



## FIRE DEPARTMENT

10573 E Stockton Blvd.  
Elk Grove, CA 95624

(916) 405-7100  
Fax (916) 685-6622  
www.yourcsd.com

## R-3.1 ELDERLY CARE FACILITIES

### DEFINITIONS

**Occupancy Type R-3.1:** This occupancy group may include facilities licensed by a governmental agency for a residentially based 24 hour care facility providing accommodations for six or fewer clients of any age classified as ambulatory, non-ambulatory, or bedridden.

\*\*\*This handout is designed specifically for elderly care facilities only. If your facility is not for elderly care additional information is required.

**Bedridden:** A person classified as bedridden by the Director of Social Services or his or her designated representative in which the person requires assistance in turning and repositioning in bed or is unable to independently transfer to and from bed.

**Temporarily Bedridden:** Clients who become temporarily bedridden for 14 days or less as defined in Health and Safety Code Section 1569.72 as enforced by the Department of Social Services may continue to be housed on any story. Every care facility shall within 48 hours of admitting or retaining a bedridden resident shall notify the Cosumnes CSD Fire Department in writing with the estimated length of time the resident will retain his or her bedridden status.

### BUILDING HEIGHT AND AREA PROVISIONS

Group R-3.1 occupancies where non-ambulatory clients are housed above the first story having more than two stories in height or having more than 3,000 square feet of floor area above the first story shall not be of less than 1-hour fire resistance rated construction throughout. Bedridden client sleeping rooms shall not be located above or below the first story except as provided for temporarily bedridden clients.

### LIVING AREA/GARAGE SEPARATION

The wall separating the garage from the house shall be constructed of materials approved for one-hour fire resistive construction on the garage side. The door from the garage to the house shall be a tight fitting, self-closing solid wood door 1 3/8 inches thick or a self-closing tight fitting door having a fire protection rating of not less than 20 minutes.

## **INTERIOR FINISH PROVISIONS**

Interior wall and ceiling finish for Group R-3.1 occupancies housing one or more bedridden clients shall comply with interior wall and ceiling finish requirements as shown for Group I-2 occupancies in the 2013 California Building Code Table 803.9

## **FIRE PROTECTION SYSTEMS AND PROVISIONS**

### **Fire sprinklers**

An automatic fire sprinkler system shall be provided throughout all buildings.

**EXCEPT:** Group R-3.1 occupancies NOT housing bedridden clients, NOT housing non-ambulatory clients above the first floor and NOT housing any clients above the second floor.

### **Smoke Alarms**

In all facilities smoke alarms shall receive their primary power from the building wiring and shall be equipped with a battery backup. Smoke alarms shall be electrically interconnected to each other so that when one alarm is actuated all household alarms will actuate providing a distinctive fire alarm signal at a minimum 15db (decibel level) above ambient noise level throughout the facility. Single or multiple station smoke alarms shall be installed and maintained regardless of occupant load and client type (ambulatory, non-ambulatory or bedridden) at all of the following locations.

- On the ceiling outside of each separate sleeping area in the immediate vicinity of bedrooms used for sleeping purposes.
- In each room used for sleeping purposes.
- In each story within a dwelling unit, including basements and split levels.
- In every habitable space of a dwelling unit except kitchens.

### **Fire Alarm Devices - Hearing Impaired**

Facility's which house persons who are hearing impaired shall provide notification appliances for the hearing impaired installed in accordance with NFPA 72 which shall activate upon initiation of the fire alarm system or the smoke alarms.

### **Fire Extinguisher**

Provide one 2A-10BC portable fire extinguisher. Mount the fire extinguisher in a readily available and visible location with the top of the extinguisher not more than five (5) feet above the floor. Preferable locations are near the kitchen or near the front door in the path of travel. Fire extinguishers are required to be serviced and tagged annually or after each use or accidental discharge. If a fire extinguisher is bought new during the current year, attach your receipt to the extinguisher and have it serviced by January of the following year.

## **EXIT REQUIREMENTS FROM SLEEPING AREAS**

**From sleeping areas for non-ambulatory clients -** For bedrooms used by six or less non-ambulatory clients; or two to six bedridden clients in homes equipped with an automatic fire protection system: access to at least one exit complying with one of the following requirements in addition to the general exit provisions listed below shall be provided.

- Exit into a hallway then through a bedroom in the immediate vicinity that has an exit directly to the exterior. The hallway shall be separated from the common areas by a solid wood door not less than 1 3/8 inch in thickness, maintained self closing or shall be automatic closing by actuation of a smoke detector.

- Through a hallway serving the sleeping area that exits directly to the exterior. The hallway shall be separated from the common areas by a solid wood door not less than 1 3/8 inch in thickness, maintained self closing or shall be automatic closing by actuation of a smoke detector.
- Direct exit from the bedroom to the exterior.
- Exit through one adjoining bedroom that exits directly to the exterior.

**From sleeping area for a bedridden client** -For a bedroom used by a bedridden client in a non-ambulatory home not equipped with an automatic fire protection system, all of the following requirements in addition to the general exit provisions listed below shall be provided for the bedridden sleeping room.

- Sleeping rooms housing a bedridden client shall have a direct exit from the bedroom to the exterior of the residence.
- Doors to a bedridden client's sleeping room shall be a self-closing, positive latching, 1 3/8 inch solid wood door. Doors shall be provided with a gasket and shall be self-closing or automatic closing by actuation of a smoke alarm.
- Doors leading to or away from a bedridden client's sleeping area to the hallway, general use areas or to the exterior shall not be provided with a night latch, dead bolt, security chain or any similar locking device.
- The exterior exit door to a bedridden client's sleeping room shall be operable from both the interior and exterior of the residence.
- Every required exit doorway from a bedridden client's sleeping room shall be a minimum 3 feet wide and 6 feet 8 inches in height. Door shall be capable of opening 90 degrees and provide a minimum clear unobstructed width of 32 inches.

### **GENERAL EXIT PROVISIONS**

- Approved exit signs shall be installed at all doors used as exits or exit access. Bedroom doors used as exits shall have exit signs.
- Ramps are required for changes in elevation in the path of exit travel from rooms housing non-ambulatory clients. Changes in level up to .25 inch may be vertical and without edge treatment. Changes in level between .25 inch and 0.5 inch shall be beveled with a slope no greater than 1 unit vertical in 2 units horizontal. Changes in level greater than 0.5 inch shall be provided with a ramp one unit vertical in 12 units horizontal (8% slope) constructed in accordance with the California Building Code. Cross slopes, measured perpendicular to the direction of travel of a ramp, shall be constructed to one unit vertical in 48 units horizontal (2% slope).
- Exits shall not pass through kitchens, storerooms, closets, garages or spaces used for similar purposes. Exits shall not pass through more than one intervening room.
- Provide a minimum of two (2) remote exits, one of which may be a manually operated horizontal sliding door. Remote exits are located a distance apart **equaling at least ½ the longest diagonal (corner to corner) measurement of the house or area served, "excluding" the garage and areas where exit access is prohibited, such as enclosed kitchens and storage areas.**

- Exit doors shall be openable from the inside in a single hand operation without the use of a key or tool or any special knowledge or effort. Exit door shall not be equipped with deadbolts, slide bolts, hook and eye, chains or any other locking devices other than the single operation door hardware. Deadbolt locks of the type that co-activate with lever hardware device are permitted. If screens are installed on sliding doors, they must also be equipped with complying door hardware or have the latching device removed.
- Every required exit doorway and exit access doorway shall be of a size so as to permit the installation of a door not less than 3 feet in width and not less than 6 feet 8 inches in height. When installed in exit doorways, exit doors shall be capable of opening at least 90 degrees and shall be so mounted that the clear width of the exit way is not less than 32 inches.
- The path of travel from an exit to the public way (street) shall be by way of a continuous and unobstructed all-weather surface, a minimum 3 feet in width.

### **Locks and Latches**

Doors from individual dwelling or sleeping units NOT housing bedridden clients and having an occupant load of 10 or less are permitted to be equipped with a night latch, dead bolt, or security chain, provided such devices are openable from the inside without the use of a key or tool. Doors leading to or away from a bedridden client's sleeping area to the hallway, general use areas or to the exterior shall NOT be provided with a night latch, dead bolt, security chain or any similar locking device.

### **Gates**

Exterior gates that are in the path of exit travel shall be openable without the use of a key, tool, special knowledge or effort.

### **Escape or Rescue Windows**

Every sleeping room shall have at least one operable window or door approved for emergency escape or rescue which shall open directly onto a public street, public alley, yard or exit court. The emergency door or window shall be operable from the inside to provide a full, clear opening without the use of separate tools. Escape or rescue windows shall have a minimum net clear openable area of 5.7 square feet. The minimum net clear openable height dimension shall be 24 inches. The minimum net clear openable width dimension shall be 20 inches. When windows are provided as a means of escape or rescue, they shall have a finished sill height of not more than 44 inches above the floor.

**EXCEPT:** Emergency escape windows are not required from sleeping rooms that have an exit door directly to the exterior that leads to a public way.

### **Bars, Grilles and Grates**

Bars, grilles, grates or similar devices are permitted to be placed over emergency escape and rescue openings provided the net clear opening size complies with Section 1029.2 of the California Building Code and all of the following:

1. The devices are equipped with approved release mechanisms that are openable from the inside without the use of a key, tool, special knowledge or effort or force, AND
2. The building is equipped with smoke alarms throughout in accordance with California Building Code Section 907.2.11; AND
3. Such bars, grilles, grates and similar devices are equipped with an approved exterior release device for use by the Fire Department.

### **EMERGENCY PRE-FIRE PLANNING**

In cooperation with the Fire Department every R-3.1 occupancy shall institute a STAFF training program in the use of the first aid, fire equipment (fire extinguishers) and methods of evacuation. Every R-3.1 occupancy shall be staffed with competent adult persons to assist the occupants of the building to safety and take other action as necessary. A monthly fire drill is required. Provide a monthly fire drill log which shall be inspected annually. Other emergency procedures include posting of a disaster plan which gives the following information:

- Posting “In case of Emergency dial 9-1-1” in a conspicuous and plainly visible location near the telephone.
- What to do in the event of an earthquake.
- What to do in the event of a fire.
- Identify all the exits in the house by posting evacuation plans.
- Log of other emergency information, such as, telephone numbers and client emergency contact information.
- Designation of an area where guests and clients are to be located after evacuation of the building at a central meeting place outside.

### **DRAPERIES, CURTAINS AND DECORATIVE MATERIAL**

With the exception of individual client rooms, all drapes, curtains, hangings, drops, and all other decorative material, including Christmas trees, shall be made from a non-flammable material or shall be treated and maintained in a flame retardant condition. Exit doors shall not be concealed or obstructed by decorative materials.

### **OPEN FLAME DEVICE**

Open flame device shall not be used in residential care facilities. This includes torches, candles, and other devices using a flame (fire) for decorative purpose.

### **SMOKING**

Smoking shall be prohibited in any patient room utilizing oxygen or air induced mattresses.

### **HOUSEKEEPING**

All portions of residential care facilities shall be maintained in a neat and orderly manner, free from any condition that would create a fire or life hazard or a condition which would add or contribute to the rapid spread of fire or contribute to a delay in persons exiting the facility. This includes the proper storage of combustible material and

flammable or combustible liquids; the proper storage and disposal of waste material and rubbish; and the removal of dry vegetation from within twenty (30) feet of the facility. Good housekeeping shall be practiced and observed at all times.

### **EXTENSION CORDS**

Extension cords shall not be used as a substitute for permanent wiring. Extension cords shall not be attached to the structure, extend through walls, ceilings, floors, under doors or floor covering or be subject to environmental or physical damage. Extension cords shall only be used with portable appliances while in immediate short term use.

### **PREMISES IDENTIFICATION**

Approved numbers or addresses shall be provided for the facility in such a manner as to be plainly visible and legible from the street or road fronting the property.

### **ACCESS ROADWAYS**

All portions of residential care facilities shall be within 150 feet of an approved fire apparatus access roadway.

### **PLAN SUBMITTAL REQUIREMENTS**

Provide two (2) sets of plans drawn to a ¼ inch to one-foot scale or fully dimensioned on a minimum size 18x24-inch paper. Your plans must be clear and legible and provide the following information:

1. A site/plot plan showing:
  - a. The facility name and address, number of clients and their physical status (ambulatory or non-ambulatory).
  - b. An explanation of the scope of your project (if no construction is involved, simply state “change in use from a single family dwelling to a residential care facility”).
  - c. All structures, property lines and the public street fronting the property.
  - d. Fencing, gates, walkways surrounding the structure. Indicate walkway width and composition.
  - e. Any exterior stairs or ramps.
2. A floor plan showing:
  - a. All new and existing construction.
  - b. The size of all doors, interior and exterior and whether sliding or swinging.
  - c. Interior stairs, steps, ramps, and any elevation changes at exit doors.
  - d. Label the use of all rooms.
  - e. **OPEN** sleeping room windows and measure the clear height and width of the opening. Measure the height from the top of the window sill to the floor below. Show these measurements on your floor plan.
  - f. Smoke alarms and fire extinguisher locations.
3. Take two sets of plans to Cosumnes Fire Department located at 10573 East Stockton Blvd., Elk Grove, CA 95624. Plan submittal fees of \$240.00 are required

at the time of plan submittal. Checks shall be made payable to Cosumnes Fire Department. At the Fire Department Plan Submittal Counter, you will process an application for a fire permit for the change in use/fire clearance planned for your facility. No construction is permitted without the proper building permit. If no construction is planned for your facility, a fire permit is still required for the change in use/fire clearance.

Once you have completed the Fire Department intake process, they will log in your plans and route them to your area inspector. The Fire Department will review your plans and will contact you when the review is complete. The standard plan review turn-around time is fifteen business days for first review. Once the Fire Department approves the plans, you will be contacted to pick up your plans, correction letter and or permit.