

FAIRBANKS REGIONAL OFFICE BUILDING EMERGENCY PROCEDURES BUILDING RULES AND REGULATIONS

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INTRODUCTION

The Fairbanks Regional Office Building provides this information as a reference guide in the event of an emergency.

It is each occupant's responsibility to be aware of the procedures listed herein and the location of the buildings emergency exits so that injuries and property damage may be minimized during an emergency.

Emergency Telephone Numbers

1. Fairbanks Fire Department	911
Fairbanks Police Department	911
Emergency Medical Aid	911
FPD Non-Emergency Dispatch	450-6500
2. Facilities Call Center (24 hours)	465-5689
3. Facilities Call Center Fax	465-3326
4. Building Security	388-1065
5. State of Alaska Fairbanks Facilities Management	465-5683
6. Facility Manager	460-1412

Fairbanks Regional Office Building Address

675 7th Avenue
Fairbanks, Alaska 99701

BUILDING EMERGENCY SYSTEMS

1. EMERGENCY EXITS

There are multiple exits located at the Fairbanks Regional Office Building. Each station has a posted evacuation map showing the nearest exit. Please familiarize yourself with their location.

2. FIRE ALARM PULL STATIONS

In case of fire in or near your station, activate the nearest pull station, regardless of whether the alarm signal is already sounding.

3. AUDIBLE ALARM SYSTEM

In the event the building's audible fire alarm system activates a continuous ring; occupants should evacuate the building using the closest marked exit quickly and safely.

4. SMOKE DETECTORS

The building is fully equipped with numerous smoke detectors on each floor. These systems are automatically monitored so that, should one be activated by smoke or heat, the alarm signal will sound and the fire department will be alerted.

5. FIRE EXTINGUISHERS

Fire extinguishers are located throughout the building. Extinguishers are intended for use in small, controllable blazes. The extinguisher should be held upright with the nozzle pointed at the base of the flames. Please do not attempt to "fight" fires unless you can do so safely.

6. ELEVATORS

Do not use the elevators if there is a fire alarm. They can only be used for evacuation by the Fire Department and will not respond to lobby call buttons.

EARTHQUAKE

Emergency Phone Numbers

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

IMPORTANT DO'S

1. Take cover under a desk, in a doorway, or in the center of the building.
2. Stay clear of bookcases, file cabinets, glass items, windows, and other similar items.
3. Follow instructions of the fire department and Facilities Management.
4. Keep calm.
5. Turn off all electrical equipment.
6. Wait for instructions from Facilities Management in the event of an extended power failure.
7. In the event of an evacuation is necessary, evacuation procedures will be announced by persons in authority.

IMPORTANT DONT'S

1. Don't panic.
2. Don't use telephones.
3. Don't use elevators.
4. Don't stand near windows.
5. Don't use an open flame.
6. DO NOT GO OUTSIDE THE BUILDING unless instructed to do so by persons in authority. If you are outside, move away from the building to protect yourself from falling glass and debris.

IMPORTANT SUPPLIES

1. Flashlight and extra batteries.
2. Portable battery operated radio.
3. First Aid Kit and Manual.
4. Emergency food and water, non-electric can opener.

ELEVATOR EMERGENCY

Elevators are a very safe mode of transportation. They do occasionally malfunction. When they do, follow these guidelines:

IMPORTANT DO'S

1. Remain calm.
2. Use the automatic telephone located behind the panel or the telephone button inside the elevator cab. The phone is monitored 24 hours each day.
3. If you observe a malfunction from outside the elevator, notify the Facilities Call Center at 465-5689, State Office Building Suite 700.

IMPORTANT DON'TS

1. Don't force the elevator doors open.
2. Don't panic.
3. Don't jump in elevators; the most common cause for elevators to get stuck between floors is its occupants misusing the equipment. Jumping in the elevators causes over-speed, which can activate the brakes.

THIS IS WHAT HAPPENS

1. When you pick up the emergency telephone in the elevator, an operator will communicate with you.
2. The operator will obtain assistance from the elevator service company.
3. Passengers will be assisted as quickly as possible.
4. **Building Maintenance is expressly forbidden from recovering people from stuck elevators.** Only trained, authorized personnel of the elevator service company can accomplish this. Therefore, if you are stuck, you must wait until an elevator technician arrives at the building; this can easily take 20-30 minutes, please be patient.

EVACUATION

Emergency phone numbers

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

IMPORTANT DO'S

1. Follow the instructions of your SERC, the fire department, and Facility Manager.
2. Close the door to your office as you leave.
3. Use the posted emergency evacuation plans to locate the nearest exit for evacuation. Be alert for other tenants and fire department personnel who might also be using these exits.
4. When there are disabled individuals in your area, and they are not in immediate danger, make a note of their location and inform trained emergency personal where you last saw them.
5. Keep talking to a minimum.
6. Use handrails in stairwells.
7. Move quickly, but calmly.
8. Listen for instructions and follow them.
9. Clear emergency exit doors as soon as you exit.
10. Please check with your Emergency Response Coordinators to verify accountability after evacuation from the building.
11. Wait for an "ALL CLEAR" announcement or for further instructions.

IMPORTANT DON'TS

1. Do not try to use the elevators; they will not respond.
2. Do not return to the area to retrieve items such as purses, coats, etc.
3. Do not block stairwells, vestibules, or doorways.
4. Do not run or create a panic situation.
5. Do not return until the fire department or Facilities Management gives an "ALL CLEAR".

EVACUATION PROCEDURES/GUIDELINES

The following is for the use by occupants of the Fairbanks Regional Office Building, Volunteer SERCs and their alternates. Here you will find basic procedures to be followed when a fire evacuation alarm is sounded in the Fairbanks Regional Office Building. **We urge all occupants of the Fairbanks Regional Office Building to become familiar with at least the general evacuation procedures.**

Definition of Terms:

ERCs: Emergency Response Coordinator. There is volunteer ERC designated to each section within the FROB.

SERC: Senior Emergency Response Coordinator. There is one SERC designated to the FROB.

Facilities Manager: Gareth Jones or his alternative. On-site POC is Keith Gaudin.

****All emergency personnel can be identified by high visibility vests****

General Evacuation Instructions for Occupants of the Fairbanks Regional Office Building:

When you hear, or become aware of an active FIRE ALARM it is recommended that you do the following:

1. Keep calm. DO NOT panic or panic others.
2. Quickly terminate your telephone call or activities.
3. Take coat and purses ONLY if they are convenient and immediately available.
4. Progress immediately to your designated emergency exit.
5. Follow the instructions of any SERC or ERC.
6. Walk carefully and DO NOT run. There may be a lot of people converging in the stairwells and at the exits at one time, so it is necessary to remain calm and carefully proceed as quickly and safely as you can. Everyone should use the handrails when descending the stairs. If you see a co-worker that might need a little help, it doesn't hurt to offer some assistance if it can help to keep the egress going at a reasonable rate of speed and you can do so safely.
7. Once you are out of the building, keep walking away from the building to allow room for those who are exiting the building behind you. Stay on the sidewalks

and follow the instructions of the SERCs. Stay clear of any traffic and out of the way of responding units.

8. If you are unable to descend the stairs notify your ERC or a co-worker and wait in a safe area near the stairwell but out of the traffic corridor. The ERC or co-worker will be reporting your location and condition to the SERC or the Facilities Manager who will alert the responding fire/rescue units. The responding units will then come and get each person left in the building in the order of most immediate peril or need at the time. This procedure is something that you will want to discuss with your SERC or ERC well in advance of any alarm.
9. If smoke is present in your area or if you are caught in smoke, immediately drop to the floor, crawl along the floor where the air is cooler, take short breaths and breath through your nose. If it becomes dark and difficult to see, you must feel your way to the exit. Using voice communications with others will help guide everyone out.
10. Once outside the building, do not try to re-enter unless instructed to do so. Evacuate to your stations staging area away from the FROB and check in supervisor or ERC to ensure all personal are accounted for.
11. The authorities in command (which will be either fire or police commanders) will let us know when it will be safe to remove your vehicle from the parking garage. Attempting to get your vehicle out of the garage without proper permission is a safety hazard and may place your life and the lives of others at risk. The responding authorities will have a lot to do, and have a lot of responsibility. It is best for everyone's safety to allow them to do their jobs without adding to their burdens.

General Emergency Evacuation Instructions for all SERCs & ERCs:

When the fire alarm is triggered the following are the general procedures to be followed when evacuating the Fairbanks Regional Office Building.

1. When an alarm sounds, the SERC and ERC should put on their high visibility vest and walk through their assigned area reminding all occupants to walk calmly to their egress path. If the weather is cold or wet, and there are no immediate signs of hazard (such as visible fire or smoke) occupants can quickly grab their coats and purses. The SERC should make certain that all occupants are accounted for and out of the area before they leave. The SERC should urge anyone who is reluctant or slow in leaving that quick but calm evacuation is **MANDATORY FOR EVERYONE**. Anyone refusing to leave must be reported to the Facilities Manager immediately.
2. An ERC of the appropriate gender should check the restroom areas and remind those inside to hurry and evacuate. The ERC should make certain that the restroom is vacant before exiting the area.
3. ERCs should check all conference rooms. If there are guests on the floor (such as attending a meeting) the ERC should direct the occupants to the proper egress pathway.
4. Each ERC or the SERC should be aware of anyone in their area who is unable to negotiate the stairwells due to a disability. If there are no immediate signs of hazard (such as visible fire or smoke) persons with such disabilities should be asked to wait in their current location until the responding fire/rescue units arrive and can safely bring them down. The ERC or the SERC must report the location of this individual to the responding fire/rescue units. If possible, it is recommended that the ERC or the SERC discuss the procedures in advance with the person with disabilities.
5. Once the ERC and SERC have their area cleared, it is recommended that they then do a final check of the area. The location of any persons with disabilities should be noted for reporting to fire/rescue units. The ERC and the SERC should then exit the building.
6. Upon arriving outside the building the ERC and SERC should check in with the Facilities Manager and provide the status of their sections. Include the following information: (a) were there any signs of a smoke or fire hazard present; (b) whether the section is clear or if anyone refused to egress and; (c) most importantly, the location of any persons with disabilities left in the building.

7. The Facilities Manager will check off each reporting station and floor. If there is a station that does not report, the Facilities Manager should contact the SERC and request that they check into why that section has not reported. This will require that all SERC's stay in contact with the Facilities Manager until the Facilities Manager has received a report from all sections.
8. The Facilities Manager must inform the responding fire/rescue units of any individuals left in the building, their location, and type of disability. The Facilities Manager may need to ask an SERC to make this contact if the Facilities Manager is still waiting for sections to report. **It is imperative that the responding fire units be advised as soon as they arrive of the location of any individuals left inside the building.**
9. The Facilities Manager will have a two way radio to stay in contact with the ERC and the SERC for announcements. The Facilities Manager must make decisions regarding crowd movement and gathering based upon the prevailing weather, traffic and egress conditions. The Facilities Manager, with the assistance of ERCs and SERCs should attempt to keep an area clear for the arrival of any responding units. The crowd should be advised to move onto the sidewalks and to spread out so as not to block traffic or to endanger themselves or others.
10. Once the responding fire/rescue units have cleared the building for occupation, the Facilities Manager will then announce that everyone may re-enter the building.
11. A post-evacuation meeting will be held at a convenient time and location for all to discuss positive and negative points of the evacuation.

General Instructions for ERCs:

The Division of General Services greatly appreciates the time and efforts of the volunteer Emergency Response Coordinators. Their willingness to volunteer demonstrates their dedication to the safety of their co-workers. Without this thoughtful dedication and willingness to volunteer, General Services would be forced into requiring a mandatory participation in an evacuation plan. It is our desire to keep the emergency evacuation program voluntary. The cooperation of voluntary participants is always of a high quality and helps to maintain a higher level of moral and provides for a safer workplace. Therefore, recognizing the fact that each volunteer has their day to day duties and functions of their regular job, it is hoped that the duties of the voluntary Emergency Response Coordinators be kept to a level so as not to be a burden to them or their co-workers. With that in mind, the following are some ideas and instructions that will help in maintaining a safe evacuation program:

1. Emergency Response Coordinators should be familiar with their sections and the egress exit paths. Emergency Response Coordinators can also act as 'safety eyes and ears' and alert General Services and/or building maintenance of any situation that could hinder an emergency egress; such as blocked corridors or stairwells.
2. It is also a good idea to be familiar with the location of nearby fire extinguishers. It is **not** the responsibility of the Emergency Response Coordinator to inspect the fire extinguishers, however, if you notice an expired tag or any other problem with safety equipment, it only makes sense to bring it to the attention of General Services who will then alert building maintenance to the situation.
3. Emergency Response Coordinators should introduce new employees in their section to the fire evacuation procedures and exit routes.
4. Emergency Response Coordinators are issued high visibility vests to wear during an emergency evacuation. They are also issued slow/stop paddles to help with traffic control and a two way radio for communication with the SERC. It is helpful to the Senior Emergency Response Coordinators to have your name and building station.
5. Emergency Response Coordinators should also be aware of anyone in their section who has a disability that would hinder their use of the stairwells for exit. The Emergency Response Coordinator should discuss the special procedures with the individual and make certain that you each agree on a safe area to wait for the fire/rescue units.
6. Emergency Response Coordinators should provide notice to the SERC of any planned vacation or annual leave time and arrange for an alternate to act in their absence.

General Instructions for SERCs:

1. The SERC is responsible for recruiting and appointing the Emergency Response Coordinators for each station in the building. The SERC should make certain that each of their Emergency Response Coordinators has a high visibility vest.
2. The SERC maintains and updates their listing of Emergency Response Coordinators. Periodic updates should be provided to the Facilities Manager and Division of General Services. Changes can be emailed to the Facilities Call Center.
3. Establish and maintain evacuation routes and an alternate route for each station. This is usually only necessary when there is a change in the physical configuration of the floor space. Consideration should be given to areas where bottlenecks might occur.

4. The SERC should also check with each ERC as to the identity and location of anyone with a disability or anyone who cannot use the stairwells for egress. The SERC should maintain a listing of such persons and provide that information to the Chief Emergency Response Coordinator.
5. The SERC may be called upon to conduct meetings of the Emergency Response Coordinators in their sections to review procedures and any issues regarding the evacuation plan.
6. Senior Emergency Response Coordinators report directly to the Facilities Manager.
7. During evacuation, the SERC should be the last one out of the building. The SERC should then proceed directly to the Facilities Manager to report in and to report on anyone left in the building.

EVACUATION SAFE HAVENS

By prearranged agreement, occupants on the east half of the building are allowed to gather in the City Hall building across 8th avenue and the west half are allowed to gather in the lobby of the Community and Technical College across Barnette during normal business hours, 7AM-5PM. Refer to the emergency evacuation map in your station for your gathering place. Caution should be used when crossing streets due to traffic and slick conditions. Remember, we are guests in these buildings, please do not make a lot of noise or be disruptive, be respectful. Once the "ALL CLEAR" is given, proceed carefully back to the building.

FIRE

Emergency phone numbers

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

UPON DISCOVERY OF A FIRE FOLLOW THESE GUIDELINES:

1. If safe call the FIRE DEPARTMENT, 911. Give the following information:
 - Your Name
 - Address: Fairbanks Regional Office Building
675 7th Avenue
Station Number _____
Floor Number _____
 - Explain problem: What is burning, etc. If it is safe, stay on the phone long enough to confirm that the information was received and understood.
2. Activate the nearest fire alarm pull station
3. Once you are away from the building in a safe location call the Facilities Call Center, 465-5689, and inform them of the situation.

WHAT TO DO IF YOU DISCOVER A FIRE...

1. Leave the area of the fire.
2. Close all door(s) as you leave.
3. Pull the nearest fire alarm pull station to sound the alarm and begin evacuation of the building.
4. Evacuate the building using the closest exit..

Note: There are fire extinguishers located on each floor. Do not return to fight the fire once you have evacuated. The Fire Department strongly advises you to leave firefighting to the experts.

5. Check all doors and door jams for heat before entering the room with the fire.
6. Keep your back to the door to leave your escape route open.

If the fire is bigger than about one foot in diameter, the better choice may be to close the door(s) again, leave the building as quickly as possible, and let the Fire Department do their job.

THIS IS WHAT HAPPENS

1. Management will assist the fire department with directions and information.
2. Please remain alert and keep conversation to a minimum. Follow instructions of Emergency Response Coordinators and firefighters.

FIRE PREVENTION

FOLLOW THESE SIMPLE RULES TO HELP PREVENT FIRE:

1. SMOKING IS PROHIBITED INSIDE THE BUILDING. Smoking is only allowed in designated smoking areas or other areas outdoors that are 10 feet or more from exterior entrances and air intakes.
2. Unplug any electrical equipment that is not working properly or is need of repair.
3. Do not overload outlets.
4. Keep heat-producing equipment away from objects that will burn.
5. Assign one person, and an alternate, to ensure all appliances, especially coffee pots, are turned off when leaving the building.
6. Store and use flammable liquids per container instructions and city/code requirements.
7. Do not allow accumulation of trash or waste materials that are flammable.
8. Do not hold station or lobby doors open with doorstops or other items.
9. Use of supplemental heat devices, such as space heaters is not permitted.
10. Adhere to Building policies for holiday decorations.

INDIVIDUALS REQUIRING SPECIAL ASSISTANCE

If you are a disabled individual or require any special assistance in emergency situations or fire alarm evacuations, it is your responsibility to contact the Facilities Call Center and make sure you are on the Emergency Assistance List for emergency evacuation. Please see page 22 for the form you would need to fill out and fax.

In the event of an alarm or emergency where evacuation is required we recommend any person that is disabled or on the Emergency Assistance List to notify the ERC or a co-worker in your station to relay your location in the building until emergency personnel arrive on scene to assist with your evacuation. Facilities Management or the ERC will not be assisting in the evacuation of disable persons; emergency personnel will be performing this task.

Individuals requiring assistance should remain in their suites with the door closed, unless the suite is the source of danger. The SERC or ERC will notify building management and emergency personnel of your location for rescue assistance.

MEDICAL EMERGENCY

Emergency phone numbers

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

IMPORTANT DO'S

1. Call 911
2. Give the following information:
 - a. Your name
 - b. The building address: Fairbanks Regional Office Building
675 7th Ave
 - c. The exact location of the emergency (station, floor, etc.)
 - d. Any details regarding the nature of the emergency (apparent heart attack, injury, etc.)
3. Reassure the victim that emergency assistance is on the way.
4. Have someone meet the emergency personnel at the building entrance.
5. Remain calm.
6. Notify the Facilities Call Center, 465-5689.

IMPORTANT DON'TS

Don't attempt to move the victim unless it is necessary to do so to avoid further injury (fire, etc.).

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

There are multiple AEDs located in the building. If you are certified in their use, we encourage you to familiarize yourself with their locations. Training is available through the American Red Cross and the Facilities Administrative Assistant will coordinate training sessions for interested individuals. If you are interested in getting your certification, or in getting re-certified please call 465-5689.

THIS IS WHAT HAPPENS

1. The Facilities Manager or security personal will meet emergency personnel at the main entrance and accompany them to the area.

2. The Facilities Manager or security personnel will make a report of the incident and emergency personnel will handle the situation.

SUSPICIOUS OBJECTS

Emergency phone numbers

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

IMPORTANT DO'S

1. Obtain a good description of the object: size, color, markings, etc.
2. Identify exact location of the object: building, floor, room number and location within the room.
3. If there is any question about the source of the object notify your supervisor to determine if the immediate area needs to be evacuated and if so he/she will issue instructions to do so.
4. Contact Police first and then contact the Facilities Call Center.

IMPORTANT DON'TS

1. Don't touch or disturb the object
2. Don't panic.

THIS IS WHAT HAPPENS

The police department and Facilities Management will assess the situation and determine evacuation requirements.

BOMB THREAT

If you receive a threat, keep calm. Have a prearranged signal to alert supervisory personnel so they may listen also. If possible, record the call.

Legitimate callers usually wish to avoid possible death or injury. Request more information by expressing a desire to save lives.

IMPORTANT DO'S

1. IF THE THREAT IS A BOMB, ASK THE FOLLOWING QUESTIONS:

When is the bomb supposed to explode?

Are you sure?

What floor is the bomb on?

What kind of bomb is it?

What does it look like?

How big is it?

Where did you put it?

Did YOU set the clock?

Why are you doing this?

Why did you call me?

What do you want me to do?

What is your name?

1. RECORD

Exact wording of the threat.

2. NOTIFY

- | | | |
|----|---------------------------------|----------|
| 1. | Fire/Police/Medical Departments | 911 |
| 2. | Facilities Call Center | 465-5689 |
| 3. | Security | 388-1065 |

BOMB THREAT CHECKLIST

Impression of Caller

Male Female Race: _____
 Youth Juvenile Adult Estimated Age: _____

Caller's Voice

Calm Frightened Gasping Excited
 Slurred Drunken Incoherent Nervous
 Joking Serious Semi Serious Giggling
 Authoritative Raspy Whispered Cell Phone
 Deep Tone Normal Tone Monotone Nasal Tone
 Dirty Laugh Nervous Laugh Vicious/Mean Confused
 Normal Breathing Heavy Breathing Voice sounded remote
 Stuttered Hesitated Familiar Voice Obviously Disguised
 Lisp Accent What kind: _____

Caller's Use of Language

Use of slang: What words were most used? _____
 Other words or phrases _____

Pronunciation, selection, timing of speech:

Normal Reading Statement Faded Away
 Average Limited Foul Educated Incoherent
 Jerky Stilted Stammered Normal

Background Sounds

Quiet Loud Noises Clear Static
 Truck Bus Motorcycle Train
 Aircraft Subway Automobile Construction
 House Noises Office Equipment Machinery Noise
 Pump Sound Fan Other Voices Footsteps
 Wind Rain Thunder Surf Sounds
 Bird Sounds Dog Barking Music Noise Crowd Sounds
 Local Call Long Distance Phone Booth
 Echo Horn/Bell/Whistle

Other Sounds: _____

SEARCH

The “search” for the object is most effective and fastest if made by the normal building occupants. Object can vary in size and shape; it is a fundamental rule that the search must be made by persons who are familiar with the area and who will notice a strange or foreign object.

Care and caution must be used during the search. Do not change the environment in question through the use of radios, cell phones, temperature variations, presence of electrical current etc.

If an object is found, DO NOT MOVE, jar, or touch it. Immediately contact Facilities Management or local on-site emergency authorities.

FAIRBANKS REGIONAL OFFICE BUILDING **EMERGENCY ASSISTANCE REQUIREMENT**

Please update this list on a regular basis and provide
Division of General Services, Facilities Section with the updated list.

DIVISION:

DATE:

SECTION:

CONTACT:

The following personnel will require assistance in evacuating the building in the event of a fire alarm or a building evacuation. It is understood that personnel will wait in a safe area (were there no immediate signs of danger such as visible fire or smoke) for assistance by the emergency fire/rescue personnel.

	NAME	REASON ASSISTANCE IS REQUIRED
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____