

Evaluation of Fire Detection and Protection System for Enhancing Fire Safety by Using NBC in High-Rise Buildings

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Abstract: Fire hazards continue to be a major global challenge, threatening property, investments, economic development, and human life. Effective fire safety management is essential to protect lives, minimize financial losses, and reduce the risk of legal consequences following fire incidents. Fires also have severe environmental effects due to the release of smoke and combustion by-products. Despite these risks, fire remains indispensable to socio-economic, technological, and industrial advancement, highlighting its continued significance to humanity. High-rise buildings face numerous inherent challenges due to their increasing complexity and advanced design, utilities, and services. These challenges include: height-related limitations that hinder fire equipment access, issues with stairwell egress and smoke stack effects, uncoordinated and inconsistent fire safety management across different floors, frequent redesigns and changes from the building's original intended use; and the complexity of managing vertical utility systems such as Heating, ventilation, and air conditioning ducts and conduits. In light of these challenges, this study aims to conduct a practical evaluation of the integration and effectiveness of fire protection systems in addressing fire safety issues specific to mixed-use high-rise buildings. The research adopted a combination of quantitative and qualitative methods. A random selection of high-rise buildings within city formed the sample size. Primary data was collected through observations, questionnaires, document reviews, and interviews with key informants. To assess the performance of various fire protection systems and methods, a multi-attribute evaluation model was utilized. Performance indexes were calculated using percentiles, and the findings were presented using pie charts, histograms, and tables. In conclusion, the study found that achieving effective fire protection requires the integration of both structural and non-structural fire protection systems and methods during both the design and occupancy phases.

Keywords: National Building Code (NBC), high-rise structures, fire hazards, fire protection strategies, fire detection systems, fire behavior (fire triangle), occupational health and safety, and related safety measures

I. INTRODUCTION

The emergence of high-rise buildings in the 19th century marked a significant shift in urban living, driven by the increasing competition for limited urban space (NFPA, 2007). These structures, capable of housing large numbers of people and supporting diverse operations, have become a practical solution for municipal authorities in addressing land scarcity and rising property costs in cities worldwide. The growth of high-rise developments has been further accelerated by technological advancements and scientific innovations that enable the integration of essential life-support systems. Modern features such as air circulation, artificial lighting, and vertical mobility through elevators have ensured that high-rise living offers a level of comfort comparable to that of low-rise buildings. According to the National Fire Protection Association (NFPA) and the National Building Code (NBC), a high-rise building is defined as



one exceeding 15 meters in height, measured from the lowest point accessible by firefighting vehicles to the highest occupiable floor.

In India, fire safety has become an increasingly critical concern. Fire incidents are reported daily, highlighting the urgency of addressing this issue. The National Crime Records Bureau reported 20,377 fire incidents in 2014, resulting in 19,513 deaths and 1,889 injuries—many of which were preventable.

Beyond the common fire risks associated with most building types, high-rise buildings face unique and complex challenges. These include limited accessibility for firefighting equipment due to building height, difficulties with stairwell evacuation and smoke stack effects, inconsistent fire safety management across different floors, frequent changes from the building's original design and use, and the intricate nature of vertical utility systems such as HVAC conduits. While non-structural fire protection measures—like training and fire drills—are typically implemented during a building's operational phase, most structural fire protection systems are installed during the design stage. Like other urban centers worldwide, Indore's growing number of high-rise buildings also face persistent fire safety challenges. Notable incidents, such as the Swarn Bagh fire (2022), the Golden Gate Hotel fire (2019), the IDA Building fire (2022), and the Satpura Bhawan fire (2023), reflect the vulnerabilities that still exist. Additionally, numerous smaller fires—both reported and unreported—occur in commercial high-rise buildings each year. Given these concerns, this study seeks to assess the extent of implementation of structural and physical fire protection systems in commercial high-rise buildings. The ultimate goal is to contribute to the improvement and optimization of fire safety standards in such buildings.

II. FIRE PROTECTION SYSTEMS

In principle, achieving optimal fire protection requires the integration of three fundamental fire safety components: prevention, protection, and suppression. Figure 1.0 illustrates this concept, demonstrating how a comprehensive and integrated approach to fire safety planning and management can effectively ensure overall fire safety in commercial high-rise buildings

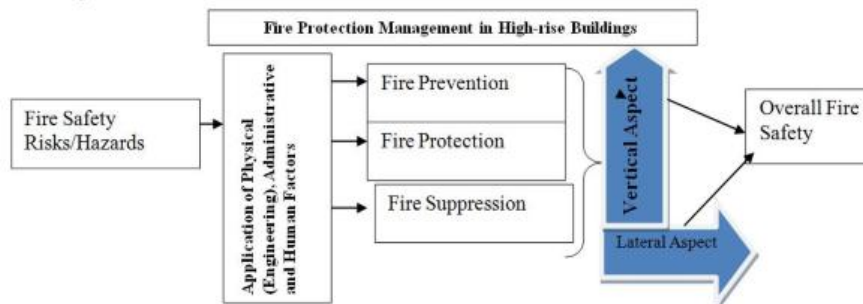


Figure 1.0: Systems Approach for Fire safety Management

Fire prevention and suppression are concerned with control of fire from taking place and extinguishment respectively. Fire protection is a mechanism involving both fire prevention and suppression at design and occupation of a building. Normally, each of the three fire safety elements exhibit three critical safety controls i.e. physical control, management control and human control in fire safety management.

The NFPA guide to fire safety and NBC, in respect to these controls, hierarchically provides that, where possible, risk should be avoided, risks which cannot be avoided should be assessed and evaluated and that risks should be combated at source, control measures should adapt to technical progress and dangerous substances /articles should be replaced by the non- dangerous or less dangerous. It further provides that, coherent overall prevention policy should be developed, which covers technology, organization of work and the influence of factors relating to the working environment and that priority should be given to collective protective measures and employees should be given appropriate instruction. In practice, fire protection involves provision of fixed fire protection systems during construction of a building and thereafter installation and maintenance of specific fire protection equipment and installations. In time, most of fire protection systems will lose their vitality and functional capability due to myriad factors such as outright decay or



obsolescence, vandalism, negligence, interference or change of user. All fire safety installations need to be tested individually, but interdependent fire safety installations need to be tested collectively to demonstrate satisfactory interfacing/ interlinking etc. Further, arrangements should be made for all fire protection systems such as fire detection and alarm systems, fire door control mechanisms, stair and lobby pressurization systems, evacuation and the fire-fighting lifts, portable and fixed fire extinguishers, emergency lighting systems and standby power systems to be regularly inspected and maintained.

Despite lack of sufficient and solid legislation and policy framework for fire protection in Kenya, there still exist scattered statutes relevant to general fire safety in occupancies. A law specially formulated for the purposes of fire protection in high-rise buildings is non-existent. The Occupational Safety and Health Act is the main legislation governing general safety and health in workplaces. The key provisions in the Act related to fire protection include sections and safe place of employment, Fire prevention, Safety provisions in case of fire and Evacuation procedures. The Factories and Other Places of Work (Fire Risk Reduction) rules and the National Buildings code Maintenance Policy which provides for effective maintenance that ensures adequate health, safety and environmental standards, return on investment, convenience and comfort for the building users. The legal requirement for fire protection systems provide in high-rise buildings is provided in the sections below:

Automatic water sprinkler: The legal provision for provision of automatic water suppression system is contained in the Section: As per section 7.10.7 of part IV of NBC. Sprinkler system is a must for basement parking & other risk areas where large quantities of combustible materials are stored. Each sprinkler should cover 6.96m² area. Normally a separate sprinkler should be provided for a separate car. Sprinklers may connect to main water tank & pump, but capacity of the tank & pump shall be increased in that proportionate. The capacity of water tank shall be calculated on the basis of sprinklers

Fire detection and alarm system: Section: As per section 7.9 of part IV of NBC. (8 of Appendix A) Different types of detectors are provided as per the risk involved in the area. Zones are made as per the risk or as per the floor. 2way communication system to be provided which will help to contact from ground floor to specific floor or vice-versa. Mike on every floor has to be provided. On mike instructions can be given as per situation. Manual call points, automatic detector & public address system shall be interlinked. Detectors shall be installed as per IS 2189/ 1988. The key statutory requirements for fire detection and alarm systems are found in the provisions of Fire Risk Reduction Rules in the National Planning and Buildings NBC. Every building more than 15m in height shall provide both manually operated Electrical fire alarm system & A.F.A or Automatic Fire Alarm System Depending on the occupancy

Escape route: As per section 8.2.5 of part IV of NBC the requirement for provision escape route is contained in regulation. The regulation requires that all buildings be provided with one or more escape routes that can be used in case of fire or other emergencies. The regulations also provide for the specifications for appropriate lighting and ventilation of such escape routes and stairways. The escape route should be well maintained, free of any obstructions, well light and provided with essential furniture to aid in movement and visibility of the route.

Emergency lighting: The building regulations require that, an independent supply of power is provided to provide energy for lighting during emergencies as per in the National Building Code Chapter IV.

Smoke control system: The Factories and Other Places of Work (Fire Risk Reduction) rule and regulation of the National Planning and Building, provide for provision of such facilities for control of smoke and/or fumes in workplaces or occupancies.

Mains, hose reels and hydrants: The provision for riser mains, hose reels and hydrants for fire purposes are contained in various regulations in the National Building Code Chapter IV. Regulation requires that rational design of a fire installation make provision for water to be supplied in the quantity and at the pressure and rate of flow in accordance which provides for hoses installation in any building of two or more storey's in height or in any single storey building. Regulation requires that they are provided in any building exceeding 12 m in height. The Fire Risk Reduction rules, requires that occupiers provide means of extinguishing fire at the workplace.

Facilities for the disabled: National Building Code Chapter IV provide for provision of firefighting and evacuation lifts and specifies the requirements for stretchers that can be used by persons with disability or the injured during emergency as provided under regulation. Further, regulation requires that every owner or occupier of a building shall have shall



have arrangements for the evacuation of persons with special needs from a building in the event of a fire or other hazardous materials emergency. The Persons with Disabilities Act, provide for accessibility and movements of the disabled in workplaces and public buildings such as hand rails, visual signs etc.

Fire safety signs and notices: The National Planning and Building Regulations, provide clear guidelines on requisite specification for fire safety signs and notices under regulation and regulation. Regulation subsection requires that any building having emergency routes be clearly marked and signposted to indicate the direction to be travelled in the case of any emergency.

Fire Extinguishers: Section: As per section 7.10.4 part IV of N.B.C. First Aid Firefighting appliances shall be provided & installed in accordance with latest IS 2190. These are first-aid fire extinguishers which are installed in the building for emergency purposes. They include among other portable CO₂, dry chemical and powder, foam and water extinguishers strategically sited within the building premises.

Fire assembly point: The essence of a fire assembly point for emergency is to provide a place where head count of the persons who are involved in the fire is done. It also used as a temporary station where people who are injured can be offered first aid or can be picked for more attention to the hospital by rescue personnel

III. MATERIAL AND METHODS

3.1 Description of Case studies

The scope of this study is limited to Indore City, located in Madhya Pradesh, India. Most high-rise buildings in Indore are situated in relatively flat terrain. To obtain permission for conducting the research, a formal request letter along with an introduction letter was submitted to the relevant building authorities. The surveyed buildings primarily exhibited a mixed-use nature, hosting a variety of functions such as schools, healthcare facilities, retail outlets—particularly clothing stores—office spaces, restaurants, and more. Some buildings also had partitioned floors designed to accommodate stalls, commonly referred to as exhibitions. The situations of the buildings are as contained in the table 1:

Table 1: The buildings involved in the study

No	Name of the building	No of floors	User type
1	Building-1	12	Mixed Use
2	Building-2	8	Residential
3	Building-3	7	Hotel
4	Building-4	11	Residential
5	Building-5	10	Residential
6	Building-6	10	Residential
7	Building-7	9	Residential
8	Building-8	9	Residential
9	Building-9	12	Hospital
10	Building-10	7	Residential
11	Building-11	10	Residential
12	Building-12	13	Commercial
13	Building-13	11	Mixed Use
14	Building-14	8	Residential

3.2 Sampling Design

A cross-sectional survey by use of mixed methods, quantitative and qualitative, was done on fourteen randomly selected commercial high-rise buildings in the Indore Metro city. A requisite sample was generated by use of random tables where all the identified commercial high-rise buildings in the city were listed and involved in the sampling



process Registry records from the department of City Planning and Architecture showed that the it has over 100 mixed use high-rise buildings. By use of random tables, the researcher selected 25No buildings. However, in only 14No (9.3%) of the buildings, the request to conduct research was accepted. Individual interview participants were selected through convenience and snowball sampling techniques (Mugenda and Mugenda, 2003). Some of the key resource persons from the Indore Fire Brigade (fire investigations section), Ministry of Public Works Directorate of Occupational Safety and Health Services and the building managers and security in all the buildings involved in the survey.

3.3. Methods and Techniques

Physical observations and inspections by use of a pre- designed fire safety risk assessment checklist (NFPA, 2008) and NBC Chapter-IV. Literature/document (inspection/maintenance reports, improvement orders) and; interviews to building managers and security staff, occupants and professionals in the construction sector were used in data collection. Each fire protection systems was checked or inspected against requirements of the NBC and standards to determine its sufficiency and/or suitability. International standards and practices were consulted where the local were deficient or non-existent. Due to diversity of fire protection systems and methods available for fire protection a multi-attribute Evaluation Model/Approach (Rasbash et al, 2004) was used. This helped compute the aggregate performance of the systems in respective buildings. An ordinal scale representing hierarchical levels A, B and C were used in determination of performance of each system or method in respective buildings where, A represented sufficient and/or suitable system, B represented insufficient or unsuitable system while C represented absence of a particular system or method.

IV. ANALYSIS AND RESULTS

The analysis are based on the results of the observations or inspections of the various fire protection systems involved in the study as contained in table 2. As indicated in the section above A represents sufficiency and suitable situation of the system while B represents insufficiency and/or unsuitable situation. C represent absent or missing system.

Table 2: Status of fire protection systems status in buildings

Building Name	Sprinkler system	Fire Detection & Alarm	Escape route	Emergency Lighting	Smoke control system	Compartmentation	Riser mains, hose reels	Facilities for the disabled	Fire brigade access	Firefighting and	Safety signs and Notices	Portable Fire extinguishers	Fire Assembly Points
Building-1	B	B	A	A	A	A	A	C	A	C	B	A	A
Building-2	B	B	A	B	A	B	A	C	B	C	B	A	B
Building-3	B	B	A	A	A	B	A	C	A	C	B	A	A
Building-4	C	B	B	B	A	A	B	C	B	C	B	B	B
Building-5	B	B	A	A	A	A	A	C	A	C	B	A	C
Building-6	C	B	C	C	C	C	B	C	B	C	B	B	C
Building-7	B	A	B	A	A	A	A	C	A	C	B	A	A
Building-8	B	B	B	A	B	B	A	C	A	C	B	A	C
Building-9	B	B	B	A	B	A	A	C	A	C	B	A	C
Building-10	B	B	B	C	B	B	B	C	B	C	B	B	C
Building-11	B	B	B	B	B	A	B	C	A	C	B	A	C
Building-12	B	A	A	A	B	A	B	C	A	C	B	A	B
Building-13	B	B	A	A	B	A	A	C	B	C	B	A	C

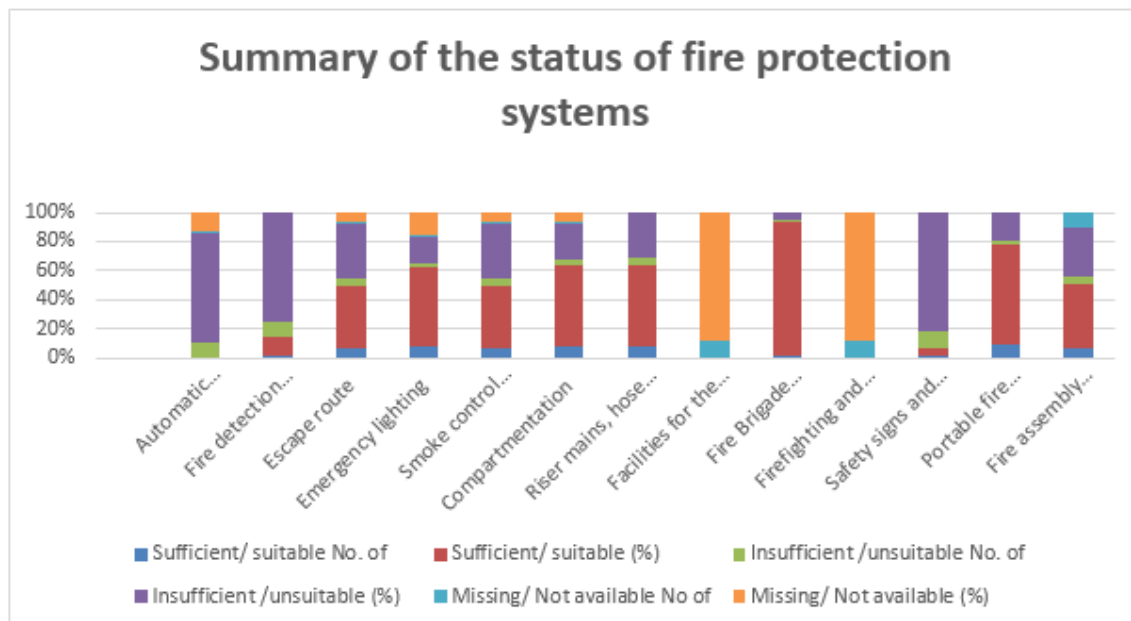


Building-14		B	A	A	A	A	A	C	A	C	A	A	C		
No	of	A	0	3	7	9	7	9	9	0	9	0	1	11	4
Buildings		B	12	11	6	3	6	4	5	0	5	0	13	3	3
		C	22	0	1	2	1	1	0	14	0	14	0	0	7

Key: A= Sufficient and Suitable B= Insufficient /Unsuitable C =Missing/Not available The results of the analysis are presented in table 3

Table 3: Summary of the status of fire protection systems

System No.	Sufficient/ suitable		Insufficient /unsuitable		Missing/ Not available	
	No. of Buildings	(%)	No. of Buildings	(%)	No of Buildings	(%)
Automatic sprinkler system	0	0	12	85.71	2	14.29
Fire detection and alarm	2	14.29	12	85.71	0	0
Escape route	7	50	6	42.86	1	7.14
Emergency lighting	9	64.2	3	21.43	2	17.79
Smoke control System	7	50	6	42.86	1	7.14
Compartmentation	9	64.2	4	28.57	1	7.14
Riser mains, hose reels and hydrants	9	64.2	5	35.71	0	0
Facilities for the disabled	0	0	0	0	14	100
Fire Brigade access and facilities	9	64.0	5	35.71	0	0
Firefighting and evacuation lifts	0	0	0	0	14	100
Safety signs and notices	1	7.14	13	92.86	0	0
Portable fire Extinguishers	11	78.5	3	21.43	0	0
Fire assembly points	4	28.57	3	21.43	7	0



4.2 Results, findings and discussions

Automatic water sprinkler system: Although 85.71% of the buildings in the sample were found to be installed with water sprinkler systems, they exhibited insufficiency, while 14.29% had no sprinkler systems at all.

Visual observations and review of internal and external inspections and maintenance reports showed that damaged sprinkler heads, poor housekeeping (leading to dusty conditions which could trigger activation of alarm system), inadequate reserve water and poor implementation of the maintenance program after inspection as key factors that rendered the system insufficient. According to the fire experts in the construction industry, cost factors in installation of sprinkler systems is very high and it times can escalate the cost of a project by three percent up hence making distribution limited to basements only. According to the Fire brigade fire investigations none of the sprinkler systems in buildings have ever actuated during fire episode hence putting doubt to their effectiveness. From the findings of the study, it's critical that, apart from provision of sprinkler systems they be inspected, tested and maintained at all times. It is also important that housekeeping is maintained to prevent unwanted alarms.

Fire detection and alarm system: The essence of an alarm system is to detect fire and/or smoke and keep the building occupants and fire attendants alert and evacuate the buildings if the danger of fire became eminent. In the survey all the buildings were found to be installed with an fire detection and alarm system. However deficiencies persisted. In the survey, it was found that 57.14% of the buildings had a sufficient and suitable fire detection alarm system. However, 42.86% exhibited insufficiency or unsuitability.

Data from the responses from building managers, fire experts and occupants indicated that the shortfalls on fire detection and alarm system originate from maintenance-related issues such as rampant false alarms due to poor house-keeping (dusty conditions), smoke from smoking and kitchen, component loss or breakdown or sheer lack of Maintenance. To achieve a reliable fire and alarm system, there is a need to maintain cleanliness in the buildings, conduct regular inspections and implementable maintenance schedules. There is also a need education or awareness creation among the occupants.

Escape route: In the survey it was found that only 7.14% of the buildings had sufficient or suitable means of escape to safety, 85.71% were found to insufficient and/or unsuitable fire elements and 7.14% had no escape stairs or other means of escape. In the survey it was found that the deficiencies in escape routes are connected to such factors as unclear or no exit signage leading to difficulties in finding the exact location of the escape route, obstructions, locking, etc.; smoke entering the escape route and escape stair due to poor escape route planning and the condition of fire doors, that is, either broken, locked, not self- locking etc. Inspection and maintenance is essential to achieve a safe (free of any Obstructions) escape route. It should be well light and provided with essential furniture to aid in movement and= Visibility of the route. The occupants should be inducted on the use of the escape routes through fire drills.

Emergency lighting: The survey found out that, 64.29 % of the buildings had sufficient and suitable emergency lighting, 21.43% were either insufficient or unsuitable while 14.29% of the buildings had no supply dedicated for emergency The deficiency was found to be due to poor or improper maintenance and/or sheer negligence. Batteries kept for supplying power to the lights during emergencies are rarely checked to ascertain their condition nor replaced after they are commissioning.

Smoke control system: NBC Life safety chapter IV provide for provision of such facilities for control of smoke and/or fumes in workplaces or occupancies. Smoke control is mainly done mechanically through stair and lobby pressurization to prevent smoke from spreading and entering the escape route or other areas in the building. As presented in the analysis above, 14.29% of the buildings had sufficient and suitable smoke control systems, 78.57% were insufficient or unsuitable and 7.14% had no any smoke control mechanism. system Insufficiency or unsuitability of the smoke control systems and the ventilating systems was to compromise to fire doors, for instance, hinged, broken etc., poor workmanship during repairs and poor or improper maintenance and inspection of the systems. The survey shown that, the systems are rarely tested to confirm their efficacy due to the cost factor and lack of expertise. Tests on stair and lobby pressurization are a rigorous process that will require experts.

Riser mains, hose reels and hydrants: The Fire Risk Reduction rules, requires that occupiers provide means of extinguishing fire at the workplace, requires that, where fire hose reels are provided and occupiers ensure that there is at least one fire hose reel are within the radius of 30 meters. In view of the above requirements, the survey found out that



50.00% had sufficient and/or suitable components while the rest i.e. 50.00% were insufficient and /or unsuitable. The challenges and problems were found to be: blocking of the breaching inlets or outlets; lack of delivery hoses or inappropriate locations vis-à-vis access to the firefighters i.e. they cannot easily be reached or accessed due to long distances or blockage; deficiencies or lack of adequate water supply and improper maintenance of the facilities.

Facilities for the disabled: In buildings, all persons are supposed to be provided with a means to access and a means for evacuation during emergencies. Facilities for the disabled are those that would assist persons with disabilities i.e. persons with visual impairment, expectant mothers, the sick etc., in the event of fire emergency. Such facilities include temporary fire refuges or lifts and specially made evacuation lifts. In the survey it was found that none of the buildings had any facilities for the disabled in time of emergency. This can be partly attributed to the shortfalls in the Building Codes and also due to high expenditure that would be realized when a complete set of facilities for the disabled are provided in the building costs. Interviews with the built environment indicated that the main provisions for access, movement and safety in a building are considered for the majority user population. All the interviewees agreed that there is a need to consider facilities for the disabled during costing and design of a project.

Fire brigade access and facilities: In regard to the provision of the regulation, the survey found out that 57.14% were sufficient and suitable while 42.86% were not. The survey found that; lack of facilities to access internal upper parts of tall buildings especially firefighting lifts; protected firefighting lobbies for the fire personnel; blocked access routes to the buildings by vehicles and other infrastructures; blocked inlets and water sources; missing components such as delivery hoses, insufficient water supply and; inadequate information in the building to guide firemen and protect them from hazardous installations or materials as the challenges in maintenance of in fire brigade access and facilities.

Safety signs and notices: The fire legislations require that buildings be installed with requisite signs and notices that meet minimum criteria. They include directional signs and notices, warning signs and notices, prohibitory notices and signs. The survey found that only 7.14% of the buildings had sufficient and suitable fire signs and notices and 93.86% were found to be deficient or unsuitable. The findings indicate that, though most of buildings have been installed with signs and notices they are many problems associated with them. The key problems in regard to provision of fire safety signs and notices included improper locations, blocking and unclear messages or signs

Fire Extinguishers: These are first-aid fire extinguishers which are installed in the building for emergency purposes. It is legal requirement under the Fire Risk Reduction, rule to provide firefighting appliances includes, among others, fire extinguishers. The survey found that 78.57% of the buildings were well provided with sufficient and suitable fire extinguishers and 21.43% were not. It was observed that the main factors that highly constituted insufficiency and unsuitability included poor siting in the light of the type of fire or fire hazard, improper servicing, misuse of hose reels e.g. for floor cleaning, vandalism of nozzles and other accessories.

Fire assembly point: The requirement for fire assembly point is provided in Rule No 24 of the Factories and Other Places of Work (Fire Risk Reduction) rules. The rule requires every occupier identify a location in the workplace where every worker shall assemble in the event of a fire. The research showed that 28.57% had adequate fire assembly point, 21.43% were not while 50% had no fire assembly point. The key challenges found with the provision of assembly point was lack of adequate space in the city to locate the assembly point, other unrelated uses e.g. car wash, car park, storage of waste and other items.

V. CONCLUSION AND RECOMMENDATIONS

In conclusion, while many mixed-use high-rise buildings are equipped with fire protection systems such as fire detection and alarm systems, as well as both portable and fixed fire extinguishers, the maintenance of these systems remains inadequate. A major challenge is the failure to implement recommendations made following inspections. Moreover, the survey revealed that none (100%) of the buildings are equipped with essential fire protection features such as firefighting and evacuation lifts or facilities for persons with disabilities.

To enhance fire safety in mixed-use high-rise buildings, the following recommendations are proposed:

a) The maintenance of fire protection systems and equipment should be treated as a core responsibility of building occupants or managers and viewed as an integral part of the investment, not an additional expense;



- b) Comprehensive inspections, detailed reporting, timely feedback, and prompt corrective actions must be diligently carried out to safeguard lives, property, and the environment;
- c) Future high-rise building projects should incorporate firefighting and evacuation lifts, as well as facilities for people with disabilities, during the design phase.

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