

Fire Protection Training at IOB

Fire Instructions	<p>The Local Fire Instructions are pinned on the Fire hose cabinets:</p> <p style="text-align: center;"><b>Alert – Rescue – Extinguish – Restrict – Evacuate</b></p>
Alarm system	<p>Domus Odontologica has an automatic fire alarm system. We have fire detectors in common areas, escape routes, and laboratories but not in offices. If <b>one</b> detector fires it will lead to fire alarm in <b>one</b> floor within the fire section that fires. Large fire alarm starts when <b>two</b> or more detectors fire, detector in stairwells or manual call. It leads to alarm in <b>all</b> floors. The alarm will send following message over alarm speakers: «Brannalarm er utløst. Vi ber alle personer forlate bygget» (Fire alarm fired. Please leave this building). <b>Our Meeting Point is located outside, near the oval room.</b></p> <p>Large alarm will go immediately to the Fire Department while small alarm has 5 minutes delay. The Security Guard from the hospital will come and check immediately and is able to cancel the fire alarm.</p> <p>Smoke dividing doors closes during alarm to restrict fire and smoke. All exits will open. The elevator halts at the first floor. The propane gas plant closes down.</p> <p>When the situation normalize, the system will be reset by the Security Guard or the Fire Department and the following message is send over alarm speakers: «Situasjonen er under kontroll. Bygget kan igjen benyttes» (The situation is under control. You may re-enter the building).</p>
Manual call	<p>Placed in each end of every corridor. Use the manual call if you observe smoke or open fire. It will start Large alarm and warn the Security Guard and the Fire department.</p>
Sprinkler system	<p>A sprinkler system is found in all rooms and triggers at 70 °C, giving 120L/min</p>
Fire extinguishing equipment	<p><b>Evaluate</b> if you are able to extinguish the fire. This is possible within the first 3 minutes before the temperature becomes critical, exceeding 100 °C. If not, please close the door to limit the fire. Make sure you do not put yourself in any danger!</p> <p><b>Firehose:</b> unlimited time, 8-10m range and can be used for most purposes. Open the valve before you draw the hose after you. Twist the nozzle while holding the black hose. The only equipment available in common areas, offices and auditoria.</p> <p>In and nearby laboratories you will also find: <b>CO<sub>2</sub>:</b> well suited for electrical equipment, gas and fluids. 25 s/6L, 1-2 m range, not to be uses on humans. Less suited on wood. <b>Foam:</b> 15 s/6L, 5 m range, do not use on alcohols. <b>Fire Blanket:</b> choke a fire in an early phase. Ideal on a burning person.</p> <p>Get familiar with the equipment, where to find it and how to use it.</p>



Evacuation route	Get familiar with available evacuation routes at your working place. These are marked with green exit signs. It is not allowed place or store equipment nor goods in evacuation routes.
Emergency release	Manual emergency release (green) boxes are available at all exit doors. In case the exit door not opens during fire alarm, push the button to open.  Emergency exits are also equipped with lock wrenches covered by a plastic cup that can be removed if necessary to lock up otherwise.
Sprinkler system	A sprinkler system covering the whole building is activated by heat. When the head exposes to temperatures above 70 °C, the valve is released (120L water per minute).
Fire sections and compartments	Our building has fire sectioning and fire cells restricting a fire and this extend the time for evacuation. The staircase is separate section. Walls and roofs resists fire for at least 60 minutes, doors/windows for 30 minutes. An office is usually not its own fire section. It is of importance to close doors during a fire alarm to extend time for evacuation.
Flammables	Know your chemicals and their datasheets. Please pick up flammables at the reception desk immediately and store them properly. Close gas plants if in use.
Fire prevention	Read: <a href="http://www.uio.no/english/about/hse/fire/index.html">http://www.uio.no/english/about/hse/fire/index.html</a>  Please notify our administration in case of adverse events.

Signature trainee:

*Date/name*

Signature fire protection contact:

*Date/name*

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