

PLAN TO GET OUT ALIVE**3.0 HOURS**

NAME: _____ PHONE NO.: _____

Only one person per questionnaire. Feel free to make additional copies if needed.

ADDRESS: _____

*Street or Post Office**City**State**Zip**+4*

EMAIL: _____

Yes! I would like to receive ACRF's upcoming training and the quarterly newsletter by email.**No I would not like to receive email from ACRF.**

Are you a foster parent? YES If YES, what is your Foster Home License #: _____

If NO, please check one: Pending Foster Parent OCS Birth Parent Adoptive Parent

Other (please specify): _____

CHECK YOUR UNDERSTANDING

Check or fill in the appropriate answer to the following questions. Try filling out the questionnaire first from what you remember from the video. Then review the video if necessary. These questions address information specifically stated in the video.

1. Which of the following are the major four (4) facts about a fire in your home?
 - Fire is black, not light.
 - Smoke and gas will kill before the fire itself.
 - The heat is intense and can kill in seconds.
 - Time is the biggest enemy, you must get out in a hurry.
 - All of the above.

2. The light given off by the fire itself can help to guide your family out of the building.
 - TRUE
 - FALSE

3. If you are asleep when a fire starts, the carbon monoxide given off during a fire is more likely to put you into a deeper sleep.
 - TRUE
 - FALSE

4. Super heated air from a fire can destroy the lungs only after the temperature has reached above 250 degrees.
 - TRUE
 - FALSE

CHECK YOUR UNDERSTANDING
PAGE 2 - "PLAN TO GET OUT ALIVE"

5. Time may be the biggest enemy. You only have 10-15 minutes to get out of the house once a fire has begun.
- TRUE
FALSE
6. Most fires caused by cigarettes occur in which room(s) of the house?
- Living room
Bedroom
Garage
Kitchen
Any room in the house
7. How long can a cigarette butt smolder before bursting into flames? (CHOOSE ONE)
- 30 minutes
15 minutes
3 hours or more
5 minutes
8. How much time do you have to accomplish getting yourself, your family, your pets and valuables out of the house? (CHOOSE ONE)
- 15 minutes
1 minute
5 minutes
10 minutes
9. What should you do first if the smoke alarm in your home goes off? (CHOOSE ONE)
- Call the fire department.
Wake everyone in the house or apartment.
Get dressed.
Get your valuables.
10. The best way for the family to get out of the fire is for everyone to get out together.
- TRUE
FALSE

CHECK YOUR UNDERSTANDING
PAGE 3 - "PLAN TO GET OUT ALIVE"

11. In a high rise apartment fire there are several steps to take before the fire department reaches you.

Call the fire department and report your location.
Soak towels and put them against the bottom of the door to your apartment.
Open your window to let in fresh air.
Signal to those outside from your window so they know your location.
All of the above.

12. Some steps to deal with the darkness during a fire, which may enable you to survive, are:

Stay low and crawl
Leave night-lights on in hallways and bathrooms.
Keep a working flashlight handy.
Have an escape plan that has been practiced and know where to go.
All of the above.

13. Which of the following are ways to increase survival from the noxious effects of smoke and gases generated during a fire?

Stay low beneath the level of the smoke on exiting the building.
Have a smoke detector on every level of your home.
Check and change batteries in your smoke detector(s) regularly.
All of the above.

14. If you are on the scene when a fire starts, how much time do you have to put it out before you should get out and call for help?

10 seconds
2 minutes
30 seconds
5 minutes

15. Closing doors will help stop fires from spreading.

TRUE
FALSE

COURSE EVALUATION QUESTIONS

How would you rate the presentation of the information of the course;
"Plan to Get Out Alive" - Online Video?

Excellent

Good

Fair

Poor

What did you like best about this course?

Media presentation

Links to other sites

Other:

Written information

Printable Lesson Pages

Have you ever taken an on- line course before?

Yes

No

Would you be inclined to take another online course?

Yes

No

Did you have any difficulty with opening up pages, loading the media segments or navigating the site?

Yes

No

If yes, what difficulties did you have?

Got lost while navigating the site

Couldn't open up links

Couldn't open up media from other sites

Other: (Please explain below)

Do you have any suggestions of how to make this web based course better or easier to use?

No

Yes (Please explain below)

Thank you for your response!

FOR SCORING AND CREDIT OF 3 HOURS, PLEASE PRINT THIS AFTER COMPLETION
AND MAIL IT TO:

Alaska Center for Resource Families

815 Second Avenue, Suite 101

Fairbanks, Alaska 99701

OR

Fax to: 907-479-9666

OR

FOR SUBMISSION BY EMAIL, CLICK THE SUBMIT BUTTON BELOW
(If you are not using web-based email, this should open your email program then just press send.)