

SPRING
2015

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Captain
Sanjay's Briefs?

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Final Words
from Captain
Sanjay



FIFTY SHADES OF 'JAY

Captain Sanjay is back! In this edition, he reveals several NEW shades to our business. Unsatisfied with your current security contractors? We can now offer comprehensive electronic security services to ensure your building is secure and maintained by professional engineers.

We've listed our new services below to give you a brief overview of what exactly we're talking about!

CCTV

Our services cover both installation and maintenance of CCTV systems. CCTV serves as a super-effective deterrent whilst also ensuring you have eyes on your building 24/7!

TRAFFIC BARRIERS

We can install and maintain both standalone Access Control and PC based Access Control and Barrier Entry systems individually tailored to your needs.

INTRUDER ALARMS

Any business premise is a high-risk target for theft; therefore it is a top priority that

installing an intruder alarm be one of your highest priorities.

We have a dedicated Alarm Receiving Centre to which your alarm can be connected to. This will ensure a fast response by the emergency services.

DOOR ENTRY & ACCESS CONTROL

Electronic Access Control is the most convenient and efficient way to secure your building and the assets which are stored inside. Using Tokens and PINS provides a higher level of control than locks and keys. The system can be used on both internal and external doors to ensure the best level of security for your company

MONITORING SYSTEMS

Our dedicated alarm receiving centre provides 24/7 monitoring of your intruder alarm. Not only that, it will ensure that the instant your alarm goes off, emergency services are alerted.



WE'RE EXPANDING INTO THE **ELECTRONIC SECURITY BUSINESS!**



SPOTLIGHT ON EMERGENCY LIGHTING



When the worst has happened, and there is a fire in your building, the immediate necessity is to get out of the building.

At this point your fire evacuation plan becomes your best friend; it will lead you to safety and you've done so many drills you know it off by heart (or you should do).

Because in a real fire you might panic.

A combination of all the above means your fire evacuation drill won't be much use alone. You can't see, you don't where you are anymore – you don't know how to get out.

Which is where Emergency Lighting comes in!

An exit route should be interspersed with emergency lighting.

Emergency Lights exist for the sole purpose of providing enough light to guide people from an emergency situation. Therefore, where they are placed is of the utmost importance

The best places for Emergency Lights are:

- Near each intersection of corridors
- At each exit door
- Near each change of direction (other than on a staircase)
- Near each staircase, so that a flight of stairs receives direct light to prevent people falling
- Near any other change of floor level
- Above each final exit e.g. 
- Near fire-fighting equipment (i.e. fire extinguishers)
- Near each fire alarm call point

In a position to illuminate exit and safety signs required by the enforcing agency.

If you need someone to 'shine a light' on all this, just give Captain Sanjay a call!

At every step you must be able to see where you are headed. It will guide you along your fire evacuation route until you see that beautiful 'Emergency Exit' sign.

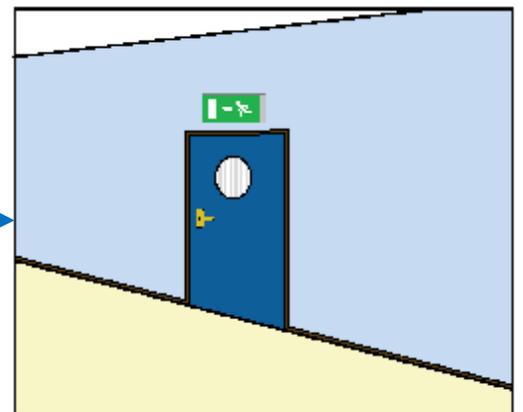
Emergency Lights, working in conjunction with your fire evacuation procedure, will get you to safety.

Which is why it is so important to have them properly maintained.

An annual discharge test to ensure that they are working reliably is all they need. Make sure it's booked.

Any that fail their annual discharge test should be immediately replaced. Don't be lax. Make sure your building is safe.

SO WHERE SHOULD THE LIGHTS BE?



Professor Gerbil & his new lady-friend Princess Charlotte offer a 'crash course' on Upgrading Fire Doors



And yes, by 'crash course' we mean he delivered it while he was 'crashed out on the beach' so to speak...



I've written about Fire Doors in previous editions.

I raved about how fantastic a barrier they are between fire and anyone trapped in the building.

Their purpose is to hold back the fire and the smoke. To give the people on the other side of the door time in which to either escape or be reached by emergency services.

They are an important 'last line of defence'.

But unfortunately, not everyone seems to think so. For a lot of people, fire doors are cumbersome. Hundreds are propped open across the UK every single day, with unmoving objects which will ensure that door can't close.

A guaranteed way to make a fire door more effective, is to make sure staff let them do what they're supposed to. Let them close.

What You Don't Want to See...

To the left are two photos of damaged fire doors. In the top image, you can see there is a sizeable gap in the door; perfectly sized to allow smoke to filter through.

In the bottom image, the extensive damage to the fire door will have reduced the fire resistance of the door. This will dramatically reduce the time it will hold to allow people to escape the building.



Planning a Fire Evacuation Drill?

Captain Sanjay has a few tips on what to look out for!

- Are people stopping for coats, bags or other personal belongings?
- Are there any visitors or contractors in the building? If so, are they aware of the fire exits and where to go?
- If there are any disabled people in the building, ensure to check whether they are able to navigate the staircases or if they have any difficulty exiting the building in any way.
- Check to ensure people are going to their nearest fire exit; if people all head for the main door rather than other exits, it will not only slow access out of the building, but if there was a fire in the building, it could also lead to injuries if people begin to panic.
- Are there any blocked fire exits?
- Are there any fire exits which people are struggling to open?



Action Plan

Use this 5-step plan to figure out how to improve the fire evacuation procedures for your building!

1.
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2.
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3.
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4.
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5.
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UPDATED

CHANGES TO FIRE EXTINGUISHER GUIDELINES – DRY POWDERS

Professor Gerbil has been reading up!

The regulations regarding Dry Powder fire extinguishers have been altered.

It's likely not much of a surprise seeing as that is the title of this page, but we thought we'd say it again.

Because it affects **YOU**.

(As long as you have a dry powder fire extinguisher in your building; otherwise it probably won't.)

The latest update to BS 5306 for dry powder extinguishers is:



5.4.3 Use of powder extinguishers

The discharge of a powder extinguisher within buildings can cause a sudden reduction of visibility and can also impair breathing, which could temporarily jeopardize escape, rescue or other emergency action. For this reason, powder extinguishers should generally not be specified for use indoors, unless mitigated by a health and safety risk assessment.

It doesn't sound ground-breaking. But if you have a dry powder fire extinguisher, unless that hasn't been specified in an H&S assessment, you're going to have to replace it.

But it's not all bad. Let's be honest, Dry Powders are one of the messiest extinguishers you can get, not to mention costly.

In addition to the messiness of a blizzard like substance filling your office, it reduces visibility (leaving you vulnerable in a fire situation), damages equipment and can get into any stock you hold and render it useless.

Did we mention the health risks? Dry Powder extinguishers set off in a confined space create clouds which can cause severe breathing difficulties. Maybe it is time to replace that dry powder extinguisher...

Why not replace a dry powder with the foam & CO2 fire extinguisher combination? It'll keep you covered for those small fires where people always grab for the extinguisher.

Need any further help? Contact Captain Sanjay and he'll talk you through it.

	A Wood, paper & plastic 	B Flammable & Combustible Liquids 	C Flammable Gases 	E Energised Electrical Equipment 	F Cooking Oils & Fats 
 Powder AB					
 Powder BC					
 Carbon Dioxide (CO ₂)					
 Water					
 Foam					
 Wet Chemical					



How Your Staff Can Save Lives...

Did you know that heart disease is the UK's Number One Killer and cause of premature death? That, according to Heart UK, every 5 minutes someone is having a heart attack?

Just imagine what those 5 minutes can mean...

Luckily, there is a way for trained personnel to help in the time before the arrival of the emergency services.

Automatic External Defibrillators (AED)!

Use of an AED can produce far more favourable results for a person who has had a heart attack rather than if the treatment is delayed until the arrival of the emergency services. Use of an AED literally saves lives.

Research has statistically proven that early and effective use of an AED saves lives. For every minute that passes without the use of an AED, the casualty is 10% less likely to survive.

That's why many workplaces are installing AEDs voluntarily.

So how can your staff save lives?

The Fire Safety Company offers a training course that coaches your staff on how an AED works, but also how to use one effectively, making each person on the course a potential life-saver!

And as a fantastic added bonus, we bring our excellent, life-saving course to you - saving you valuable time and travelling costs. By the end of the course, staff will be extremely well trained and competent in all aspects of the use of their defibrillator. We can also train your staff using the clinic defibrillator you already have on site.

This training course WILL save lives

Expert tuition is delivered by an accredited First Aid trainer for up to 12 delegates. Our AED Training is also limited to 12 companies in the first round, so don't delay and miss out!

So what's it to be?

What is an AED & How does it work?

A defibrillator is an electrical device that provides a shock to the heart when there is a life-threatening arrhythmia present. The arrhythmia that causes concern is called ventricular fibrillation.

This is a very rapid erratic beating of the heart. Multiple parts of pacemakers in the heart starts beating erratically and the heart can't rhythmically contract. The defibrillator shocks the heart so that it can start rhythmically contracting again.

We've seen in the movies and on TV where they put paddles on the chest and shock the heart, that's an external defibrillator.

There are also internal defibrillators.

These are devices that are again pacemakers that can be put under the chest wall, wires are put inside the heart, and rather than having a big shock outside the chest, there's actually a good size shock that goes inside the heart muscle. This stops the heart from its life-threatening rhythm and shocks the heart to get it to start beating rhythmically and regularly again.

It's an incredible life-saving tool that is undoubtedly saving thousands of lives a year in the United Kingdom.



Facts about CCTV

- The average person in the UK is captured 300 times on CCTV.
- The UK averages 1 camera for 14 people; this is the largest number of CCTV cameras per head in the world.
- The UK has a grand total of four million CCTV cameras. This makes up a huge 20% of the world's total CCTV installations.
- The Tube Network of London is monitored by 11,000 cameras!

Spotlight on Security



So Why Call Us?

We can help.

Our expert engineers are trained to perform maintenance, install new and repair CCTV & Intruder alarm systems.

If you have a building at risk, then give us a call and we'll send a quote out to you straightaway.



Call: 01748 811 992 and ask for Captain Sanjay!

So why CCTV? Why Intruder alarms? Why can't I just lock the door and head home? Surely a camera isn't going to deter someone. And let's be honest; by the time the authorities get there after a break in, the intruders would be long gone.

If you're thinking this, then you're actually incredibly wrong.

Did you know that having CCTV coverage of a building alone lessens the chance of your building being hit by 67%?

How about that 60% of burglars (hopefully now reformed) agree that the presence of an intruder alarm would deter them from attempting to enter a building?

With crime an ever-present problem, it's these sorts of numbers which show how effective the proper precautions can be.

So why not take a closer look at your building security and see if it measures up?

Do you need that little bit extra to ensure your building has a lower chance of being hit?

But as first steps go, locking all the doors and windows is probably your best bet...



FINAL THOUGHTS FROM THE FIRE FORCE

Wow has it been a *long time* since I signed off a copy of Captain Sanjay's Red Hot Briefs!

Since we last updated you on what the Fire Force has been up to, a *lot* has happened – everything from new services to new staff and beyond.

We have assembled a fantastic (if we do say so ourselves) team to give you the best possible services in many areas.

And as you've seen on Page 1, we're adding new Security services to our array of service offerings.

What we haven't told you is that we are aiming to win our fifth gold from NSI! Yes, our *fifth!*

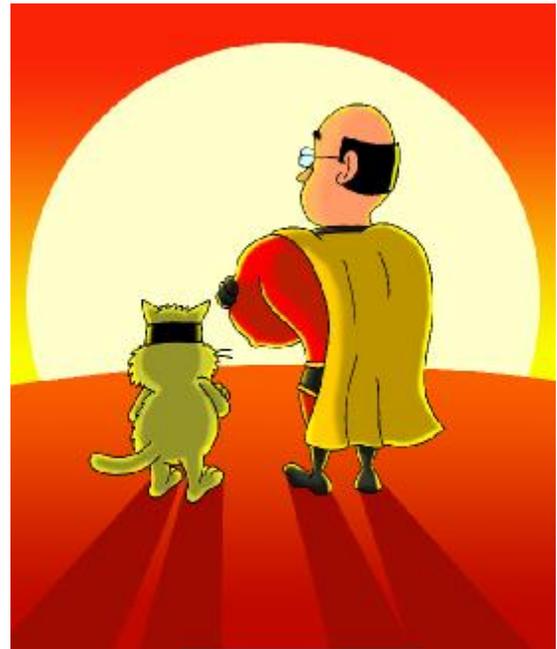
Our Operations team and our Quality team are working closely to win The Fire Safety Company 'NACOSS Gold'.

NACOSS Gold is yet another high standard to which we are committed to achieving and then maintaining. This will ensure that The Fire Safety Company is working at the highest possible standard in every area. The NACOSS Gold will soon join the array of accreditations at the bottom of the page.

Are you excited? Because we are!

If you're interested in working with The Fire Force to secure your building from fires, theft or safety hazards – get in touch with Captain Sanjay and The Fire Force!

We look forward to hearing from you.



We are the UK's most accredited fire safety company.

We're your No. 1 stop for all things Fire Safety, Access & Electronic Security



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