

Nærbyen 24/7, Sorgenfriveien 30

For your safety! Fire Safety Information

This building is equipped with:

- Fire alarm system; in case of fire, an alarm will sound in the entire building.
- Sprinkler system; at high temperature (68°C) the sprinklers glass bulb will crack and water flows out in exposed areas.
- Extinguishing equipment; powder equipment in every apartment and fire hose in common areas.
- Walls and doors toward the staircase and between apartments are fire barriers that limit smoke and fire spreading. Do not block the doors in open position.
- If a fire occurs, closed doors and windows will prevent spread of smoke and fire.
- Escape route via central staircase and external stairs at each end of the building. If smoke in the central staircase external stairs must be used. If smoke in corridors, return to the apartment, close the door and open the window to call attention.

Staircase

The staircase is a fire escape. Keep doors to the staircase closed. Do not use the staircase for storage, nor temporary placement, as it involves both a fire hazard and may hinder escape and rescue.

Fire alarm systems

There are smoke detectors in all apartments and common areas.

If smoke in the apartment, alarm will sound in the affected apartment.

Check if there is a fire situation, if so, start evacuation and press the fire alarm button to alert the entire building.



If false alarm - follow the instruction by the tableau on how to reset the alarm to avoid full evacuation. The tableau is by the elevator in your building.

Air out the apartment to avoid new alarm.

Important! Do not cover smoke detectors!
If dismantled smokedetector leads to emergency respons, the tenant must cover the cost.

Fire Extinguisher

- Familiarize yourself with the position of, and how to use fire extinguisher. Se informasjon på utstyret.
- Attempt to extinguish quickly.
- Do not use the extinguished for fun.

Some information about fire extinguishing

Exercise caution - do not take unnecessary risks.
Remember that fire smoke is highly toxic.

Fire extinguisher - wather/powder

If use of water hose, remember:

- you must be fairly close to the fire.
- point the water to the burning surface, not the flames



Water hose

Water is effective against most fires, but **never** use water in:

- burning fat / lard / oil
- yankee candles (liquid)

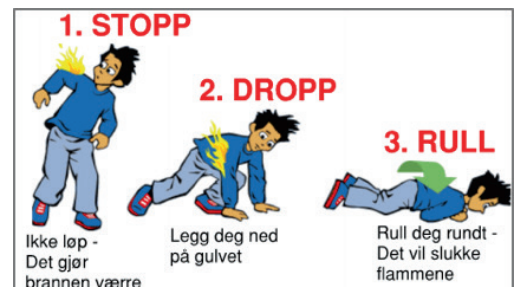
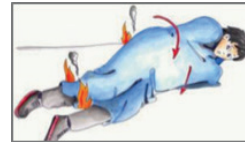


Water in burning oil cause flash fire/ deflagration.

Fire in clothing

Use water or blanket (or wool blanket - not acrylic) to wrap the person.

Protect the face - Fire spreads upward, so lie the person concerned down. It is most effective to lie down and roll around until flames extinguish.



Fire in connection to cooking

- Use lids, fire blanket etc. to smother any fire that occurs.
- Turn off the heat. If possible, remove the pan.
- Do not open lid / fire blanket before it has cooled, as the fire could reignite.
- Do not use water in oil / grease / fat.



First aid treatment of burns

- Stay calm. Cool the burn immediately in cold water for 10-30 minutes.
- The skin on the burnt area may swell, so take off tight belt, jewelry etc.
- If burnt clothing is stuck to the skin, do not try to remove it.
- Cover the burn area with clean cloth (like bandage or cotton bedding) to keep the area clean and to prevent infection until a doctor has treated the injury.
- Remember that large / deep burns always should be treated by a doctor.

Evacuation - Fire Safety Instructions

Familiarize

- Your emergency exits.
- Location and use of fire safety equipment.
- Meeting place during fire alarm; square senter between Sorgenfriveien 30 and 32.

If You Discover Fire

- Save anyone in danger.
- Try to extinguish the fire, but do not risk injury.
- Alert others - Shout and knock on doors.
- Press the fire alarm button, if there is no alarm sound.
- Call the fire department by phone 110.

In the Event of Fire / Fire Alarm

- Close windows and doors.
- Leave the building immediately.
- Do not stop to retrieve personal belongings.
- Help people who need assistance.
- Go to the meeting place.
- Notify if you know the place / cause for alarm.
- Inform rescue personnel if you miss someone.

If Smoke in Stairway

- Check if it is safe to use one of the other stairs at both sides of the building.
- If not safe, return to the apartment, close the door and stay there. Open the window to call upon the fire departments attention.



For more information regarding fire safety:

www.sikkerhverdag.no/brann/

