出为止。这就可能有段长时间的耽搁，大楼灾情也可能恶化。不要在火警警报鸣响后长时间仍在犹豫撤离你的公寓房。愈长时间犹豫撤离，其危险性愈大。浓重的烟雾和高温将散布到楼梯通道和走廊。你求生的机会将明显地减少。以下资料会帮助你如何作出正确的决定，并在火警事故发生前、如何拟定一个个人的反应计划。

When should I go?

何时我应逃离？

Evacuation is appropriate under any of the following conditions:

撤离，在以下几种情况下是恰当的：

A: As soon as possible when you hear the fire alarm or discover a fire. The earlier you leave, the better are your chances of getting out safely no matter where you are located in relation to the fire area. It is extremely rare for stairways and corridors to be contaminated by smoke in the early stages of a fire. Proceed as quickly as possible to the outside.

A: 当听到火警警报鸣响或发现火灾时，你应尽可能快撤离。 你越早撤离，对身处火灾区的你的安全撤出无疑是更好的。在火灾初起时，烟雾即弥漫多层楼梯和走廊的情况，是很少有的。撤至户外，尽快为好。

B: When the fire is in your suite. You are in immediate danger and should ensure that everyone who is in your suite leaves with you. If you have physical limitations, plan ahead to ensure that you can get the assistance you need to evacuate quickly. Close the suite door behind you. Activate the alarm system and warn other residents located on your floor as you exit the building. Call the fire department when it is safe to do so.

B: 当火灾是在你的套间内时。 你是在最接近危险的环境中，你务必和在你套间内的任何一位，一起撤离。如果你身体有不便的情况，务必事先计划好有助你快速撤离的方法。撤出之后关上你套间的门。启动报警系统，并警告同层楼的其他居民、和你一样离开大楼。在有安全的情况下，立即打电话向消防部门报告。

C: When the fire is on your floor or the floor below you. You are at high risk and should evacuate as quickly as possible if you have reason to believe that the fire is on your floor or on the floor immediately below you. Activate the fire alarm system (if the bells are not yet ringing) and warn other residents located on your floor as you exit the building.

C: 当火灾是在你这一层或你的下一层时。 如果你有理由确信火灾就在你这一层或你的下一层时，你就是处于高危状态中，应该尽快撤离。启动报警系统（如果鸣响器尚未响），并警示同层楼居民们像你一样离开大楼。

When should I stay in the suite?

什么时候我应呆在套间内？

Remaining in the suite is appropriate under any of the following conditions:

在以下几种情况下，留在套间内是恰当的：

A: If you encounter smoke in the corridor on your floor. This may be an indication that the fire is in an advanced stage or is located on your floor. If you cannot safely reach an exit stairway, return to your suite as quickly as possible. Take actions to protect yourself from smoke. Call the fire emergency number and provide details of your situation.

A：如果遇到你这一层走廊通道充满烟雾时。 这时可能表示火势正在蔓延或火情就在你这一楼层。如果你不能安全到达出口楼梯时，应尽快回到你的套间。采取措施保护你自己免受烟雾侵害。拨打火灾急救电话，并提供你处境的详情。

B: If you encounter smoke in the exit stairs. The fire may have breached the stairway enclosure. Do not travel through smoke. Do not go to the roof. Re-enter the floor area immediately. If the corridor is free of smoke, try an alternate exit stairway. Otherwise, seek refuge in a suite on that floor as quickly as possible. Take actions to protect yourself from smoke. Call the fire emergency number and provide details of your situation.

B：如果你的出口楼梯遭遇烟雾时。 火势可能已把楼梯通道封住。不可在烟雾中穿越。不可跑到屋顶。立即再回到楼层面。如果走廊没有烟雾，试走另一出口楼梯。否则，尽快寻求躲进该层的一个套间。采取对付烟雾保护自己的措施。拨打火灾急救电话，并提供你处境的细节。

C: If instructed to remain in the suite by fire department personnel handling the fire emergency. Attempting to evacuate at this stage may expose you to smoke unnecessarily and may impede fire fighting operations. If you are located on the fire floor or on the floor immediately above the fire floor, you are at high risk and may require rescue. Take action to protect yourself from smoke. Call the fire emergency number and provide details of your situation.

C: 如果火警消防部管理火灾急救人员指示呆在套间内时。企图撤离在此阶段已属不必、而将使你暴露于烟雾中，并可致妨碍救火工作的进行。如果你正处在着火层或着火层的上层，你就是处在高危之中，得要求紧急救助。采取措施保护你自己抗烟雾。打火警急救电话、并提供你处境的详情。

D: If you are physically unable to use the stairs. Take actions to protect yourself from smoke. If you are located on the fire floor or on the floor immediately above the fire floor, you are at high risk and may require rescue. Call the fire emergency number and provide details of your situation.

D: 如果你的身体情况不能使用楼梯时。保护你自己不受烟雾侵害。如果你正处在着火层或在着火层的上层，你就是处在高危之中，得要求紧急救助。打火警急救电话，并提供你处境的详情。

2 What else can I do to prepare myself before a fire emergency occurs?

Become familiar with the fire safety features provided in your building. For example, the effects of fire will be significantly reduced in a fully sprinklered building. This is an important consideration if you are unable to use stairs to evacuate the building during a fire emergency (e.g. physical disabilities, medical condition, etc.) or where the fire department has limited capacity to carry out rescue. Learn the location of the exit stairways and practice using them. Know which floors you can use to cross from one stairway to another. Familiarize yourself with the fire alarm signal. Identify the location of fire alarm manual pull stations and read the instructions about how to operate them. If your building has a voice communication system, learn how it will be used by supervisory staff during an emergency. Get a copy of the fire emergency procedures from your building management and read them carefully. They may also be able to provide you with other important information. Keep this material in a prominent place and review it periodically. Contact your fire department for more information or to request a fire safety presentation for all residents.

2 在火警事故发生之前，我自己还能做些什么准备？

应熟悉你居住的大楼所提供的火警安全措施特色。例如：在一个有充分喷水灭火设备的大楼内，将有效地降低火灾的影响。当火警时，若你不能使用楼梯撤离（像身体残废者、健康情况等等），或者因救援需要，消防部门限制使用的地方等，这都是一重要考虑事项。学习认识出口楼梯的位置并练

习使用它们。要知道那些楼层你可使用于从一个楼梯穿越到另一楼梯。你自己要熟悉火警警报鸣响的信号。识别手拉火警鸣响器的所在位置，并读懂关于如何使用它们的指导书。如果你的大楼有音响通讯系统，学习当事故发生时、管理人员是如何使用它的。从你的大楼管理处，取一份火警事故紧急处理程序文本仔细阅读一下。它们也能提供你其它重要资料。保存本材料于一显要之处，并定期地加以复习检查。和你的消防处联系，以取得更多资料，或请求消防人员向全体居民们示范演习一下。

3 How can I identify the location of a fire when I hear the fire alarm?

In some buildings, the fire alarm system may have different tones (evacuation and alert signals), which will assist you to identify when immediate evacuation is required for your floor. If the building is equipped with a voice communication system, supervisory staff may be appointed to provide information on the location of the fire to the building occupants. Find out if these features apply to your building by becoming familiar with the building fire safety plan and emergency procedures as discussed in item No.2 above.

3 当我听见火警警报鸣响时，我如何识别失火的位置？

在有些大楼内，火警警报鸣叫系统可有不同的声调（撤离和警报信号），它将帮助你识别何时你的楼层应立即撤离。如果大楼装有声响交流系统，则经管人员可指点火源处在大楼何方位，提供情报给住户们。找出应用到你大楼的这些特色装置，是否符合大楼火灾安全计划和急救程序，如上述第二项所讨论的那样。

4 What actions can I take to protect myself from smoke entering the suite during a fire?

The following steps can be taken to protect yourself from smoke entering the suite during a fire emergency:

- Use duct tape (masking tape may also be effective) to seal cracks around the door to your suite and place wet towels at the bottom. Seal vents, air ducts and other areas where smoke is entering the suite in the same manner.
- If smoke is worse in one room (e.g. bathroom), close the door and seal off the room with tape and wet towels as noted above.
- If the suite fills with smoke, move to the balcony (if you have one) and close the doors behind you. Take a cordless or cellular phone with you if

available. Call the fire emergency number and provide details of your situation. Also, take warm clothes or blankets if the weather is cold.

- If you do not have a balcony, go to the most smoke-free room, close the door and seal it with tape and towels. Open the window for fresh air but be prepared to close it again if this makes the conditions worse. Never break the window to get fresh air or you will not be able to seal it off if conditions change. Keep low to the floor where the air is cleaner.

Make sure that you have a roll of duct tape readily available. Duct tape can be purchased in most hardware stores.

4 当火灾发生时, 烟雾进入了我的套间内, 我能以什么行动来保护我自己?

当火警事故发生、烟雾入室时, 下列步骤可以采用, 以保护你自己:

- 用胶带或遮蔽用胶带封贴你居室门缝周沿, 并用湿毛巾垫塞在门的底部。粘封通风口、排气道、和其它烟雾正在进入居室之处, 均以同样办法去封堵烟雾的进入。
- 如果某室烟雾特别浓厚(例如浴室), 关上该室门, 并用胶带和湿毛巾贴封住房门, 一如上述。
- 如果套间内充满了烟雾, 移至阳台(如果你有一阳台的话)并关上你身后的门。带上你的无绳电话(机)或手机, 拨打火警急救电话, 并提供你处境的详情。另外, 如果天气寒冷的话, 拿着暖衣或毛毯以防寒。
- 如果你没有阳台, 去到最无烟之室, 关上门并以封箱胶带、毛巾之类物堵住门缝隙。打开窗户, 以迎新鲜空气入内。但要准备关窗, 如果由此引起情况恶化的话。切勿打破窗户以迎新鲜空气, 否则如果情况逆转的话, 你将无法封住它。
- 保持低位, 近地板处的空气较为洁净。

必须保证, 你平时有封带圈(俗称封箱胶带)储备在家。封带圈在多数五金店都能买到。

5 I have read that most people die trying to evacuate during a fire. Is this true?

Experience shows that people who evacuate in the early stages of a fire can safely reach the outside. Most people die because they attempt to leave the building through smoke-filled corridors and stairs in the advanced stages of a fire.

Although the conditions are different for each fire, this could occur as early as 10 minutes after the start of the fire. If you made the decision to stay in the suite during the fire emergency, do not change your mind and attempt to evacuate later. Please refer to item No. 1 for details of when evacuation is and is not appropriate. If you encounter smoke during evacuation, look for an alternate route that is clear of smoke, return to your suite or seek refuge with other occupants on the nearest floor. Do not use the elevator for evacuation (except under direction of the fire department) and never go to the roof since it is not designed as an exit.

5 我听说当火灾时，试图撤离的人们很多死去，这是真的吗？

经验告诉我们，火灾事故发生后、早期撤离者，能安全地到达区外。许多丧生者中，因他们企图撤离大楼经过的是充满了烟雾的走廊和楼梯，是在火势的发展期了。虽然每一起火灾情况都不同，这可是火起后仅十分钟内的早晚之差、所发生的剧变。如果你在火警事故中决定留在套室内，就不要改变主意、以后又企图撤离。请参照本材料第 1 项中关于何时才是撤离的最佳时期的详述。如果你撤离时遭遇烟雾，就去找另一无烟雾的通道，回到你的套室或就近寻找在其他居户内避难。切勿使用电梯作为撤离工具（除非在消防部门指导下），也不要跑到屋顶，因它没有出口的设计。

6 What else should I know?

Many people are reluctant to evacuate unless they are certain that there is a real fire. This problem is made worse by nuisance alarms. Remember, a real fire grows for every minute that you delay and you may lose the only opportunity to evacuate safely. For this reason, all occupants who are able should begin evacuate procedures immediately upon hearing the alarm. If you made an initial decision to stay in your suite when a fire emergency occurs, do not attempt to evacuate in the advanced stage of the fire. You cannot outrun the effects of fire and smoke and will be placing yourself in extreme danger. Each suite is designed as a fire compartment and will afford you a degree of protection during the fire emergency. However, smoke spread into your suite is very likely so be prepared to protect yourself from smoke for the duration of the emergency. This may be a long time.

6 我还该知道些什么？

很多人是不愿撤离的，除非他们确认已真的在起火了。这个问题往往是平时警报器滋扰造成的恶果。记住：一个真实火灾的发展是一分钟都不能逗留的，你会失去仅有的安全撤离的良机。因这一理由，全体居民们，凡听到火

警警报器作响时，应立即作好撤离的准备。如果火警事故发生时，你一开始就有留在你套间内的决定，那么切勿在火势蔓延期又企图撤离。你不能胜过火势和烟雾，它将把你置于极度危险之中。每一套室的设计对火灾是有分隔空间的。当火灾来临时，它将提供你一定程度的保护。然而，烟雾扩散到你的房间是非常可能的。因此在火灾持续期间，应准备保护你自己免受烟雾侵害。这可能会是一段长的时间。

7 Where can I get more information?

Your building management or local fire department can provide copies of the following materials:

- *Fire in Your Apartment Building (pamphlet)*
- *Plan Ahead – Fire Safety In Apartment Buildings (pamphlet)*
- *If You Hear The Fire Alarm And Cannot Leave Your Apartment (door sticker)*

7 何处我能得到更多的资料？

你的大楼管理处和当地消防处，可提供以下的资料复印件：

- 你居住的公寓大楼内的火警（单行本）
- 提前计划－公寓大楼内的消防安全（单行本）
- 如果你听到火警警报而不能离开你的公寓（出门滞留者）

Provided by: Windsor Fire & Rescue Services
519-253-6573. www.windsorfire.com

本材料由温莎市消防和救援服务署提供（电话及电邮地址如上）

（本材料的英文文本为正式官方文本，中文文本供参读之用）

Any unclarity between two versions, the English version is the formal language. The Chinese version is for reference only.

加拿大 安大略省 温莎市 消防和救援服务署 公共教育处授权：

聂昌颐汉译、郑莉荔校核

Windsor Fire & Rescue Services wishes to thank Mr. Changyi (Randolph) Nie and Ms. Lily Zheng for donating their time and expertise translating this important fire safety information.