BASIC CARE
Life Safety Code and Licensing Rules

Monte Engel, PE
Mgr., Building Stds./LSC
Division of Health Facilities
North Dakota Department of Health
Licensing Rules

- North Dakota Administrative Code
  Chapter 33-03-24.1
  Licensing Rules for Basic Care Facilities in North Dakota

- Section 33-03-24.1-10 Fire safety
Licensing Rules

- 33-03-24.1-10 (1)
- Life Safety Code
  - 1988 edition
  - Chapter 21, Residential Board and Care Occupancy
  - Slow evacuation capability
  - Or a greater level of fire safety
Licensing Rules

- 33-03-24.1-10 (2)
- Fire drills
  - Monthly
  - Twelve (12) per year
  - Alternating with all workshifts
  - Complete evacuation once per year
Licensing Rules

- 33-03-24.1-10 (3)
- Fire evacuation plans
  - Posted in a conspicuous place
Licensing Rules

- **33-03-24.1-10 (4)**
- Fire drill records
  - Dates, times, duration
  - Names of staff and residents
  - Description of drill
  - Escape path
  - Call to fire department
Licensing Rules

- 33-03-24.1-10 (5)
- New admissions
  - Fire drill walk-through within five (5) days
Licensing Rules

- 33-03-24.1-10 (6)
- Variation
  - Waivers must be approved by the department
Licensing Rules

- 33-03-24.1-10 (7)
- Greater level of fire safety
  - Meet the fire drill requirements of that occupancy classification
  - Twelve (12) licensed basic care facilities are located in health care occupancies.
The requirements of Chapter 21 are based on two main concepts:

a) Larger buildings, which are more difficult to evacuate, require more built-in fire protection than smaller buildings.
Life Safety Code

The requirements of Chapter 21 are based on two main concepts:

b) People who are more difficult to evacuate require more built-in building fire protection than people who are easier to evacuate.
Life Safety Code

- Section 21-2

- Small facilities
  - Sleeping accommodations for not more than 16 residents.
  - Sixteen (16) basic care facilities are small facilities. Eleven (11) of these are located in health care.
Life Safety Code

- Section 21-3

- Large Facilities
  - Sleeping accommodations for more than 16 residents.
  - Thirty-nine (39) licensed basic care facilities are large facilities.
Life Safety Code

- **Section 21-4**

- Suitability of an apartment building to house a board and care occupancy.
Life Safety Code

- **Residential Board and Care Occupancy**

- **Definition:**
  A building used to provide lodging, boarding, and personal care services for four (4) or more residents.
Life Safety Code

- **Residential Board and Care Occupancy**

- **Example:**
  
  A group housing arrangement for physically or mentally handicapped persons who normally may attend school or church in the community, or otherwise use community facilities.
Life Safety Code

- **Residential Board and Care Occupancy**

- **Example:**
  A group housing arrangement for physically or mentally handicapped persons who are undergoing training in preparation for independent living, paid employment or other activities.
Life Safety Code

- **Residential Board and Care Occupancy**

- **Example:**
  A group housing arrangement for the elderly that provides personal care services but that does not provide nursing care.
Life Safety Code

- **Residential Board and Care Occupancy**

- **Example:**
  Facilities for social rehabilitation, alcoholism, drug abuse, or mental health problems that contain a group housing arrangement and personal care.
Evacuation capability

The ability of the occupants, residents, and staff as a group to either evacuate the building or relocate from the point of occupancy to a point of safety.
Evacuation capability

Prompt

Equivalent to the capability of the general population.
Life Safety Code

- Evacuation capability
- Slow

Capability of the group to move to a point of safety in a timely manner, with some residents requiring assistance from staff.
Life Safety Code

- **Evacuation capability**
- **Impractical**

A group, even with staff assistance, that cannot reliably move to a point of safety in a timely manner.
Life Safety Code

- Minimum construction requirements

- This chapter requires evacuation only to a point of safety, and therefore, the residents will frequently remain inside the building during a fire emergency.
Life Safety Code

- The width of corridors shall not be less than 44 inches. Corridors must be maintained free and clear of impediments to exiting.

- Storage of items in corridors is not permitted. All items in corridors must be in use.
Life Safety Code

- Any room, or suite of rooms, in excess of 2,000 square feet shall be provided with at least two exit doors remote from each other.

- Travel within a room or suite or living unit to a corridor door shall not exceed 75 feet.
Life Safety Code

- From any corridor door, exits shall be accessible in at least two directions.

- It shall not be necessary to travel more than 100 feet from the door of any room to reach the nearest exit.
Life Safety Code

- Not less than two exits shall be accessible from every floor.

- Exits must be paved with asphalt or concrete from the building to a public way such as a parking lot or street.
The means of egress shall be lighted. Lights must be provided in all corridors and exits.

Exterior exit discharge from the building must also have emergency lighting.
Life Safety Code

- Emergency lighting shall be provided in all buildings with more than 25 rooms.

- Battery powered emergency lighting units must be tested monthly for 30 seconds and annually for 90 minutes.
Life Safety Code

- Means of egress shall be marked with exit signs.

- Both bulbs must be functional to provide the necessary back up in times of need.
Vertical openings such as stairways, elevator hoistways, dumbwaiters, shafts, etc. shall be enclosed with fire rated construction and self-closing fire doors.

Doors must close and latch, with no gaps between the door and frame.
Life Safety Code

- Hazardous areas shall be separated from other areas by 1 hour fire rated construction with self-closing fire doors or equipped with a sprinkler system.

- Doors are required to be self-closing and positively latching.
Life Safety Code

- Interior wall and ceiling finish shall be Class A or Class B.

- **Wood paneling.**

- Interior floor finish shall be Class I or Class II.

- **Carpet.**
Life Safety Code

- A manual fire alarm system shall be provided.

- Initiation of the fire alarm system:
  - Manual means
  - Automatic sprinkler system
  - Smoke detection system
Life Safety Code

- An annunciator panel connected to the fire alarm system shall be provided.

- Occupant notification shall be provided automatically, without delay.

- Fire department notification by telephone or other means.
Life Safety Code

- A smoke detector must be located above the fire alarm panel.
- The fire alarm circuit must have a locking device.
- The fire alarm panel must be locked.
Life Safety Code

- Each sleeping room shall be provided with a single station smoke detector connected to the electrical service.

- Exception for existing facilities with a corridor smoke detection system.
Life Safety Code

- All corridors and common spaces shall be provided with smoke detectors connected to the fire alarm system and audible in all sleeping areas.

- Detectors may be omitted from common spaces in buildings protected by a sprinkler system.
Life Safety Code

- Where an automatic sprinkler is installed, it must comply with NFPA 13, NFPA 13D or NFPA 13R.

- Sprinklers may be omitted in closets not over 24 square feet and bathrooms not over 55 square feet.
Life Safety Code

- Portable fire extinguishers shall be provided near hazardous areas.

- Portable extinguishers must be checked monthly and serviced annually.
Life Safety Code

- Sleeping rooms and other rooms shall be separated from corridors and other common areas by fire barriers.

- These corridor walls must have a fire rating of not less than 1 hour.
Life Safety Code

- In existing buildings the corridor wall shall have a fire rating of not less than 20 minutes.

- With a sprinkler system, no fire rating is required – corridor walls must resist the passage of smoke.
Life Safety Code

- Doors in the corridor walls must have a fire rating of 20 minutes.
- Existing 1¾ inch solid bonded wood core doors are acceptable.
- With a sprinkler system, no fire rating is required – doors must resist the passage of smoke.
Life Safety Code

- There shall be no louvers, transfer grilles, operable transoms, or other air passages penetrating the corridor walls and doors except properly installed heating and utility installations.
Life Safety Code

- Doors in corridor walls shall be self-closing or automatic closing.

- Doors in walls separating sleeping rooms from corridors shall be automatic closing.
Life Safety Code

- Doors to sleeping rooms that have occupant control locks restricted to the occupants or staff may be self-closing.

- With a sprinkler system, doors, other than doors to hazardous areas, vertical openings, and exit enclosures are not required to be self-closing or automatic closing.
Life Safety Code

- Corridor doors must close and latch.
- Doors cannot be held open by chocks, wastebaskets, bricks, blocks, beds, etc.
- Limit gaps between the door and frame.
Life Safety Code

- Every sleeping room floor shall be divided into at least two smoke compartments.
- The maximum travel distance from a sleeping room corridor door to a smoke barrier shall not exceed 150 feet.
Life Safety Code

- With a sprinkler system, smoke barriers are not required.

- Smoke barriers are not required where the aggregate corridor length on each floor is not more than 150 feet.