Exit Routes, Fire Readiness and First Aid

TOPIC 07 / WRITTEN LESSON



Check access, communication and competent emergency response before an emergency.

Test the route, not the drawing

Review exit routes, required alarms and emergency instructions for the actual workplace. A route marked on a plan can still be obstructed in practice. Keep relevant access clear and arrange corrective action through the site process. Do not conduct an unsafe evacuation or enter a hazardous area for a class photograph.

Define the response roles

Workers should know how to raise an alarm, summon emergency help, reach the assembly location and account for people under the site plan. Review whether workers evacuate or whether designated trained people have additional duties. This course does not train anyone to fight a fire.

Check equipment and first-aid coverage

Review the applicable extinguisher, first-aid, eyewash and emergency-washing requirements for the hazards and industry. Availability, condition, location and required inspection/training evidence matter. A general online certificate does not establish first-aid/CPR qualification or satisfy practical emergency training.

Make contacts work on every shift

Post and verify site address, emergency number, reporting contact and backup. Check coverage during breaks or absences and provide understandable instructions. Keep the official required posters separate from the academy's emergency-contact teaching aid.

Exit Routes, Fire Readiness and First Aid

TOPIC 07 / INSPECTION AND EVIDENCE



What an inspector may review

- Accessible actual exit routes and alarm arrangements
- Applicable extinguisher readiness and worker roles
- First-aid/eyewash provisions for hazards and industry
- Usable contacts and understood emergency instructions

Records and evidence to locate

- Site emergency plan and current contacts
- Route/access walk-through observations
- Equipment inspection/service and training references
- First-aid coverage and backup arrangements

Typical gaps to correct

- Blocked exits or inaccessible equipment
- Undefined response or evacuation roles
- Missing required first-aid provisions or task-appropriate training

Worked example - fictional Harbor Supply

Harbor has an exit sign above a route used for temporary carton storage. The designated contact is absent on the late shift.

The team addresses the actual obstruction, verifies a usable route and updates the contact and backup process. It checks the applicable emergency and first-aid requirements rather than treating the sign or a course certificate as proof of readiness.

Exit Routes, Fire Readiness and First Aid

TOPIC 07 / FACILITATOR KIT



Before the meeting

Choose a relevant, safe example; check the current rules and site procedure. Review open hazards, recent investigations and the prevention program. Arrange language or accessibility support.

0-3

State the topic, review previous corrective actions, and invite worker observations without retaliation.

3-10

Use the lesson and the worked example. Ask workers to identify the exposure, the control and the responsible person.

10-17

Conduct a safe, authorized observation of routes and contact information. Discuss who calls for help and where people assemble; do not simulate smoke, a fire or a medical procedure.

17-20

Use the teach-back questions. Record actual attendees and topics, assign actions and a verification date. This 20-minute agenda is a suggested teaching plan, not a universal meeting-frequency rule.

Teach-back discussion

- Is the actual route usable now?
- Who calls for emergency help on this shift?
- Which response requires additional training?

Use actual attendees and topics in the meeting record. Do not enter private medical details here or treat a fictional exercise as proof of a real correction.

Official references

WAC 296-800-310: exit routes and alarms

WAC 296-800-300: portable fire extinguishers

WAC 296-800-150: first aid

L&I required workplace posters and current valid dates

Exit Routes, Fire Readiness and First Aid

TOPIC 07 / FILLABLE WORKPLACE EXERCISE



Use the fictional example first. Keep real personnel and medical records in your approved secure systems.

Site / department / task

Actual observation and evidence reference

Workers consulted / language needs

Existing control and observed gap

Protective action and responsible person

Due date / verification method

What changed / remaining concern / follow-up date

Explain it back

Is the actual route usable now?

Who calls for emergency help on this shift?

Which response requires additional training?