

# Bloomington Fire Department High-rise Fire Safety



## 伯明顿消防局高层建筑消防安全须知

Recent fatal fires in high-rise structures have prompted Americans to rethink fire safety. A key to fire safety for those who live and work in these special structures is to practice specific high-rise fire safety and prevention behaviors.

最近发生的数起高层建筑重大火灾事故促使美国人开始反思消防安全问题。对于在此类特殊高层建筑中居住和工作的人们来说，消防安全的一个关键因素是进行专门的高层建筑火灾安全和火灾预防训练。

The Bloomington Fire Department would like you to know there are simple fire safety steps you can take to prevent the loss of life and property in high-rise fires.

伯明顿消防局提醒您，只需采取简单的几个步骤，就可以避免高层建筑火灾所造成的生命和财产损失。

## BE PREPARED FOR A High-rise FIRE EMERGENCY

### 时刻提防高层建筑火灾

- Never lock fire exits or doorways, halls or stairways. Fire doors provide a way out during the fire and slow the spread of fire and smoke. Never prop stairway or other fire doors open.
- 绝不可锁上紧急出口或建筑入口、门厅或楼梯。安装防火门在发生火灾时可提供一个出口并减缓火灾和烟雾的蔓延。禁止把楼梯或其他防火门撑开。
- Learn your building evacuation plan. Make sure everyone knows what to do if the fire alarm sounds. Plan and practice your escape plan together.
- 了解所在建筑的紧急疏散计划。确保火警响起之时大楼里的所有人都知道该做什么。共同商讨和实施逃离火灾现场的计划。
- Be sure your building manager posts evacuation plans in high traffic areas, such as lobbies.
- 确保建筑管理员在客流量大的区域张贴了紧急疏散计划，如大厅。
- Learn the sound of your building's fire alarm and post emergency numbers near all telephones.
- 了解建筑火警的声音，并在所有电话旁张贴火警紧急电话号码。
- Know who is responsible for maintaining the fire safety systems. Make sure nothing blocks these devices and promptly report any sign of damage or malfunction to the building management.
- 了解是消防安全系统维护负责人。确保这些设施畅通。一旦发现这些设施有受到任何损害或出现故障的迹象，及时向建筑管理者报告。

## DO NOT PANIC IN THE EVENT OF A High-rise FIRE EMERGENCY

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万一发生高层建筑火灾，请不要恐慌

- Do not assume anyone else has already called the fire department.
- 不要假设他人已经打电话给消防局报警。
- Immediately call **911**. Early notification of the fire department is important. The dispatcher will ask questions regarding the emergency. Stay calm and give the dispatcher the information they request.
- 立即拨打**911**，尽快通知消防局极为重要。接线员会询问一些关于紧急情况的问题。请保持镇静并回答接线员的问题。

## IF THE DOOR IS WARM TO THE TOUCH

如果门摸起来很热

Before you try to leave your apartment or office, feel the door with the back of your hand. If the door feels warm to the touch, do not attempt to open it. Stay in your apartment.

在试图离开公寓或办公室之前，请先用手背触摸门。如果门摸起来很热，千万不要试图打开门。呆在房间里。

- Stuff the cracks around the door with towels, rags, bedding or tape and cover vents to keep smoke out.
- 用毛巾、碎布、被褥或带子塞住门周围的缝隙，同时盖住通风口，防止烟雾进来。
- If there is a phone in the room where you are trapped, call **911** again to tell them exactly where you are located. Do this even if you can see fire apparatus on the street below.
- 如果房间里有一部电话，请再次拨打**911**，告诉他们自己的确切位置。即使您看到楼下大街上的消防车，还是有必要这样做。
- Wait at a window and signal for help with a flashlight or by waving a sheet.
- 在窗口处等待，并用闪光灯或挥舞床单来发出求救信号。
- If possible, open the window at the top and bottom, but do not break it, you may need to close the window if smoke rushes in.
- 如有可能，打开上上下下的窗户，但是千万不要打破玻璃，因为万一烟雾进来，您还需要关上窗户。
- Be patient. Rescuing all the occupants of a high-rise building can take several hours.
- 保持耐心。救援高层建筑中的所有人员需要好几个小时。

## IF THE DOOR IS NOT WARM TO THE TOUCH

如果门摸起来不热

- If you do attempt to open the door, brace your body against the door while staying low to the floor and slowly open it a crack. What you are doing is checking for the presence of smoke or fire in the hallway.

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- 如果确实试图打开门，用身体靠住门，尽量压低身体，慢慢打开一个小缝隙。这是为了检查门外是否有烟雾或过道里是否起火。
- If there is no smoke in the hallway or stairwells, follow your building's evacuation plan.
- 如果过道或楼梯井里没有烟雾，立刻按照大楼的紧急疏散计划逃脱。
- If you don't hear the building's fire alarm, pull the nearest fire alarm "pull station" while exiting the floor.
- 如果在退出大门时未听到大楼里的火警信号，请拉下离自己最近的“拉式报警器”。
- If you encounter smoke or flames on your way out, immediately return to your apartment and close the door. Call 911 and let the dispatcher know you are trapped in your apartment
- 如果在逃离的时候遇到烟雾或火焰，请立刻返回房间并关紧门。拨打911，让接线员知道您被困在房间里。

## IF YOU HAVE A MOBILITY IMPAIRMENT

### 如果您有躯体移动障碍

An *area of refuge* serves as a temporary haven from the effects of a fire or other emergency. People with mobility impairments must be able to travel from the area of refuge to the public way, although such travel might depend on the assistance of others.

对火灾或其他紧急事故而言，*避难区*充当了临时避难所的角色。有躯体移动障碍的人必须能够从避难区移动到公共通道，不过此过程可能需要他人的帮助。

If you have a mobility impairment – wait in the stairwell with the door closed. The Fire Department will check each stairwell during the fire alarm and evacuate you if necessary or assist you in getting back to your apartment. You do not have to try to get all the way down the stairs by yourself.

如有您有躯体移动障碍 – 请关上门在楼梯间中等待。在火灾事故中，消防局会检查每一个楼梯间，如有必要会及时疏散或帮您返回房间。您没必要自己下楼。

## AFTER A High-rise FIRE EMERGENCY

### 高层建筑起火之后

- Once you are out of the building, STAY OUT! Do not go back inside for any reason until the Fire Department clears you to go back to your apartment.
- 一旦逃离起火建筑，必须呆在外面！万万不要以任何理由返回大楼。直到消防局明确宣布可以返回房间。
- Tell the fire department if you know of anyone trapped in the building.
- 如果您知道有人困在大楼里，请告知消防局。
- Only enter when the fire department tells you it is safe to do so.
- 只有在消防局通知能够安全进入大楼后，方可进入大楼。

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