

# Fire Instructions

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## INSTRUCTIONS TO BE PRINTED OUT THEN CUT INTO SECTIONS

An upstairs window should only be considered as a last resort.

However, if you are trapped in an upstairs room:

Do not panic.

Stuff any cracks around the doors with clothes.

Signal from the window for help.

If the room is filled with smoke, get down on your hands and knees. There may be a layer of cleaner air at floor level.

Crawl towards the window.

Throw bedding out of the window to cushion your fall.

Climb out of the window and lower yourself as far as you can before dropping.