



fire safety starts with you



Fire Prevention Week October 4-10, 2009

Key Points	Resources and Notes
<p>This lesson focuses on providing students and their families with the knowledge necessary to identify potential risks in the home and be prepared if an emergency should occur. The lesson is divided into specific topics focusing on:</p> <ul style="list-style-type: none">✓ identifying fire and burn hazards✓ knowing what to do in case of a fire and who to call✓ recognizing the sound of a smoke alarm and knowing what to do✓ planning an escape and practicing a home escape plan✓ demonstrating what to do if clothing is on fire, and✓ treating a minor burn. <p>Introduction</p> <ul style="list-style-type: none">• In preparation for delivering this lesson see the Fire Prevention Week Teacher Resource on the Office of the Fire Commissioner website. The resource is intended to introduce the realities of fire and provide photos to illustrate the extensiveness fire damage and the importance of understanding fire safety practices in the home.• During Fire Prevention Week (October 4 - 10, 2009) distribute one Fire Safety Starts with You! activity booklet to each student in your class. The Fire Prevention Week theme this year is “Be Fire Smart! Don’t Get Burned”. The emphasis is on burn awareness and prevention, as well as keeping homes safe from the leading causes of home fires. The activity booklet addresses simple ways students can stay fire smart and not get burned. The booklet also teaches students what to do in the event of a fire or what to do if they sustain a minor burn.• There are several different topics covered in the activity booklet. It is recommended that you discuss one topic per day during Fire Prevention Week. To reinforce learning, review each topic from the previous day before proceeding to the next topic. Practicing, where possible, is important. Practicing makes the actual response more of an appropriate reaction, requiring less thinking during an emergency situation.• Discuss the meaning of the word “prevention”. Introduce the idea that many home fires can be prevented and that students can actually help to make their home a safer place.	<p>Fire Safety Starts With You! activity booklet</p>

<ul style="list-style-type: none"> • Introduce the five topics covered in the <i>Fire Safety Starts with You!</i> activity booklet: <i>Home Escape Planning, Smoke Alarms, Fire and Burn Safety Hazards, Stop, Drop and Roll</i> and <i>Treating Burns</i>. • Use the <i>Family Safety Checklist Quiz</i> as a pre-test. Ask students to complete the family quiz. • <i>Be Fire Smart! Don't Get Burned</i> is the 2009 theme for Fire Prevention Week. Brainstorm a list of ways that people get burned. Suggestions will include scalds from hot beverages, hot bathwater. Emphasize there are ways to stay safe and not get burned. By understanding some of the causes of burns and home fires, your students can help grown-ups stay fire safe and not get burned. Encourage the students to discuss the booklet with their parent/guardian or grown ups. 	
Key Points	Resources and Notes
<p>Topic #1 – Prevent Fires and Burns</p> <ol style="list-style-type: none"> 1. Children should be taught to identify unsafe things in their homes then tell a grown up about them. The kitchen is one of the busiest areas in a home; yet safety is often neglected. Most home fires and home fire injuries happen in kitchens. Children should be taught how to stay safe from fire and burns in the kitchen area. Ideally, adults should mark a 1 meter zone around the stove that young children are not allowed to enter. 2. Burn injuries in the kitchen can be prevented by following some simple precautions. Cooking foods should never be unattended. Pot handles should be turned to the back of the stove to prevent them from being bumped or pulled down. Scalding from hot liquids (boiling water, hot tea/coffee, etc.) is the most common cause of burns in the kitchen. 3. Ask students if they know anyone who has experienced a home fire and where or how the fire started. Emphasize that, in addition to cooking, electrical, heating appliances and smoking materials are also major causes of home fires. 4. Ask students to complete the Fire and Burn Safety Hazards activity in the <i>Fire Safety Starts with You!</i> activity booklet. Review the location of the 16 unsafe things in the kitchen. Fire and burn safety hazards include: <ol style="list-style-type: none"> 1. wet socks drying on a radiator 2. too many electrical cords plugged into one outlet 3. toaster too close to the curtains 4. candle is too close to the curtain 5. an electrical appliance is plugged in near a sink full of water 6. cooking pots unattended on the stove 7. pot handle should be turned to the centre of the stove 8. oven mitts and dish cloth too close to stove element 	<p style="text-align: center;">Activity Booklet - Prevent Home Fires - Danger Detective</p>

<ol style="list-style-type: none"> 9. oven left turned on 10. matches left out and within reach of small children and beside a roll of paper towel 11. water splashed on the floor 12. hot drink cups too close to the edge of the table 13. extension cord in the middle of the floor 14. smoke alarm has no battery. <ol style="list-style-type: none"> 5. Ask students to describe what the family needs to do to make the kitchen area safer from fire and burns. Consider a prize for the student who identifies the most unsafe things! 6. Explain that this activity was developed to prepare them to go home and look for hazards in their own home. 7. Discuss the importance of looking for hazards and telling a responsible adult if they find any. 	
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<p>Topic #2 – Smoke Alarms</p> <ol style="list-style-type: none"> 1. Show students a smoke alarm. Ask them what it is and what it does. Explain to students that the smoke alarm will warn them of smoke or fire by smelling for smoke. When children hear the smoke alarm they should get out of the building and stay out. 2. Explain to students that smoke alarms can only smell for smoke if they are working. To ensure they are working, smoke alarms should be tested monthly by pushing the test button and listening for the alarm. Prepare students for the loud sound of the smoke alarm, and then sound the alarm by pushing the test button. 3. Ask students to complete the Smoke Alarms – Test Yours! maze in the <i>Fire Safety Starts with You!</i> activity booklet. Encourage students to ask their parents/guardians to test their smoke alarms at home. Remember, only a working smoke alarm can save lives! 4. Explain to students that they must remind grown ups to test their smoke alarms once a month and smoke alarm batteries must be changed once a year or as needed. Encourage students to ask their parents/guardians to test their smoke alarms at home. In addition, they should replace the smoke alarm batteries once a year or as needed. 5. Remind students that if there is smoke they should stay low where the air is cleaner. As a class, they should practice Get Low and Go! <p>Note: Working smoke alarms go off because there is enough smoke and toxic gas to cause harm. The early warning of a smoke alarm will alert you and give you an opportunity to exit your home before getting asphyxiated or</p>	<p style="text-align: center;">Smoke Alarms</p> <p style="text-align: center;">Activity Booklet - Smoke Alarms Maze</p>

<p>burnt. The leading cause of death in a fire is asphyxiation or smoke inhalation. Fire consumes the oxygen in the air, while increasing the concentration of deadly carbon monoxide and other toxic gases in the atmosphere. Inhaling these toxic gases can cause loss of consciousness or death within minutes.</p> <p>Note: Tragically, many people mistakenly believe they'd be awakened by the smell of smoke in time to escape. Clinical experiments have found that the sense of smell actually lessens when people are asleep. Therefore, when smoke enters a bedroom, it does not always awaken the individual. In addition, smoke disorients people and dulls their senses, making it less likely that other cues, such as cries for help, will awaken them. This is why working home smoke alarms are so important.</p>	
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<p>Topic #3 – Home Fire Escape Planning</p> <ol style="list-style-type: none"> 1. Ask students what they would do if they heard the fire alarm at school. Ask how their exit plan would be different from home. Explain that a fire escape plan is a way to prepare in case of a fire. Explain the importance of creating a home fire escape plan. 2. Emphasize that all family members must know how to respond to a fire emergency by regularly practicing a home fire escape plan. Home fire escape plans should show two ways out of every room; windows and locks must open easily. Once outside, all family members should gather at the Family Meeting Place! 3. Ask students to complete the Home Fire Escape Plan in the Fire Safety Starts with You! activity booklet. Ask students to draw in where they think smoke alarms should be located throughout the home. 4. Emphasize that practice is the key when it comes to escape plans. It is not enough just to have a fire escape plan – to escape safely from a home fire you've got to make sure that everyone has also practiced the plan. 5. An escape plan includes knowing two ways out of every room and having a meeting place outside the home. <p>Note: Fires grow fast, and are hot and deadly. A fire in a modern home can become life threatening in as little as three minutes. Hot gases from a fire can reach temperatures of 300°C or more and scorch the lungs in one breath. In addition, smoke from fires can be dark and obscure visibility, irritate the eyes and breathing passages and can cause confusion due to lower levels of oxygen and toxic gases such as carbon monoxide and hydrogen cyanide in the air. People who have become disoriented in fires in their own homes, have been found dead in closets, stairwells, and laundry rooms. In a fire seconds count. Escaping a fire must happen very quickly — within a few minutes. Practicing your plan ahead of time makes the actual response quicker and more of an appropriate reaction, requiring less thinking during an emergency situation.</p>	<p style="text-align: center;">Activity Booklet - Home Fire Escape Plan</p> <p style="text-align: center;">Home B Find Two Ways Out!</p>

- Encourage student to enter the contest to win a laptop computer. They must complete the form, get their parents signature and return the form to you on or before October 26th so you can ensure that the forms are at the fire department by October 30, 2009. You can make arrangements with your local fire department for you to deliver the forms to the school or the fire department can make arrangements to have your entry forms picked up at your school.

The computer draw will be made on **November 20, 2009**.

**Fire Safety Starts
with You! activity
booklet**

Additional Resources

www.NFPA.org

www.sparky.org

www.safety-council.org

www.safekidscanada.ca