

# DISASTER PREPAREDNESS

Are you ready?

## How to insulate your home against a deadly fire

As fire prevention awareness efforts gear up across North America, the National Fire Protection Association and insulation company, Roxul Inc., are spreading the word to Americans from coast to coast about the importance of fire preparedness.

Through the "Hear the BEEP where you SLEEP" campaign and Roxul's "When Seconds Count" initiative, Americans are reminded that simple steps can cut their chances of dying in a fire in half.

Here are some measures you can take to dramatically reduce your risk:

- Be sure to have a smoke alarm on every story of your home and outside sleeping areas.
- Develop a fire escape plan and practice it.
- Use non-combustible materials when renovating. The choice of insulation can make a big difference. Opt for a product with the highest fire resistance possible, like Roxul mineral wool insulation, which, in the event of a fire, will not produce harmful gases, toxic smoke or promote the spread of flames.
- Purchase a multi-use fire ladder for each bedroom in your home and practise using it.
- Place fire extinguishers within reach throughout your



home.

- In the event of a fire, leave through the closest exit. Do not stop to collect belongings and never reenter a home once safely outside.

Additional fire safety tips are available at [nfa.org](http://nfa.org). You can also improve your fire safety knowledge, with a contest incentive, by visiting [roxul.com](http://roxul.com).

## Disaster-resilient homes start with concrete walls

A home today must be more than just aesthetically pleasing. The costs of fuel consumption and extreme-storm damage, plus costs in the way of carbon footprints, are making all of us insist on far more property benefits, including superior durability and resilience from pending disasters.

"In that case, open the door to a home built with concrete reinforced walls, instead of wood, and see how you will receive greater safety, comfort, investment value, and energy efficiency," says Todd Blyth at Nudura, a leading name in building technology.

"Concrete is a major solution for weather extremes, and for more than a decade now, the building system using ICFs (insulated concrete forms) has proven to deliver the most durable building frame."

The ICF principle is simple, Blyth says.

The walls are constructed

with pre-assembled, interlocking units (similar to Lego), so they're easily transported to any building site. Each form consists of two panels of thick foam (expanded polystyrene) connected with a patented web system. Guided by the architectural design and beauty aspects you request, the ICFs are stacked, steel reinforced, and filled with concrete until the entire building envelope is complete.

Here's a snapshot of additional building benefits:

**Disaster-resilient:** ICF walls withstand winds of up to 402 kilometers per hour and give you a fire protection rating as long as four hours.

**Energy efficiency:** Premium insulation delivers an energy-efficiency rating as high as R-50 due to the thermal mass of the concrete (compared to an average R-20 in wood structures), and that equates to reducing household energy bills by as much as 70 percent. And if op-

tional inserts are added to the ICF forms, this efficiency is improved even more.

**Occupant comfort:** Outside cold can easily travel through the typical wood-framed wall, causing uneven temperatures inside your home. However, the monolithic ICF wall eliminates drafts and cold spots and it is an effective sound barrier, filtering out unwanted noise.

**Green living:** Concrete is a sustainable material; trees are not needed; the system uses only recycled polymers and steel; the building process creates less waste than traditional methods; and the occupants use fewer fossil fuels for a much smaller carbon footprint.

**Short- and long-term value:** A concrete home is built to last and retain its value longer. In the short-term, the superior durability of concrete walls require less maintenance, repair and money to maintain than wood structures.

## Five ways to increase home fire safety

An average of seven Americans die each week as a result of house fires. Most fires occur in residential buildings between the hours of 11 p.m. and 7 a.m., when occupants are most likely to be asleep. Your first line of defense is fire preparedness.

Here's five things you can do to increase your chance of survival in a fire:

- Install smoke alarms on every story of your home and outside sleeping areas. Be sure to test them monthly, clean them every six months and replace batteries in spring and fall. Having working fire alarms can cut your chance of dying in a fire in half!

- Have a fire escape plan for your family and practice it. A small fire can spread rapidly — you may only have minutes or seconds to escape. When going

over the details of your escape plan, check windows and doors to ensure all open easily. Know your local emergency number (911). Never stop to gather belongings or reenter a home after safely outside.

- When renovating, consider using fire-rated, noncombustible products. Your choice of insulation, for example, can be vital. Stone wool insulation, like that produced by Roxul, resists temperatures up to approximately 2,150 F. When directly exposed to fire, it will not off-gas, contribute to toxic smoke or promote flames. Fire-resistant building materials can give you extra time to escape when seconds count.

- Purchase a multi-use fire ladder for each bedroom in your home and practice using it. A fire ladder may be your only es-

cape option if flames block critical exits.

- Place fire extinguishers on every level of your home, especially in high-risk areas like the kitchen, near fireplaces and in the garage. Use only for small, contained fires that are not spreading rapidly. Know how to operate your extinguisher before an emergency occurs using the PASS method: Pull pin, Aim low, Squeeze lever and Sweep from side to side. The safest option is always to evacuate your home and call for help.

Fire prevention measures are a serious matter in every home. Find out how to keep your home and family safe at [nfa.org](http://nfa.org) or improve your fire safety knowledge by visiting the Roxul website.

## Travel Smarts

BY DAVE ROBINSON

It's been about five years since I have climbed aboard a commercial airliner. A few weeks ago, accompanied by my 16 year old grandson, we packed some bags and flew to the Philippine Islands to help with a Medical/Dental missions outreach in some rural areas of the main island.

I have gotten accustomed to carrying a "ready kit" with me everywhere I go. If I happen to leave my kit behind, I have the same kind of nervous feeling I get when I forget to buckle my seat belt. So when I was planning my airplane ride, I had to choose what to bring along and what to do without. Because of TSA and some pretty stringent (and always changing) restrictions on what you can and can't bring along.

So the question arises, "How can I stay within the rules and still maintain some semblance of preparedness?" I'm a guy who is never far from his pocketknife, but those are forbidden both in your pants pocket and in your carry-on. So the first thing I had to remember was to pack my knife into my check-through luggage, along with a Leatherman multi-tool and some flashlight batteries.

For emergency snack food, I bought a carton of trail mix from Costco, tossed in a box of Ritz crackers and two small jars of crunchy peanut butter. I had a small flashlight in my carry-on. I also had my shaving kit in my carry-on. I received a "suggestion" at my first encounter with TSA that my toothpaste tube was too big. For some random reason I also received a rather thorough pat-down. Leaving no stone un-turned, as the saying goes.

Everything went well until I tried to clear customs in San Francisco as I was re-entering the U.S. A zealous TSA agent confiscated one of my jars of crunchy Jif. She mentioned something about a possible menace. She missed the other jar. She is, after all, only human.

I did learn another lesson. My own personal preps are in great shape. But while I was away I received a frantic text from my wife that we had had a very intense wind storm that knocked out the power. "Where's our stuff?" Fortunately I was at our hotel when the text came through and I directed her to lanterns at the top of the stairs and some other equipment in our shop. The weakness in my plan was that I have everything

I need to survive, but I'm the only one who knows where all the stuff is located. Camp stove, auxiliary battery unit (to power the heater fan), and extra propane canisters. Problem easily corrected once I arrived home. Repositioning some items and giving my spouse a tour of the storage closet and shop solved the problem.

I have always advocated having all your "stuff" in one handy location, but my "kit" has grown beyond what my closet can contain. So now there are some items stored in other places. The lesson learned here is "communicate". Let everyone in on where the "stuff" is located. That way when there is an emergency, you don't have to be the only one running around gathering your gear and the entire family gets to practice their teamwork. It's one thing to be prepared, and it's another thing for each member of your household to access your gear.

As always send your comments and questions to [disasterprep.dave@gmail.com](mailto:disasterprep.dave@gmail.com). Previous columns can be found on my blog at [www.disasterprep.dave.blogspot.com](http://www.disasterprep.dave.blogspot.com). Dave Robinson is the Postmaster in Bandon, Oregon, and the author of "Disaster Prep For The Rest Of Us".

Cottage Grove Area  
**Habitat for Humanity®**

# RESTORE

## HOURS:

THURSDAY, FRIDAY & SATURDAY

10AM-4PM

For Drop-off appointments,  
after hours, call the office

We need volunteers for the  
ReStore ~ a few hours  
each month! Will you help?

Habitat Office and Warehouse  
2155 Getty Circle ~ Unit #1  
in the Cottage Grove Industrial Park  
South on Hwy 99 past the High School

**DONATIONS  
ALWAYS  
WELCOME!**



Call 541.767.0358  
for more information  
Email  
[info@habitatcg.org](mailto:info@habitatcg.org)

# PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.  
South Lane Fire & Rescue • 233 Harrison Ave, Cottage Grove 541-942-4493 • 55 South 1st Street, Creswell 541-895-2506



Twitter: @southlanefire  
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