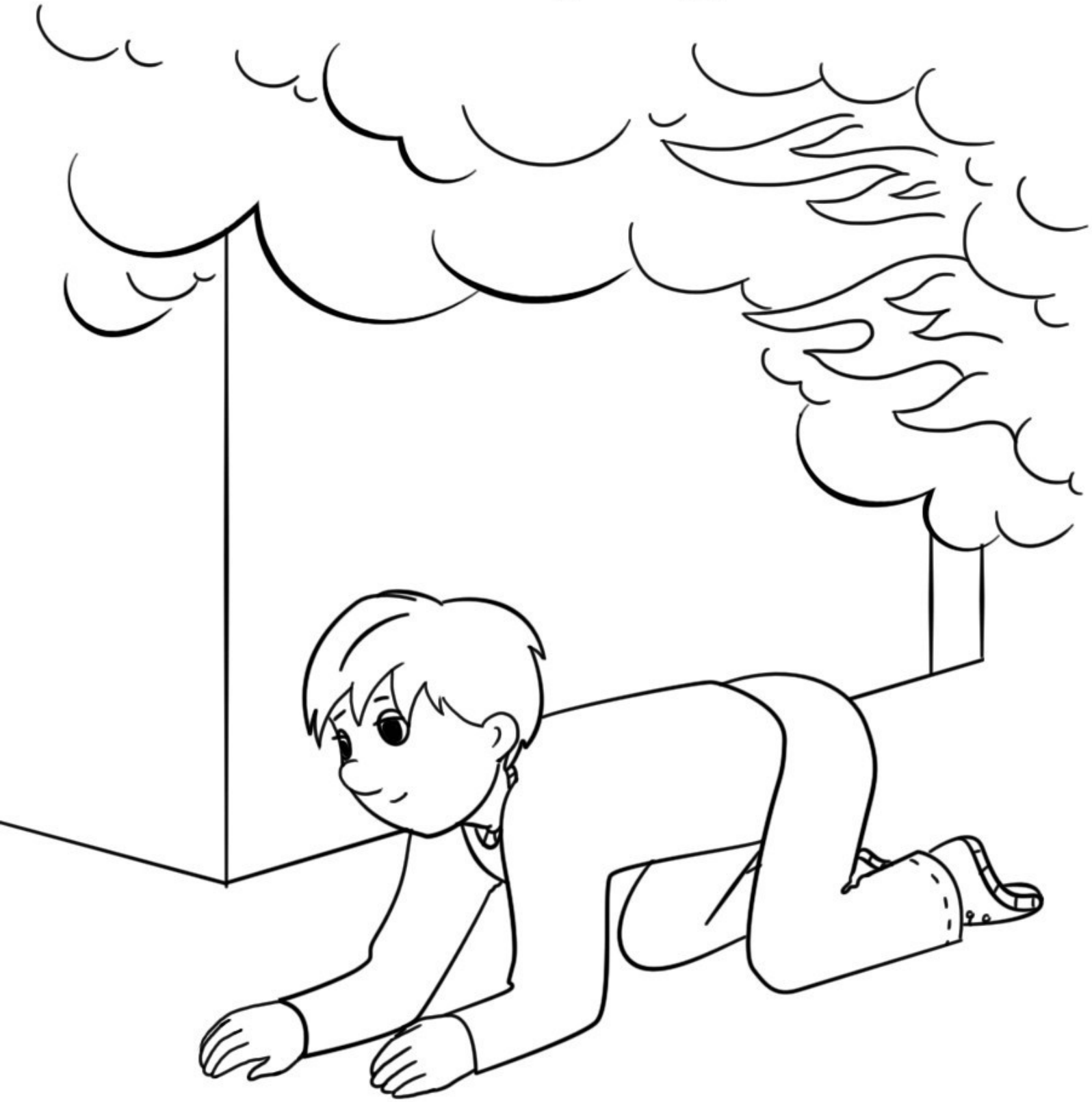Fall & Crawl.
Stay low on the floor when escaping a fire.