



# essential FIRE SAFETY

## IN CASE OF FIRE

If your clothes are on fire:  
**STOP, DROP AND ROLL.**

Feel the temperature of the door from the inside with the **back of your hand.**

**If the door is cool, open slowly** and ensure fire and/or smoke is not blocking your escape route and close it behind you.

**If the door is hot, do not open.** Escape through a window. If you cannot escape, hang a white or light-colored sheet out the window, alerting fire fighters to your presence.

**Keep low to the ground** – smoke and heat rise. Call emergency services once you're safe.

## WHAT YOU SHOULD KNOW

**Do you have a smoke detector?**

You should have one in your bedroom. A smoke detector should be installed in every room that will be occupied except the kitchen or above a fireplace where there will be false alarms.

**Do not live above the 7th floor.**

The fire service cannot rescue you with a ladder truck, and helicopter rescues are not possible for most buildings.

**Plan two ways out of every room.**

Think about how you will escape the room in case of fire – do you have a ladder/a rope and window access?

**Watch your smoke.**

Cigarettes are a leading cause of fire deaths – put your ashes out and don't smoke in bed!

*65% of reported home fire deaths occur in homes with no smoke alarms or non-working smoke alarms.*

*Every year, thousands of people die in fires because they are not properly equipped and prepared.*



EMERGENCY NUMBERS

**FIRE 068 / POLICE 060**

# FIRE SAFETY *in* MEXICO

*Fire safety regulations vary drastically across the world; be prepared to take initiative to ensure your safety*

*There is an average of 100,000 fires every year in which 750 people lose their lives and 4,500 are injured. This is 10x more fires and deaths than in most western countries!*

*You may not be able to rely on the local fire department in the event of a fire, as some do not have standard equipment. Plan ahead so that you don't have to rely on anyone else to save your life!*