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STATE OF IOWA

1971

FIRE SAFETY RULES AND REGULATIONS

for

Health Care Facilities Requiring License Under Chapter 135C

ROBERT D. RAY
GOVERNOR

IOWA
614.84
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DIVISION OF FIRE PROTECTION

Department of Public Safety

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STATE OF IOWA

1971

FIRE SAFETY RULES AND REGULATIONS

for

Adult Foster Homes and Boarding Homes

WILBUR R. JOHNSON
State Fire Marshal

DEPARTMENT OF PUBLIC SAFETY

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TABLE OF CONTENTS

FOR

ADULT FOSTER HOMES AND BOARDING HOMES

	Page
Definitions.....	1
ADULT FOSTER HOMES.....	4
BOARDING HOMES.....	5
Classifications.....	5
Floor Areas.....	6
Exit Details.....	6
Construction and Arrangement.....	7
Access.....	7
Protection of Vertical Openings.....	8
Sprinkler Systems.....	8
Fire Detection and Alarm Systems.....	9
Fire Extinguishers.....	10
Heating and Building Service Equipment.....	10
Attendants, Evacuation Plan.....	11
Smoking.....	12
Exit Signs and Lighting.....	12
Combustible Contents.....	12
Occupancy Restrictions.....	13
Maintenance.....	13

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of refuge and from the building when necessary. All employees shall be instructed and kept informed respecting their duties under the plan. This plan is to be posted where all employees may readily study it. Fire drills shall be held at least once a month. Infirm or disturbed residents need not exit from building. Records of same to be kept available for inspection.

28.3(12) Smoking.

a. Smoking may be permitted in boarding homes only where proper facilities are provided. Smoking shall not be permitted in sleeping quarters or dormitories. "NO SMOKING" signs shall be posted in all resident rooms, stating the smoking regulations in that particular facility.

b. Ash trays of noncombustible material, and safe design shall be provided in all areas where smoking is permitted.

28.3(13) Exit signs and lighting.

a. Signs bearing the word "EXIT" in plainly legible block letters shall be placed at each exit opening, except at doors directly from rooms to exit corridors or passageways and except at doors leading obviously to the outside from the entrance floor. Additional signs shall be placed in corridors and passageways wherever necessary to indicate the direction of exit. Letters of signs shall be at least six inches high, four and one-half inches if internally illuminated. All exit and directional signs shall be maintained clearly legible by electric illumination or other acceptable means when natural light fails.

b. All stairways and other ways of exit and the corridor or passageways appurtenant thereto shall be properly illuminated at all times to facilitate egress in accordance with the requirements for exit lighting.

c. Emergency lighting system of an approved type shall be installed so as to provide necessary exit illumination in the event of failure of the normal lighting system within the building. An approved rechargeable battery powered, automatically operated device will be acceptable.

28.3(14) Combustible contents.

a. Window draperies, and curtains for decorative and acoustical purposes shall be flame retardant.

b. Fresh cut flowers and decorative greens, as well as living vegetation, may be used for decoration, except those containing pitch or resin.

c. Carpeting, and carpet assembly, as installed, after effective date of these regulations, shall comply with the state fire marshal's specifications pertaining to same.

28.3(15) Occupancy restrictions.

a. A resident bedroom shall not be located in a room where the finish floor is more than thirty inches below the finish grade at the building.

b. Occupancies not under the control of, or not necessary to, the administration of a boarding home, are prohibited therein with the exception of the residence of the owner or manager.

c. Non-ambulatory residents shall be housed on the first floor only.

28.3(16) Maintenance.

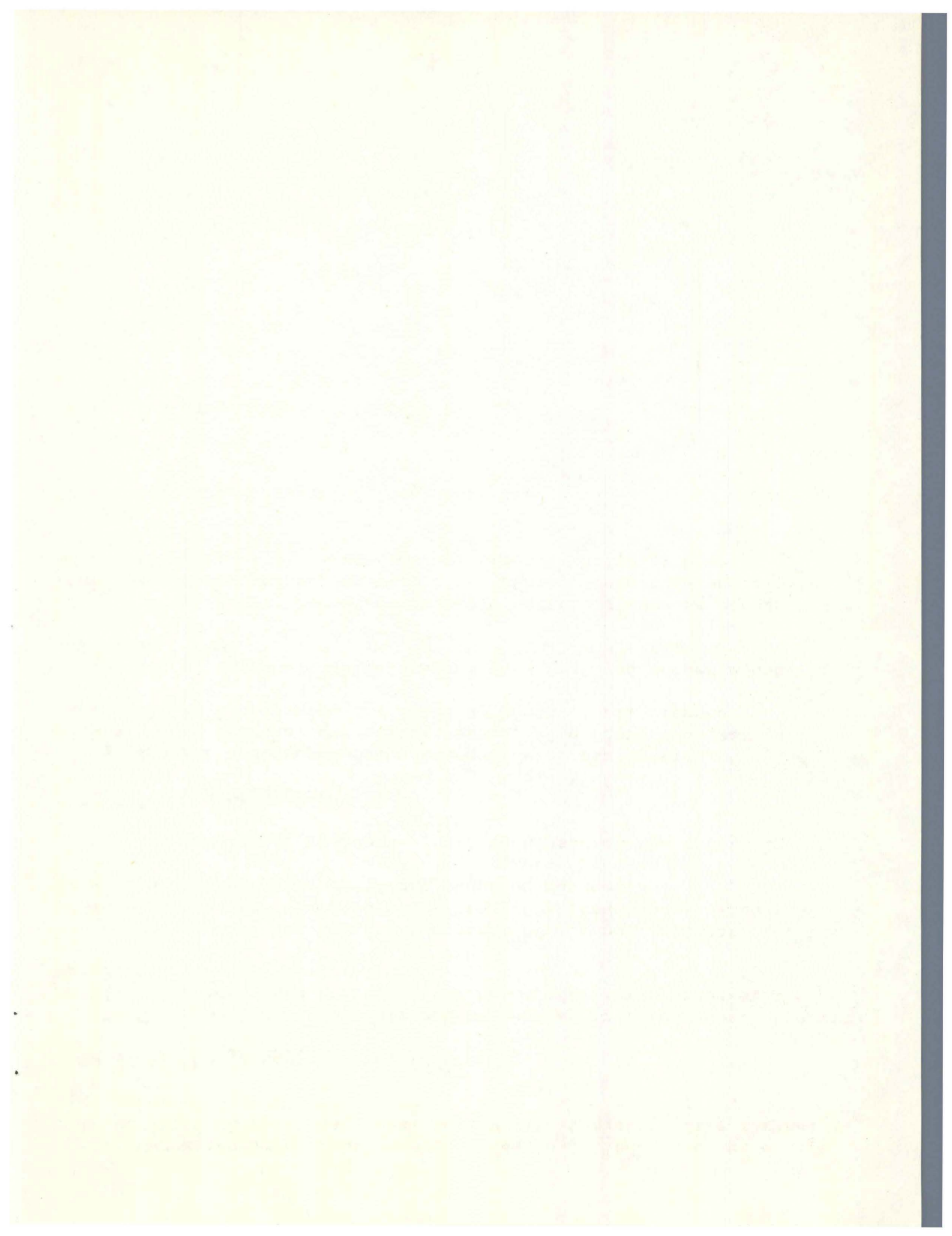
a. Regular and proper maintenance of electric service, heating plants, alarm systems, sprinkler systems, fire doors and exit facilities shall be a requisite for boarding homes of all classes.

b. Storerooms shall be maintained in a neat and proper manner at all times.

c. Excessive storage of combustible materials such as papers, cartons, magazines, paints, sprays, old clothing, furniture and similar materials shall be prohibited at all times in boarding homes.

28.4 through 28.9, reserved for future use.

(Effective date November 11, 1971.)



ROBERT D. RAY
GOVERNOR

MICHAEL M. SELLERS
COMMISSIONER

STATE OF IOWA
1971

FIRE SAFETY RULES AND REGULATIONS

for

Existing and New Custodial, Basic Nursing, Intermediate
Nursing, Skilled Nursing Homes and Extended Care Facilities.

WILBUR R. JOHNSON
State Fire Marshal

DEPARTMENT OF PUBLIC SAFETY

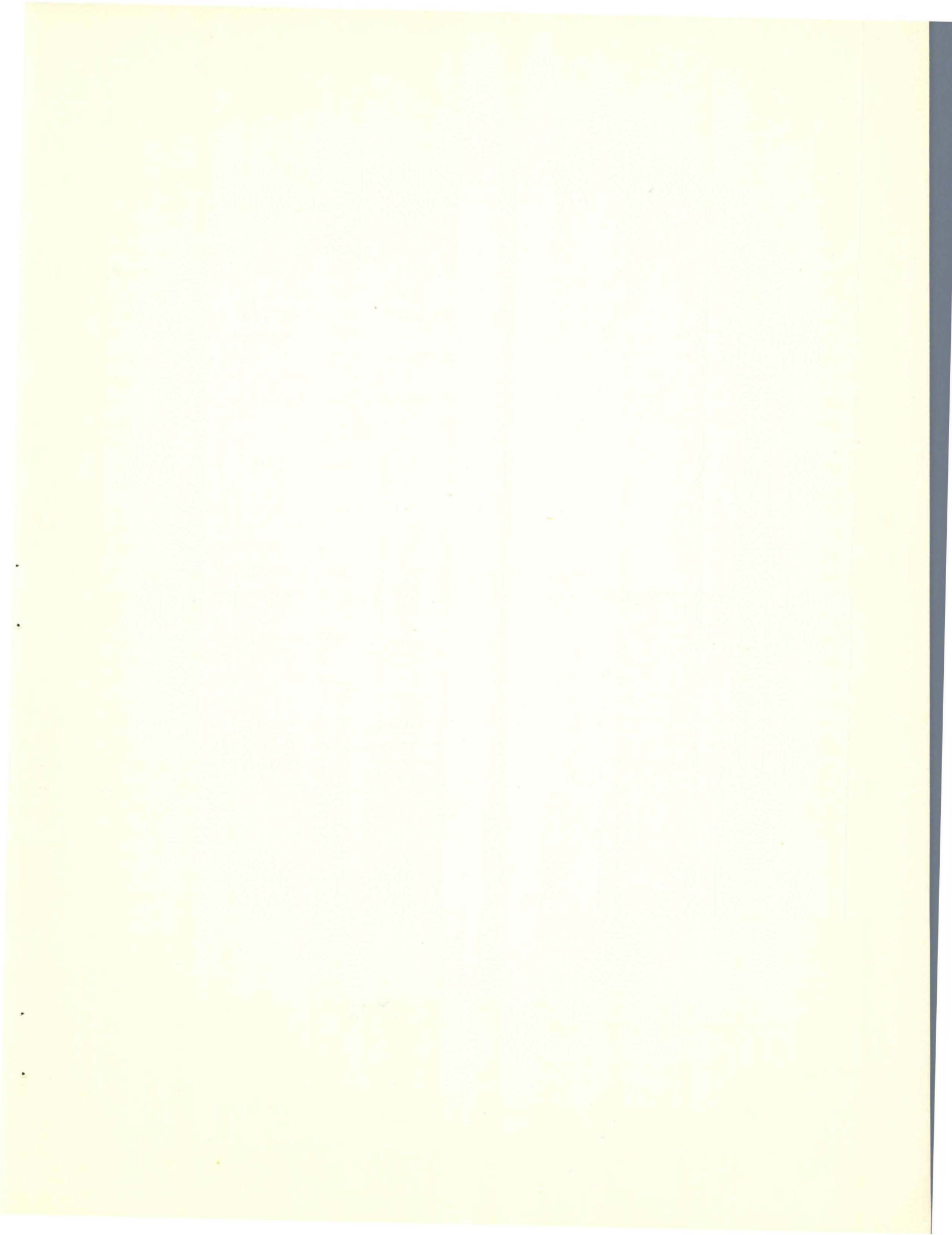
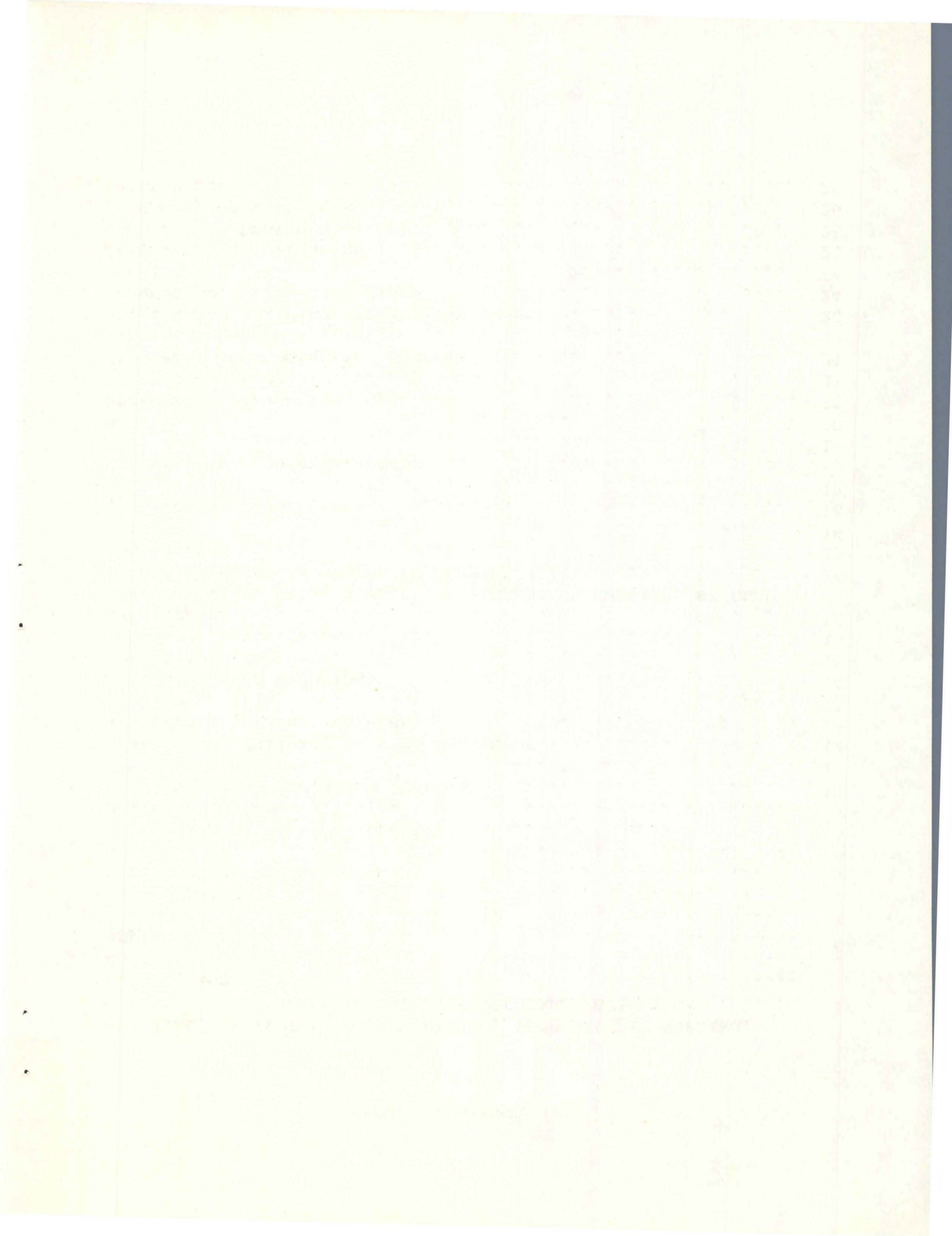


TABLE OF CONTENTS

	Page
EXISTING, CUSTODIAL, BASIC NURSING, INTERMEDIATE NURSING, SKILLED NURSING HOMES AND EXTENDED CARE FACILITIES.....	1
Definitions.....	1
Existing Care Facilities.....	6
Application.....	6
Floor Area.....	7
Exit Details.....	7
Construction and Arrangement.....	8
Access.....	9
Protection of Vertical Openings.....	10
Sprinkler Systems.....	10
Fire Detection and Alarm Systems.....	10
Fire Extinguishers.....	12
Heating and Building Service Equipment.....	12
Attendants, Evacuation Plan.....	13
Smoking.....	13
Exit Signs and Lighting.....	14
Combustible Contents.....	14
Occupancy Restrictions.....	15
Maintenance.....	15
NEW CUSTODIAL, BASIC NURSING, INTERMEDIATE NURSING, SKILLED NURSING HOMES AND EXTENDED CARE FACILITIES.....	15
Application.....	15
Construction.....	16
Division of Floor Areas.....	16
Exit Details.....	17
Construction and Arrangement.....	18
Access.....	19
Doors.....	20
Protection of Vertical Openings.....	20
Automatic Sprinklers.....	21
Fire Alarm and Detection Systems.....	21
Fire Extinguishers.....	22
Heating and Building Service Equipment.....	23
Attendants, Evacuation Plan.....	24
Smoking.....	24
Exit Signs and Lighting.....	25
Combustible Contents.....	25
Occupancy Restrictions.....	26
Maintenance.....	26



CHAPTER 28

DIVISION II

EXISTING AND NEW CUSTODIAL, BASIC NURSING, INTERMEDIATE NURSING, SKILLED NURSING HOMES AND EXTENDED CARE FACILITIES.

28.10(100)T. III Definitions.

28.10(1) Health care facility. In these regulations "health care facility" or facility means any custodial home, basic nursing home, intermediate nursing home, skilled nursing home, or extended care facility requiring license by the Iowa Department of Health in accord with Chapter 135C.6.

28.10(2) Custodial home. "Custodial home" means any institution, place, building, or agency providing for a period exceeding twenty-four consecutive hours accommodation, board, and personal assistance in feeding, dressing, and other essential daily living activities to three or more individuals, not related to the administrator or owner thereof within the third degree of consanguinity, who by reason of age, illness, disease, or physical or mental infirmity are unable to sufficiently or properly care for themselves or manage their own affairs, but who do not require the daily services of a registered or licensed practical nurse.

28.10(3) Basic nursing home. "Basic nursing home" means any institution, place, building, or agency providing for a period exceeding twenty-four consecutive hours accommodation, board, and personal care and treatment or simple nursing care to three or more individuals, not related to the administrator or owner thereof within the third degree of consanguinity, who by reason of age, illness, disease, or physical or mental infirmity require domiciliary care, simple nursing care, or occasional skilled nursing care, but who do not require hospital or skilled nursing home care.

28.10(4) Intermediate nursing home. "Intermediate nursing home" means any institution, place, building, or agency providing for a period exceeding twenty-four consecutive hours accommodation, board, and nursing care and supporting services as directed by a physician to three or more individuals, not related to the administrator or owner thereof within the third degree of consanguinity, who by reason of age, illness, disease, or physical or mental infirmity require continuous nursing care and related medical services, or occasional skilled nursing care, but who do not require hospital care.

28.10(5) Skilled nursing home. "Skilled nursing home" means any institution, place, building, or agency providing for a period exceeding twenty-four consecutive hours accommodation, board, and the health care services necessary for certification as a skilled nursing home under Title XIX of the United States Social Security Act (Title XLII, United States Code, sections 1396 through 1396g), as amended to January 1, 1970 to three or more individuals not related to the administrator or owner thereof within the third degree of consanguinity.

28.10(6) Extended care facility. "Extended care facility" means any institution, place, building, or agency providing for a period exceeding twenty-four consecutive hours accommodation, board, and the health care services necessary for certification as an extended care facility under Title XVIII of the United States Social Security Act (Title XLII, United States Code, sections 1395 through 139511), as amended to January 1, 1970, to three or more individuals not related to the administrator or owner thereof within the third degree of consanguinity.

28.10(7) Patient. "Patient" means an individual admitted to a custodial home, basic nursing home, intermediate nursing home, skilled nursing home, or extended care facility in the manner prescribed by Chapter 135C.23 for care.

28.10(8) Bed patient. The term "bed patient" shall mean a person who is not ambulatory as defined in these standards.

28.10(9) Ambulatory. The term "ambulatory" when used in these standards shall mean a person who immediately and without aid of another, is physically and/or mentally capable of walking a normal path to safety including the ascent and descent of stairs.

28.10(10) Non-ambulatory. The term "non-ambulatory" when used in these standards shall mean a person who immediately and without aid of another is not physically and/or mentally capable of walking a normal path to safety including the ascent and descent of stairs.

28.10(11) State fire marshal. "State fire marshal" shall mean the chief officer of the division of fire protection as described in Chapter 100.1 of the Code of Iowa or one authorized to act in his absence.

28.10(12) Fire Marshal. "Fire marshal" means the state fire marshal, any of his staff, or "assistant state fire inspectors", carrying authorized cards signed by the state fire marshal.

28.10(13) Competent. Having sufficient physical and mental ability to react to an emergency and put into operation a plan for evacuation and extinguishment.

28.10(14) Combustible. The term "combustible shall mean capable of undergoing combustion.

28.10(15) Combustible or hazardous storage area or room. The term "combustible or hazardous storage area or room" shall mean those areas containing heating apparatus and boiler rooms, basements, or attics used for the storage of combustible material, flammable liquids, workrooms such as carpenter shops, paint shops and upholstery shops, central storerooms such as furniture, mattresses and miscellaneous storage, and similar occupancies intended to contain combustible materials which will either be easily ignited, burn with an intense flame or result in the production of dense smoke and fumes.

28.10(16) Automatic. The term "automatic" as applied to a door, window or other protection for an opening shall mean that such door, window or other protection is so constructed and arranged that if open it will close when subjected to a predetermined temperature or rate of temperature rise.

28.10(17) Flammable liquid. The term "flammable liquid" shall mean any liquid which is governed by the rules and regulations promulgated by the state fire marshal under the state of Iowa laws governing the handling, storage and transportation of flammable liquids.

28.10(18) Approved. The term "approved" when used in these standards shall mean acceptable to the state fire marshal.

a. "Approved standards" shall mean any standard or code prepared and adopted by any nationally recognized association.

b. "Approved equipment and material" shall mean any equipment or material tested and listed by a nationally recognized testing laboratory.

c. "Approved" is defined as being acceptable to the state fire marshal.

Any equipment, device or procedure which bears the stamp of approval of or meets applicable standards prescribed by an organization of national reputation such as the Underwriters Laboratories, Inc., Factory Mutual Laboratories, American Society For Testing Materials, American Insurance Association, National Fire Protection Association, American Society of Mechanical Engineers or American Standards Association, which undertakes to test and approve or provide standards for equipment, devices or procedures of the nature prescribed in these regulations shall be deemed acceptable to the state fire marshal.

28.10(19) Types of constructions. "Types of construction" shall be as defined in National Fire Protection Association Pamphlet No. 220 published in 1961.

28.10(20) Story. A "story" shall mean that part of a building comprised between a floor and ceiling or roof next above. The first story shall be that story which is of such height above the ground, that is, does not come within the definition of a basement or cellar. However, if part of a basement qualifies for patient area, it shall be considered the first story.

28.10(21) Attic. The term "attic" when used in these standards shall mean the space between the ceiling beams of the top habitable story and the roof rafters.

28.10(22) Basement. A "basement" or cellar for these regulations shall mean that part of a building where the finish floor is more than thirty inches below the finish grade at the building.

28.10(23) Exit. "Exit" is that portion of a means of egress which is separated from all other spaces of the building or structure by construction or equipment as required in these regulations to provide a protected way of travel to the exit discharge.

28.10(24) Exit access. "Exit access" is that portion of a means of egress which leads to an entrance to an exit.

28.10(25) Exit discharge. "Exit discharge" is that portion of a means of egress between the termination of an exit and a public way.

28.10(26) Fire partition. The term "fire partition" shall mean a partition which subdivides a story of a building to provide an area of refuge or to restrict the spread of fire for a minimum of one hour.

28.10(27) Fire door. The term "fire door" shall mean a door and its assembly, so constructed and assembled in place as to give protection against the passage of fire, equal to surrounding construction.

28.10(28) Fire-resistance. The term "fire-resistance" shall mean that property of materials or assemblies which prevents or retards the passage of excessive heat, hot gases or flames under condition of use. The terms "fire-resistant" and "fire-resistive" shall mean the same as "fire-resistance".

28.10(29) Fire-resistance rating. The term "fire-resistance rating" shall mean the time in hours or fractions thereof that materials or their assemblies will resist fire exposure as

determined by fire tests conducted in compliance with approved standards.

28.10(30) Fire wall. The term "fire wall" shall mean a wall of brick or reinforced concrete having adequate fire-resistance and structural stability under fire conditions to accomplish the purpose of completely subdividing a building or of completely separating adjoining buildings to resist the spread of fire. A fire wall shall extend continuously through all stories from foundation to or above the roof.

28.10(31) Sprinklered. The term "sprinklered" shall mean to be completely protected by an approved system of automatic sprinklers installed and maintained in accordance with approved standards.

28.10(32) Automatic sprinkler system. The term "automatic sprinkler system" shall mean an arrangement of piping and sprinkler designated to operate automatically by the heat of fire and to discharge water upon the fire, according to the standards of the National Fire Protection Association.

28.10(33) Interior finish material. Interior finish material shall be classified in accordance with the method of tests of surface burning characteristics of building material National Fire Protection Association Standard No.255, Test Methods, Surface Burning--Building Materials, 1969. Classification of interior finish material shall be in accordance with tests made under conditions simulating actual installations, provided that the state fire marshal may by rule establish the classification of any material on which a rating by standard test is not available. Interior finish material shall be grouped in the following classes in accordance with their flame spread and related characteristics.

Class A. Interior finish flame spread 0-25.

Class B. Interior finish flame spread 25-75.

Class C. Interior finish flame spread 75-200.

28.10(34) Panic hardware. Panic hardware shall cause the door latch to release when pressure of not to exceed 15 pounds is applied to the releasing devices in the direction of exit travel. Such releasing devices shall be bars or panels extending not less than two-thirds of the width of the door and placed at heights not less than 30 nor more than 44 inches above the floor. Only approved panic hardware shall be used on exit doors.

28.11(100)T. III. Existing custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities.

28.11(1) Application.

a. This subrule of the regulations shall apply to existing custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities. They shall hereafter be referred to as health care facilities. These regulations shall constitute the minimum requirements for existing homes for approval by the state fire marshal's office. Further, and more stringent, requirements may be required by other governmental divisions, or subdivisions, as a requirement for participation in various programs, or to comply with local codes and regulations. Any nursing or custodial home licensed and in operation on the effective date of these regulations shall be considered as complying with these regulations for existing nursing and custodial homes if they are in compliance with all requirements of this subrule. All existing nursing and custodial homes not in compliance with this subrule shall comply within one year from the effective date of these regulations.

b. The state fire marshal in enforcing the requirements of this subrule may modify them under the following two conditions:

(1) If the building in question was licensed as a nursing home or custodial care institution prior to adoption or amendment of these requirements.

(2) Only those requirements whose application would be clearly impractical in the judgment of the state fire marshal shall be modified.

c. Requirements may be modified by the state fire marshal to allow alternative arrangements that will secure as nearly equivalent safety to life from fire as practical; but in no case shall the modification afford less safety than compliance with the corresponding provisions contained in the following parts of these regulations. A reasonable time shall be allowed for compliance with any part of this subrule, commensurate with the magnitude of expenditure and the disruption of services. When alternate protection is installed and accepted, the institution shall be considered as conforming for purposes of these regulations.

d. No existing building shall be converted to a nursing home or custodial care institution unless it complies with all requirements for new buildings.

e. Additions or structural alterations to existing facilities must have written approval from the state fire marshal, and must submit working plans and specifications for review and approval

prior to work being started.

28.11(2) Floor areas.

a. All floors having a maximum occupancy above thirty persons, shall be divided into two sections by a one-hour fire wall or fire partition with ample room on each side for the total number of beds on each floor.

b. Corridor length between smokestop partitions, horizontal exits, or from either to the end of the corridor shall not exceed 150 feet on any patient occupied sleeping floor.

c. Any smokestop partition shall have at least a one-hour fire-resistance rating and shall be continuous from wall to wall and floor to floor or roof arch above. Openings in a smokestop partition shall be protected by fixed wire glass panels in steel frames, maximum size of 1296 sq. inches each panel, or 1 3/4 inch solid core wood doors with vision panel in each door, wire glass not over 720 sq. inches, as a minimum requirement. Such doors shall be self-closing or may be so installed that they may be kept in an open position provided they meet the requirements of "d". Doors in smokestop partitions are not required to swing with exit travel. Ample space shall be provided on each side or the barrier for the total number occupants on both sides.

d. Any door in a fire separation, horizontal exit or a smokestop partition may be held open only by an approved electrical device. The device shall be so arranged that the operation of the required detection, alarm, or sprinkler system will initiate the self-closing action.

e. Every interior wall and partition in buildings of fire-resistive and noncombustible construction shall be of noncombustible materials.

f. Every patient sleeping room shall have an outside window or outside door arranged and located to permit the venting of products of combustion and to permit any occupant to have access to fresh air in case of emergency.

g. Interior finish of exit corridors, and means of egress, shall be Class A (flame spread of 25 or less). Interior finish of rooms shall be Class A or B (flame spread of 75 or less). If over 4 bed capacity, shall have Class A finish.

28.11(3) Exit details.

a. Exits shall be of the following types or combinations

thereof as defined by the National Fire Protection Association.

- (1) Horizontal exits.
- (2) Doors leading directly outside the buildings (without stairs).
- (3) Ramps.
- (4) Stairways, or outside stairs.
- (5) Seven foot spiral slides. Approved only where installed prior to effective date of these regulations.
- (6) Exit passageways.
- (7) Smoke towers.

b. At least two exits of the above types, remote from each other, shall be provided for every floor or section of the building. At least one exit in every floor or section shall be of type 2,3, 4, 6, or 7, as listed above. Exterior fire escape stairs may be accepted as a second means of exit.

c. At least one required exit from each floor above or below the first floor shall lead directly, or through an enclosed corridor, to the outside. A second or third required exit, where a more direct exit is impracticable, may lead to a first floor lobby having ample and direct exit to the outside.

d. Travel distance (1) between any room door intended as exit access and an exit shall not exceed 100 feet; (2) between any point in a room and an exit shall not exceed 150 feet; (3) between any point in a patient occupied sleeping room or suite and an exit access door of that room or suite shall not exceed 50 feet. The travel distance in (1) or (2) above may be increased by 50 feet in buildings completely equipped with an automatic fire extinguishing system.

e. Exit doors shall not be locked against the egress by bolt key locks, hooks or padlocks. A latch type lock is permissible that locks against outside entrance. Panic hardware shall be installed on exit doors accommodating over thirty patients.

28.11(4) Construction and arrangement.

a. All stairs, ramps or other ways of exit for areas shall be of such width and so arranged as to avoid any obstruction to the convenient removal of non-ambulatory persons by carrying them

on stretchers or on mattresses serving as stretchers. A standard 44 inch wide stairway or ramp is the minimum permitted, slope of ramp shall be 1 to 1 3/16 in 12. Where persons are to be carried on mattresses or stretchers, extra space may be needed to make turns at stair landings. Minimum dimension of a stair landing shall be 60 inches.

28.11(5) Access.

a. Every sleeping room, unless it has a door opening to the ground level shall have an exit access door leading directly to a corridor which leads to an exit. One adjacent room such as a sitting or anteroom may intervene if all doors along the path of exit travel are equipped with non-lockable hardware.

b. Any required aisle, corridor, or ramp shall be not less than 48 inches in clear width when serving as means of egress from patient sleeping rooms. It shall be of such width and so arranged as to avoid any obstructions to the convenient removal of non-ambulatory persons carried on stretchers or on mattresses serving as stretchers.

c. Corridors and passageways to be used as a means of exit, or part of a means of exit, shall be unobstructed and shall not lead through any room or space used for a purpose that may obstruct free passage. Corridors and passageways which lead to the outside from any required stairway shall be enclosed as required for stairways.

d. All rooms must be equipped with a door, at least 1 3/4 inch solid core wood, or equivalent. Divided doors shall be of such type that when the upper half is closed, the lower section shall close.

(1) No locks shall be installed on patient room doors, except for mentally disturbed patients, and an attendant, with key on person, shall be in view of this corridor at all times.

(2) All doorways to patient occupied spaces, and all doorways from patient occupied spaces, and the required exits shall be at least 42 inches in clearance width in nursing homes and 32 inches in custodial homes.

(3) Doors to patient rooms shall swing in except any room accommodating more than four persons shall swing with exit travel.

(4) Residential type of occupancy room doors may be locked by the occupant if they can be unlocked on the corridor

side, and keys are carried by attendants at all times.

(5) Doors to basements, furnace rooms, and hazardous areas shall be kept closed and marked, "FIRE DOOR--PLEASE KEEP CLOSED".

28.11(6) Protection of vertical openings.

a. Each stairway between stories shall be enclosed with partitions having a one-hour fire-resistance rating, except that where a full enclosure is impractical the required enclosure may be limited to that necessary to prevent a fire originating in any story from spreading to another story.

b. All doorways in stairway enclosures or partitions shall be provided with approved self-closing fire doors, except that no such doors shall be required for doorways leading directly outside the buildings, and all doors shall be kept closed unless held open by an approved electrical device, actuated by an approved smoke detection device located at top of stairwell, and connected to alarm system.

c. Any elevator shaft, light and ventilation shaft, chute and other vertical opening between stories shall be protected as required above for stairways.

28.11(7) Sprinkler system.

a. Automatic fire extinguishing protection shall be provided throughout all health care facilities, covered in this regulation, except those of fire-resistive construction, of any height, or protected noncombustible construction not over one story in height, or one story one-hour protected frame construction.

b. Any required automatic sprinkler system shall be in accordance with approved standards for systems in light hazard occupancies, and shall be electrically interconnected with the manual fire alarm system. The main sprinkler control valve shall be electrically supervised so that at least a local alarm will sound when the valve is closed.

c. The sprinkler piping for any isolated hazardous area which can be adequately protected by a single sprinkler may be connected directly to a domestic water supply system having a flow of at least twenty-two gallons per minute at fifteen pounds per square inch residual pressure at the sprinkler. An approved shut-off valve shall be installed between the sprinkler and the connection to the domestic water supply.

28.11(8) Fire detection and alarm system.

a. There shall be an automatic fire detection system in all health care facilities covered in this regulation, except where there is a sprinkler system which shall include an approved manual fire alarm system.

b. Requirements for automatic fire detection systems. The system shall meet the following standards:

- (1) Automatically detect a fire.
- (2) Indicate at a central supervised point, the location of the fire.
- (3) Sound alarm signal throughout the premises for evacuation purposes.
- (4) Provide assurance the system is in operating condition by electric supervision.
- (5) Provide auxiliary power supply in the event of main power failure.
- (6) Underwriters Laboratory listed equipment to be used throughout system.
- (7) Provide a manual test switch.
- (8) Installation of equipment and wiring shall be in a neat and workmanship like manner.
- (9) Shall be tested by competent person at least semi-annually. Date of test and name noted.
- (10) To include smoke, or products of combustion, detection devices as required by any rule in these regulations.
- (11) Properly located manual alarm stations.

c. Where fire detection systems are installed to meet the requirements of this regulation they shall be approved electrically supervised systems protecting the entire building, including unoccupied spaces such as attics. Detectors shall be approved, combined rate of rise and 135°F., or smoke, or products of combustion type and properly installed. Where fixed temperature devices are required, they shall be constructed to operate at 165°F., or less, except that in spaces where high temperature is normal, devices having a higher operating point may be used. Operation of a detection, or alarm, device shall cause an alarm which is audible throughout the building.

28.11(9) Fire extinguishers.

a. Approved type fire extinguishers shall be provided on each floor, so located that a person will not have to travel more than seventy-five feet from any point to reach the nearest extinguisher. An additional extinguisher shall be provided in or adjacent to, each kitchen or basement storage room.

b. Type and number of portable fire extinguishers shall be determined by the fire marshal.

28.11(10) Heating and building service equipment.

a. Air conditioning, ventilating, heating, cooking and other service equipment shall be in accordance with state regulations governing same, or nationally recognized standards such as National Fire Protection Association standards governing the type of equipment, and shall be installed in accordance with the manufacturer's specifications. Central heating plants shall be separated from patient occupied spaces by at least a one-hour fire separation. Activation of the fire alarm system shall shut down the air distribution system.

b. Portable comfort heating devices are prohibited.

c. Any heating device, other than a central heating plant, shall:

(1) Be so designed and installed that combustible material will not be ignited by it or its appurtenances.

(2) If fuel fire, be chimney or vent connected, take its air for combustion directly from the outside, and be so designed and installed to provide for complete separation of the combustion system from the atmosphere of the occupied area. In addition, it shall have safety devices to immediately stop the flow of fuel and shut down the equipment in case of either excessive temperatures or ignition failure.

Exceptions:

Approved suspended unit heaters may be used, except in means of egress and patient sleeping areas, provided such heaters are located high enough to be out of the reach of persons using the area and provided they are equipped with the safety devices called for in item 2 above. Fireplaces may be installed and used only in areas other than patient areas, provided that these areas are separated from patient sleeping spaces by construction having a one-hour fire-resistance rating and they comply with the appropriate standards. In addition thereto, the fireplace must be equipped with a heat

tempered glass fireplace enclosure guaranteed against breakage up to a temperature of 650°F. If, in the opinion of the fire marshal, special hazards are present, a lock on the enclosure and other safety precautions may be required.

d. Combustion and ventilation air for boiler, incinerator, or heater rooms shall be taken directly from and discharged directly to the outside air. No incinerator flue shall connect to boiler or furnace flue.

e. Every incinerator flue, rubbish, trash or laundry chute shall be of a standard type, properly designed and constructed, and maintained for fire safety. Any chute other than an incinerator flue shall be provided with automatic sprinkler protection installed in accordance with applicable standards.

An incinerator shall not be directly flue fed. Existing flue fed incinerators shall be sealed by fire-resistive construction to prevent further use. Any trash chute shall discharge into a trash collecting room, used for no other purpose and separated from the rest of the building with construction of at least one-hour fire-resistance rating, and provided with approved automatic sprinkler protection.

28.11(11) Attendants, evacuation plan.

a. Every health care facility covered in these regulations, shall have at least one competent attendant on duty on each floor, awake and dressed therein at all times, and in addition, one stand-by attendant within hearing distance and available for emergency service. These attendants shall be at least eighteen years of age and capable of performing the required duties of evacuation. No person other than the management or a person under management control shall be employed as an attendant.

b. Every health care facility covered in these regulations shall formulate a plan for the protection of all persons in the event of fire and for their evacuation to areas of refuge and from the building when necessary. All employees shall be instructed and kept informed respecting their duties under the plan. This plan is to be posted where all employees may readily study it. Fire drills shall be held at least once a month for each shift. Infirm or disturbed patients need not exit from building. Record of same to be kept available for inspection.

28.11(12) Smoking.

a. Smoking may be permitted only where proper facilities are provided. Smoking shall not be permitted in sleeping quarters,

or dormitories, except bedfast patients, or persons considered not responsible, upon written orders of the patient's physician, under direct, responsible supervision, clothing, and bed linens to be of approved fire-retardant material, properly treated to be fire-retardant.

b. Ash trays of noncombustible material, and safe design, shall be provided in all areas where smoking is permitted.

c. "NO SMOKING" sign shall be posted in all patient occupied rooms, stating the smoking regulations in that particular facility.

28.11(13) Exit sign and lighting.

a. Signs bearing the word "EXIT" in plainly legible block letters shall be placed at each exit opening, except at doors directly from rooms to exit corridors or passageways and except at doors leading obviously to the outside from the entrance floor. Additional signs shall be placed in corridors and passageways wherever necessary to indicate the direction of exit. Letters of signs shall be at least six inches high, or four and one-half inches high if internally illuminated. All exit and directional signs shall be maintained clearly legible by electric illumination or other acceptable means when natural light fails.

b. All stairways and other ways of exit and the corridors or passageways appurtenant thereto shall be properly illuminated at all times to facilitate egress in accordance with the requirements for exit lighting.

c. Emergency lighting system of an approved type shall be installed so as to provide, automatically, the necessary exit illumination in the event of failure of the normal lighting system within the building. An approved, rechargeable, battery powered, automatically operated device will be acceptable.

28.11(14) Combustible contents.

a. All draperies, curtains, and cubicle curtains shall be noncombustible, or rendered and maintained flame retardant. Waste baskets to be of noncombustible, nonthermoplastic material.

b. Fresh cut flowers and decorative greens, as well as living vegetation, may be used for decoration, except those containing pitch or resin.

c. Carpeting, and carpet assembly, as installed, after effective date of these regulations, shall comply with the fire marshal's specifications pertaining to same.

28.11(15) Occupancy restrictions.

a. A patient bedroom shall not be located in a room where the finish floor is more than thirty inches below the finish grade at the building.

b. Occupancies not under the control of, or not necessary to, the administration of a nursing and custodial home are prohibited therein with the exception of the residence of the owner or manager.

28.11(16) Maintenance.

a. Regular and proper maintenance of electric service, heating plants, alarm systems, sprinkler systems, fire doors and exit facilities shall be a requisite for nursing and custodial homes of all classes.

b. Storerooms shall be maintained in a neat and proper manner at all times.

c. Excessive storage of combustible materials such as paper cartons, magazines, paints, sprays, old clothing, furniture, and similar materials shall be prohibited at all times in nursing and custodial homes.

28.12(100)T. III New custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities.

28.12(1) Application.

a. New custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities shall be those constructed after the effective date of these regulations.

b. It shall also include the above type of health care facilities that are to be remodeled, or additions to existing facilities.

c. Any addition shall be separated from any existing non-conforming structure by a noncombustible partition having a two-hour fire-resistance rating.

d. This section of the regulations shall apply to new custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities. They shall hereafter be referred to as health care facilities. These regulations shall constitute the minimum requirements for new homes, or additions,

for approval by the fire marshal's office. Further, and more stringent, requirements may be required by other governmental divisions, or subdivisions as a requirement for participation in various programs, or to comply with local codes and regulations.

e. When new construction is contemplated for a facility, preliminary plans may be submitted for review. Working drawings, plans and specifications shall be submitted to the state fire marshal for review and approval. Written approval by the state fire marshal shall be required prior to construction.

28.12(2) Construction.

a. Buildings of one story in height only may be constructed of protected noncombustible construction, fire-resistive construction, protected ordinary construction, protected wood frame construction, heavy timber construction, or unprotected noncombustible construction.

(See 28.12(9) for automatic sprinkler requirements.)

b. Buildings two stories or more in height shall be constructed of at least fire resistive construction.

c. Other types of construction not permitted.

d. The enclosure walls of stairways, ramps, exit passageway elevator shafts, chutes and other vertical openings between floors shall be of noncombustible materials having a fire-resistance rating of at least two hours in buildings of any height.

28.12(3) Division of floor areas.

a. Each floor used for patient sleeping rooms, unless provided with a horizontal exit, shall be divided into at least two compartments by a smokestop partition.

b. Corridor length between smokestop partitions, horizontal exits, or from either, to the end of the corridor on any institutional sleeping floor shall not exceed 150 feet. Not more than thirty persons shall occupy any one such partitioned area.

c. Any smokestop partition shall have a fire-resistance rating of at least one hour. Such a partition shall be continuous from outside wall to outside wall and from floor slab to the underside of the slab above, through any concealed spaces such as between the hung ceiling and the floor or roof above. Such a partition shall have openings only in a public room or corridor. At least

28.11(15) Occupancy restrictions.

a. A patient bedroom shall not be located in a room where the finish floor is more than thirty inches below the finish grade at the building.

b. Occupancies not under the control of, or not necessary to, the administration of a nursing and custodial home are prohibited therein with the exception of the residence of the owner or manager.

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28.12(100)T. III New custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities.

28.12(1) Application.

a. New custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities shall be those constructed after the effective date of these regulations.

b. It shall also include the above type of health care facilities that are to be remodeled, or additions to existing facilities.

c. Any addition shall be separated from any existing non-conforming structure by a noncombustible partition having a two-hour fire-resistance rating.

d. This section of the regulations shall apply to new custodial, basic nursing, intermediate nursing, skilled nursing homes and extended care facilities. They shall hereafter be referred to as health care facilities. These regulations shall constitute the minimum requirements for new homes, or additions,

for approval by the fire marshal's office. Further, and more stringent, requirements may be required by other governmental divisions, or subdivisions as a requirement for participation in various programs, or to comply with local codes and regulations.

e. When new construction is contemplated for a facility, preliminary plans may be submitted for review. Working drawings, plans and specifications shall be submitted to the state fire marshal for review and approval. Written approval by the state fire marshal shall be required prior to construction.

28.12(2) Construction.

a. Buildings of one story in height only may be constructed of protected noncombustible construction, fire-resistive construction, protected ordinary construction, protected wood frame construction, heavy timber construction, or unprotected noncombustible construction.

(See 28.12(9) for automatic sprinkler requirements.)

b. Buildings two stories or more in height shall be constructed of at least fire resistive construction.

c. Other types of construction not permitted.

d. The enclosure walls of stairways, ramps, exit passageway elevator shafts, chutes and other vertical openings between floors shall be of noncombustible materials having a fire-resistance rating of at least two hours in buildings of any height.

28.12(3) Division of floor areas.

a. Each floor used for patient sleeping rooms, unless provided with a horizontal exit, shall be divided into at least two compartments by a smokestop partition.

b. Corridor length between smokestop partitions, horizontal exits, or from either, to the end of the corridor on any institutional sleeping floor shall not exceed 150 feet. Not more than thirty persons shall occupy any one such partitioned area.

c. Any smokestop partition shall have a fire-resistance rating of at least one hour. Such a partition shall be continuous from outside wall to outside wall and from floor slab to the underside of the slab above, through any concealed spaces such as between the hung ceiling and the floor or roof above. Such a partition shall have openings only in a public room or corridor. At least

thirty net square feet per institutional occupant for the total number of institutional occupants in adjoining compartments shall be provided on each side of the smokestop partition.

d. Any corridor opening in smokestop partitions shall be protected by a pair of swinging doors, each leaf to be a minimum of 44 inches wide. In addition, any smokestop door shall conform to the following minimum standards:

(1) Smokestop doors shall be at least 1 3/4 inch solid core wood doors designed to close the opening completely with only such clearance as is reasonably necessary for proper operation. Stops are required on the head and sides. Positive latching hardware and center mullions are prohibited.

(2) Smokestop doors shall be self-closing and may be held in an open position only if they meet the requirements of "e".

(3) Vision panels are required in all doors in smokestop partitions. They shall be wired glass in approved metal frames not exceeding 720 square inches.

e. Any door in a fire separation, horizontal exit or a smokestop partition may be held open only by an approved electrical device. The device shall be so arranged that the operation of the required detection, alarm or sprinkler system will initiate the self-closing action.

28.12(4) Exit details.

a. Exits shall be restricted to the following permissible types:

- (1) Doors leading directly outside the building.
- (2) Stairs and smokeproof towers.
- (3) Ramps.
- (4) Horizontal exits.
- (5) Outside stairs.
- (6) Exit passageways.

b. At least two exits of the above types, remote from each other, shall be provided for each floor or fire section of the building. At least one exit in each floor or fire section shall be as indicated in 1, 2, 5, or 6 as listed above.

c. At least one required exit from each floor above or below the first floor shall lead directly, or through an enclosed corridor, to the outside. A second or third required exit, where a more direct exit is impracticable, may lead to a first floor lobby having ample and direct exits to the outside.

d. Travel distance (1) between any room door intended as exit access and an exit shall not exceed 100 feet; (2) between any point in a room and an exit shall not exceed 150 feet; (3) between any point in a patient sleeping room or suite and exit access door of that room or suite shall not exceed fifty feet. The travel distances in (1) or (2) above may be increased by fifty feet in buildings completely equipped with an automatic fire extinguishing system.

e. Exit doors shall swing with egress and shall not be locked against the egress by bolts, key locks, hooks or padlocks. A latch type lock is permissible that locks against outside entrances. Panic hardware shall be installed on exit doors accommodating over thirty patients.

f. Every patient sleeping room shall have an outside window or outside door arranged and located so that it can be opened from the inside without the use of tools or keys to permit the venting of products of combustion and to permit any occupant to have direct access to fresh air in case of emergency. The maximum allowable sill height shall not exceed thirty-six inches above the floor except that the window sill in special nursing care areas may be sixty inches above the floor.

g. The capacity of any required exit shall be based on its width in units of twenty-two inches. The capacity of exits providing travel by means of stairs shall be twenty-two persons per exit unit; and exits providing travel without stairs, such as doors or horizontal exits shall be thirty persons per exit unit.

28.12(5) Construction and arrangement.

All stairs, ramps, or other ways of exit for areas shall be of such width and so arranged as to avoid any obstruction to the convenient removal of nonambulatory persons by carrying them on stretchers or on mattresses serving as stretchers. A standard 44 inch wide stairway or ramp is the minimum permitted; slope of ramp shall be 1 to 1 3/16 in 12. Where persons are to be carried on mattresses or stretchers extra space may be needed to make turns at stair landings. Minimum dimension of a stair landing shall be sixty inches.

28.12(6) Access.

a. Each occupied room shall have at least one doorway open directly to the outside, or to a corridor leading directly or by a stairway or ramp to the outside.

b. Aisles, corridors and ramps required for exit access or exit shall be at least eight feet in clear and unobstructed width except that corridors and ramps in adjunct areas not intended for the housing, treatment or use of inpatients may be a minimum of six feet in clear and unobstructed width.

c. Corridors and passageways to be used as a means of exit or part of a means of exit, shall be unobstructed and shall not lead through any room or space used for a purpose that may obstruct free passage. Corridors and passageways which lead to the outside from any required stairway shall be enclosed as required for stairways. Corridors shall be separated from use areas by walls having a fire-resistance rating of at least one-hour construction and without transfer grilles whether or not such grilles are protected by dampers actuated by fusible links.

d. Interior finish in means of egress shall be Class A. Interior finish of rooms may be Class A or B, except in rooms of over 4 capacity shall be Class A.

Exceptions:

(1) Doors between all rooms and corridors, other than doors to hazardous areas, horizontal exits or stair doors, shall be of no less than 1 3/4 inch solid core wood doors and shall be without undercuts or louvers. The doors shall be provided with latches of a type suitable for keeping the door tightly closed and acceptable to the state fire marshal.

(2) Fixed wire glass vision panels may be placed in corridor walls, provided they do not exceed 1, 296 square inches in size and are installed in approved steel frames. Fixed wired glass vision panels may be installed in wood doors, provided they do not exceed 720 square inches in size and are installed in approved steel frames.

(3) Waiting areas of 250 square feet or less on a patient occupied sleeping floor may be open to the corridor provided that they are located to permit direct supervision by the staff. Such areas shall be equipped with an electrically supervised automatic fire detection system actuated by smoke or products of combustion other than heat. Not more than one such waiting area is permitted in each smoke compartment.

(4) Waiting areas of 600 square feet or less on floors other than patient occupied sleeping floors may be open to the corridor, provided that they are located to permit direct supervision by the staff and so arranged as not to obstruct any access to required exits. Such areas shall be protected by an electrically supervised automatic fire detection system actuated by smoke or other products of combustion other than heat.

28.12(7) Doors.

a. All rooms must be equipped with a door. Divided doors shall be of such type that when the upper half is closed the lower section shall close.

b. No locks shall be installed on patient room doors, except for mentally disturbed patients, and an attendant, with key on person, shall be in view of this corridor at all times.

c. All doorways to patient occupied spaces, and all doorways between the patient occupied spaces and the required exits shall be at least forty-six inches in clear width.

d. Doors to patient rooms shall swing in, except any room accommodating more than four persons shall swing with exit travel.

e. Residential type of occupancy room doors may be lockable by the occupant, if they can be unlocked on the corridor side and keys are carried by attendants at all times.

f. Doors to basements, furnace rooms and hazardous areas shall be kept closed and marked, "FIRE DOOR--PLEASE KEEP CLOSED".

28.12(8) Protection of vertical openings.

a. Every stairway, elevator shaft, light and ventilation shaft, chute and other opening between stories shall be enclosed or protected to prevent the spread of fire or smoke.

(1) Each floor opening, as specified, shall be enclosed by substantial walls having fire-resistance not less than required for stairways, with approved fire doors or windows provided in openings therein, all so designed and installed as to provide a complete barrier to the spread of fire or smoke through such openings.

(2) The enclosing walls of floor openings serving stairways or ramps shall be so arranged as to provide a continuous path of escape, including landing and passageways, providing protection for persons using the stairway or ramp against fire or

smoke therefrom in other parts of the building. Such walls shall have fire resistance as follows:

New buildings four stories or more in height, two-hours noncombustible construction.

Other new buildings, one-hour.

Wired glass in metal frames may be accepted in existing buildings and in new buildings.

b. A door in an exit stairway enclosure shall be self-closing, and shall normally be kept closed and shall be marked "FIRE EXIT--PLEASE KEEP DOOR CLOSED".

28.12(9) Automatic sprinklers.

a. Automatic fire extinguishing protection shall be provided throughout all health care facilities covered in this regulation, except those of fire-resistive construction, or one-story protected noncombustible construction. (28.12(2)).

b. Required automatic sprinkler systems shall be in accordance with approved standards for systems in light hazard occupancies, and shall be electrically interconnected with the fire alarm system. The main sprinkler control valve shall be electrically supervised so that at least a local alarm will sound when the valve is closed.

28.12(10) Fire alarm and detection system.

a. Where fire detection systems are installed to meet the requirements of this regulation, they shall be approved electrically supervised systems protecting the entire building, including unoccupied spaces such as attics. Detectors shall be approved combined rate of rise and 135°F., or smoke, or products of combustion type, and properly installed. Where fixed temperature devices are required, they shall be constructed to operate at 165°F., or less, except that in spaces where high temperature is normal, devices having a higher operating point may be used. Operation of a detection, or alarm, device shall cause an alarm which is audible throughout the building.

Requirements for automatic fire detection system. The system shall meet the following standards.

- (1) Automatically detect a fire.
- (2) Indicate at a central point notice of the fire.

(3) Sound alarm signal throughout the premises for evacuation purposes.

(4) Provide assurance the system is in operating condition by electric supervision.

(5) Provide auxiliary power supply in the event of main power failure.

(6) Underwriters Laboratory listed equipment to be used throughout system.

(7) Provide a manual test switch.

(8) Installation of equipment and wiring shall be in a neat and workmanship like manner, and according to manufacturers instructions.

(9) Shall be tested by competent person at least semi-annually. Date of test and name listed.

(10) To include smoke, or products of combustion detection devices as required by any rule in these regulations.

(11) Properly located manual alarm stations.

b. Every building shall have an electrically supervised manually operated fire alarm system integral with detection system in accordance with approved standards. The fire alarm system shall be installed to transmit an alarm automatically to the fire department, where available, that is legally committed to serve the area in which the health care facility is located, by the most direct and reliable method approved by local regulations. Manual alarm stations shall be located at each exit door, nurses station, kitchen, boiler and mechanical room, and other locations as required by the fire marshal.

c. There shall be an automatic fire detection system in all homes except where there is a sprinkler system.

d. The actuation of any detector system, manual alarm, or sprinkler system, shall activate the alarm system.

28.12(11) Fire extinguishers.

a. Approved type fire extinguishers shall be provided on each floor, so located that a person will not have to travel more than seventy-five feet from any point to reach the nearest extinguisher. An additional extinguisher shall be provided in, or adjacent to, each kitchen or basement storage room.

b. Type and number of portable fire extinguishers shall be determined by the fire marshal.

c. Hoods over cooking ranges, etc, shall be protected by an approved automatic extinguishing system.

28.12(12) Heating and building service equipment.

a. Air condition, ventilating, heating, cooking and other service equipment shall be in accordance with State regulations governing same, or nationally recognized standards such as National Fire Protection Association standards governing the type of equipment, and shall be installed in accordance with the manufacturer's specifications. Central heating plants shall be separated from patient occupied spaces by at least a one-hour fire separation. Activation of the fire alarm system shall shut down the air distribution system.

b. Portable comfort heating devices are prohibited.

c. Any heating device other than an approved central heating plant shall:

(1) Be so designed and installed that combustible matter will not be ignited by it or its appurtenances.

(2) If fuel fired, be chimney or vent connected, take its air for combustion directly from outside, and be so designed and installed to provide for complete separation of the combustion system from the atmosphere of the occupied area. In addition, it shall have safety devices to immediately stop the flow of fuel and shut down the equipment in case of either excessive temperatures or ignition failure.

Exceptions:

Approved suspended unit heaters may be used except in means of egress and patient sleeping areas, provided such heaters are located high enough to be out of the reach of persons using the area and provided they are equipped with the safety devices called for in item 2 above. Fireplaces may be installed and used only in areas other than patient sleeping areas, provided that these areas are separated from sleeping spaces by construction having a one-hour fire-resistance rating and they comply with the appropriate standards. In addition thereto, the fireplace must be equipped with a hearth that shall be raised at least four inches, and a heat tempered glass fireplace enclosure guaranteed against breakage up to a temperature of 650°F. If, in the opinion of the fire marshal, special hazards are present, a lock on the enclosure and other safety precautions may be required.

Combustion and ventilation air for boiler, incinerator, or heater rooms shall be taken from, and discharged directly to the outside air. No incinerator flue shall connect to boiler, or furnace, flue.

Every incinerator flue, rubbish, or laundry chute shall be of a standard type, properly designed, and constructed, and maintained for fire safety. Any chute other than an incinerator flue shall be provided with automatic sprinkler protection installed in accordance with applicable standards, such as Standard No. 13, Automatic Sprinklers, of National Fire Protection Association.

No incinerator shall be directly flue fed. Any trash chute shall discharge into a trash collecting room, used for no other purpose, and separated from the rest of the building with construction of at least one-hour fire-resistance rating, and provided with an approved automatic sprinkler protection.

28.12(13) Attendants, evacuation plan.

a. Every nursing and custodial home shall have at least one competent attendant on duty, on each floor, awake and dressed therein at all times, and, in addition one stand-by attendant within hearing distance and available for emergency service. These attendants shall be at least eighteen years of age, and capable of performing the required duties of evacuation. No person other than the management or a person under management control shall be considered as an attendant.

b. Every health care facility covered in this regulation shall formulate a plan for the protection of all persons in the event of fire and for their evacuation to areas of refuge and from the building when necessary. All employees shall be instructed and kept informed respecting their duties under the plan. This plan is to be posted where all employees may readily study it. Fire drills shall be held at least once a month. Infirm or disturbed patients need not exit from building. Record of same to be kept available for inspection.

c. Every bed intended for use by patients shall be easily movable under conditions of evacuation, and shall be equipped with the size and type of caster to allow easy mobility.

28.12(14) Smoking.

a. Smoking may be permitted in nursing and custodial homes only where proper facilities are provided. Smoking shall not be permitted in sleeping quarters or dormitories, except bedfast patients, or persons considered not responsible, upon written orders of the patient's physician, under direct, responsible supervision,

clothing, and bed linens to be of approved fire-retardant material, properly treated to be fire-retardant.

b. Ash trays of noncombustible material and safe design shall be provided in all areas where smoking is permitted.

c. "NO SMOKING" signs shall be posted in all patient occupied rooms, stating the smoking regulations in that particular facility.

28.12(15) Exit signs and lighting.

a. Signs bearing the word "EXIT" in plainly block letters shall be placed at each exit opening, except at doors directly from rooms to exit corridors or passageways and except at doors leading obviously to the outside from the entrance floor. Additional signs shall be placed in corridors and passageways wherever necessary to indicate the direction of exit. Letters of signs shall be at least six inches high, or four and one-half inches if internally illuminated. All exit and directional signs shall be maintained clearly legible by electric illumination or other acceptable means when natural light fails.

b. All stairways and other ways of exit and the corridor or passageways appurtenant thereto shall be properly illuminated at all times to facilitate egress in accordance with the requirements for exit lighting.

c. Emergency lighting system of an approved type shall be installed so as to provide necessary exit illumination in the event of failure of the normal lighting system within the building. An approved type will be an electric generator, on the premises, driven by an independent source of power, either operated simultaneously, through separate wiring circuits, with the regular lighting circuits, or shall come into operation automatically upon failure of the regular lighting circuit. It shall be capable of repeated operation without manual intervention. In one story buildings with 50, or less occupants, an approved rechargeable battery powered, automatically operated, device may be used.

28.12(16) Combustible contents.

a. All draperies, curtains and cubicle curtains shall be noncombustible, or rendered and maintained flame retardant. Waste baskets to be of noncombustible, nonthermoplastic material.

b. Fresh cut flowers and decorative greens, as well as living vegetation, may be used for decoration, except those containing pitch or resin.

c. Carpeting and carpet assembly, as installed shall comply

with the state fire marshal's specifications pertaining to same.

28.12(17) Occupancy restrictions.

a. A patient bedroom shall not be located in a room where the finish floor is more than thirty inches below the finish grade at the building.

b. Occupancies not under the control of, or not necessary to, the administration of a nursing and custodial home are prohibited therein with the exception of the residence of the owner or manager.

c. Sections of health care facilities covered in this regulation may be classified as other occupancies if they meet all of the following conditions:

(1) They are not intended to serve occupants for purposes of housing, treatment, customary access, or means of egress.

(2) They are adequately separated from areas of the health facility occupancies by construction having a two-hour fire-resistance rating.

28.12(18) Maintenance.

a. Regular and proper maintenance of electric service, heating plants, alarm systems, sprinkler systems, fire doors and exit facilities shall be a requisite for nursing and custodial homes of all classes.

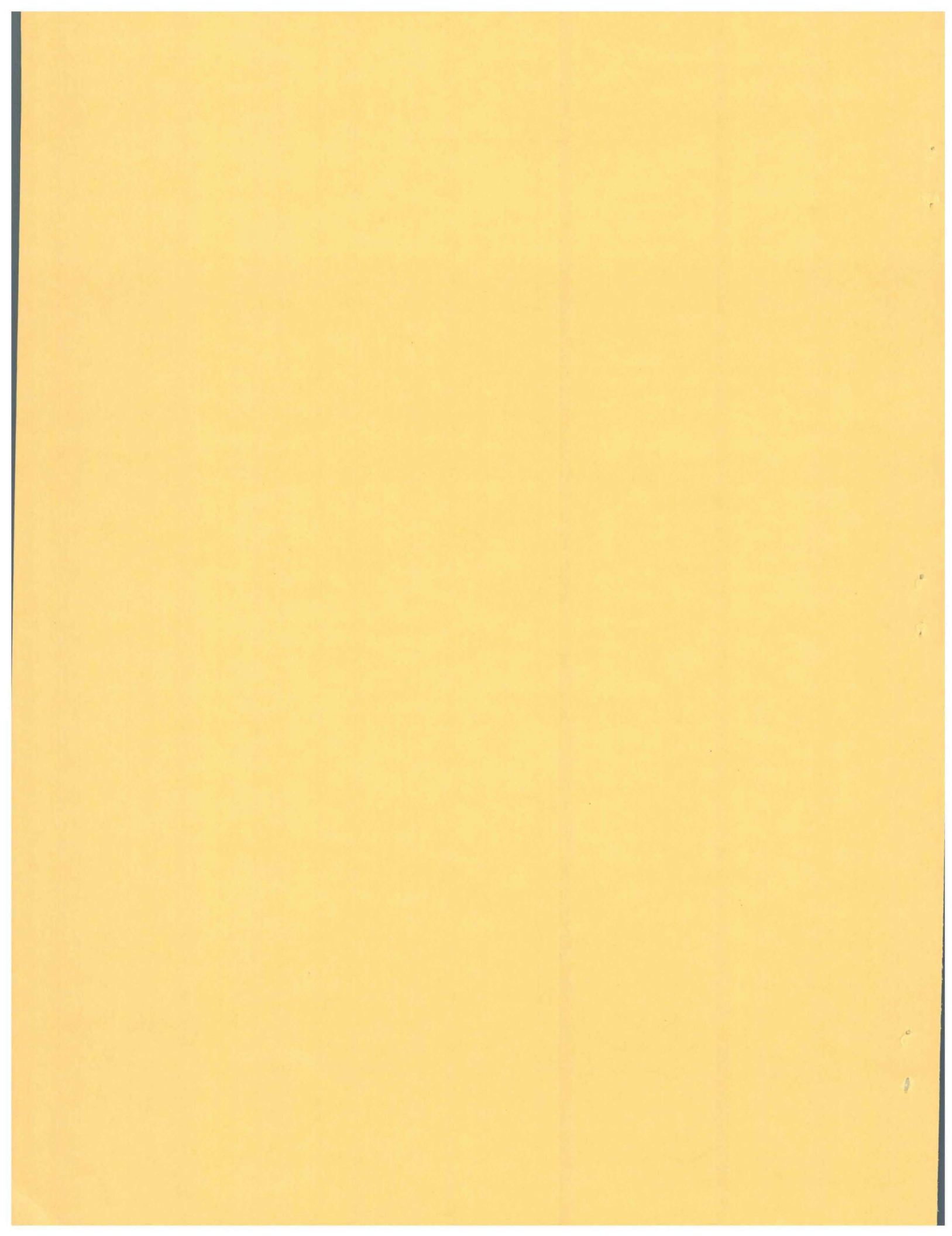
b. Storerooms shall be maintained in a neat and proper manner at all times.

c. Excessive storage of combustible materials such as papers, cartons, magazines, paints, sprays, old clothing, furniture, and similar materials shall be prohibited at all times in nursing and custodial homes.

28.13 through 28.18, reserved for future use.

These rules shall become effective as provided in Chapter 17A of the Code after filing in the office of the secretary of state.

(Effective date November 11, 1971).



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