

Evac Newsletter

Emergency
Consultancy Ltd
**EMERGENCY
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ARE YOU FIRE SAFE WHILE YOU ARE ASLEEP?

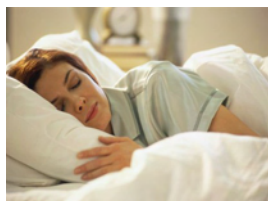
During our ongoing research Lynn has found an interesting Australian study looking at sleep inertia. Sleep inertia refers to sleep/wake behaviour and a persons ability to function when woken from sleep suddenly.

The research highlights a high proportion of residential fires where fatalities have occurred, happen between 11pm—7am. Further, the research shows that in Australia over two thirds of the fire

different from the Australian figures reported per head of population.

The study found if someone is woken from a deep sleep they can rapidly return to consciousness but can take 20—30 minutes to become fully alert and able to make reasoned decisions.

The finding found in



victims stated they were asleep at the time the fire started.

Of the victims who died in these residential fires between 8pm and 8am, 86% were asleep at the time of the fire.

Fire fatality figures here in NZ are not so

humans, sleep inertia is most prevalent in the first third of the night, and that is when most fire fatalities seem to occur.

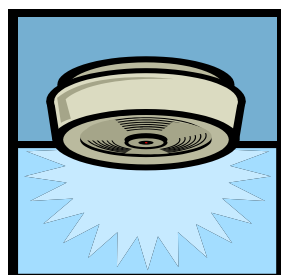
A further consideration is many people are sleep deprived. Adolescents, shift workers and people living a hectic life style are examples of this. In some tests, people who were six hours sleep deprived performed at 26% below the baseline performance level when woken and

asked to perform tasks to test sleep inertia . Those who



were more sleep deprived performed further below the base line standard. In other words the more sleep deprived a person is, the less able to cope when woken unexpectedly from sleep.

What does this all



mean? It shows how much we really rely on smoke alarms working correctly in our homes.

Smoke alarms are the only early warning system fitted in our homes after they have been built.

Circulate to:

- Compliance Manager
- Building Warden
- Other

2010—First Quarter

We would appreciate your feed back on these newsletters and any information you would like included.

Special points of interest:

- *Too many smoke alarms don't work. More reliable alarms are now available in stores.*
- *Keep warden training up to date. Your business must meet the standard whenever your building is evacuated.*
- *Authorities are conducting more frequent fire evacuation related checks—are you ready? Ring us and lets chat.*

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Thought For Today

“Success is not final, failure is not fatal, it is the courage to continue that counts.”

Winston Churchill

Emergency Consultancy Ltd

EMERGENCY CONSULTANCY



Knowledge • Planning • Practice

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Lynette — Financial Manager
Michele — Office Manager
Paul — Evacuation Consultant
Pat — Sales Consultant

ARRIVAL

We welcome Pat Moros to our staff. Pat is heading up our equipment sales division. We believe we have a NZ first. A small business evacuation compliance pack for work places where an evacuation scheme is not needed. Phone our office for details (09) 296 1175 and ask for Pat. I believe we have a winner here.

ARE YOUR WARDENS ADEQUATELY TRAINED?

All wardens must have evacuation training. Schedule 3 of the Fire Safety and Evacuation of Buildings Regulations 2006 requires a Building Owner to prepare and implement a training programme. It must clearly demonstrate how the permanent occupants of the building are capable of managing a fire emergency in the building. Plus, the training programme must include details of how the permanent members of the building are trained and assessed every six months.

Where a Warden has passed an initial warden course, there is no requirement to re sit the course, providing they are assessed as being able to carry out their duties and responsibilities

every six months. If they fail to perform their duties correctly, further training is required.

ACC and Government funding organisations may request more frequent and specific training. To meet this requirement we conduct Refresher Courses. Each course is slightly different to avoid complacency and boredom, particularly if someone has attended several refresher courses during their working life. Clients can elect either a classroom session of 45 minutes or internet training of about 15 minutes.

Your Fire Wardens Must Be Identifiable to the Fire Service when they arrive.

Each evacuation scheme and small business evacuation

procedure must have one person designated as a warden (the Building Warden), who collates information from staff who have checked different parts of a property. All Building Wardens must be easily identifiable by the Fire Service when they arrive.

We have in stock safety vest style identification jackets, baseball caps, and bump plastic hats with Warden identification on them.

Ring the office and ask for Lynn or Pat who can answer any queries. Phone (09) 296 1175.



WHAT DO WE DO BEST?

Practical fire and evacuation schemes, six monthly scheme rehearsals, with warden training and refresher training.

1. *Theatre, Cinema and public places of assembly - easy to understand, practical auditable training in fire and other emergencies for usher and event management staff.*
2. *Evacuation auditing — Audit the six monthly evacuation process, skills of wardens and other staff, review of the LBP standards for fire safety equipment in the building.*
3. *Preparation and obtaining Fire Service approval of Evacuation Schemes for business and industry.*
4. *Warden Training and Warden Refresher Courses which meet the standard required and include lessons learned from many actual emergencies. This better equips wardens for any emergency in the workplace.*
5. *Fire Extinguisher courses. Practical courses where students are shown and tested on the correct use of various fire extinguishers.*
6. *Member of the Fire Protection Assn of NZ.*
7. *Managing Director is one of only 12 Fire Protection Association certified Evacuation Consultants in New Zealand.*
8. *Small business EvacPack's now available.*