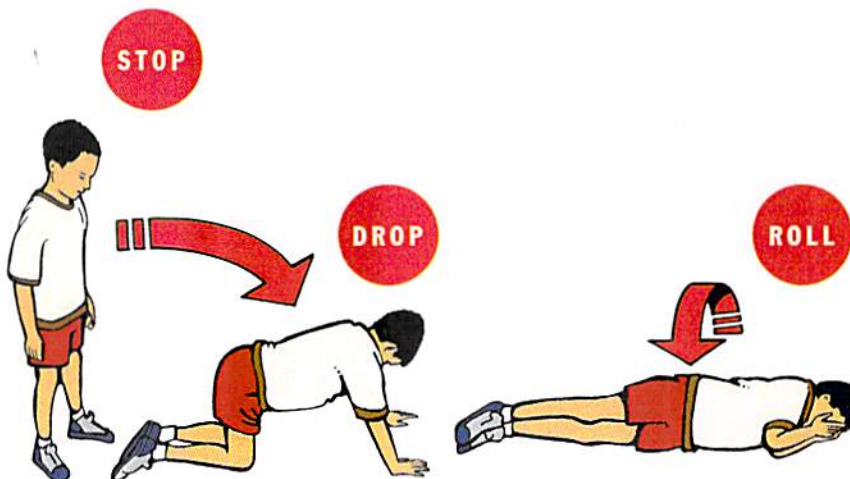


1. If your clothes catch fire, stop, drop, and roll — cool and call.
2. Know how to escape from a fire.
3. Hunt for fire hazards with a grown-up.



1. If your clothes catch fire, stop, drop, and roll — cool and call.

The “stop, drop, roll — cool, and call” procedure should be used to extinguish flames and to lessen burn injuries if your clothes catch fire.

If your clothes catch fire:

STOP immediately where you are.

DROP to the ground.

ROLL over and over and back and forth, covering your face and mouth with your hands (this will prevent flames from burning your face and smoke from entering your lungs). Roll over and over for a long time until the flames are extinguished.

COOL the burn with cool water for 10–15 minutes.

CALL a grown-up for help.

The “cool a burn” action should be used any time you burn your skin, not just when your clothes catch fire. If you get burned by touching a hot object or liquid, cool the area with cold water for 10–15 minutes.

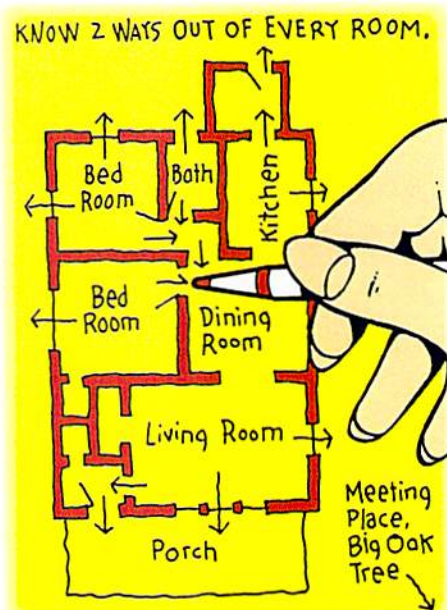
2. Know how to escape from a fire.

Fire can grow very quickly. When the smoke detector or smoke alarm sounds, you need to know exactly what to do. Every member of the household should be involved in designing a home escape plan and should know what to do in case a fire breaks out. No

one except a trained fire fighter should ever go back inside a smoky or burning building. Call the fire department from a neighbor’s home or other phone outside the house.

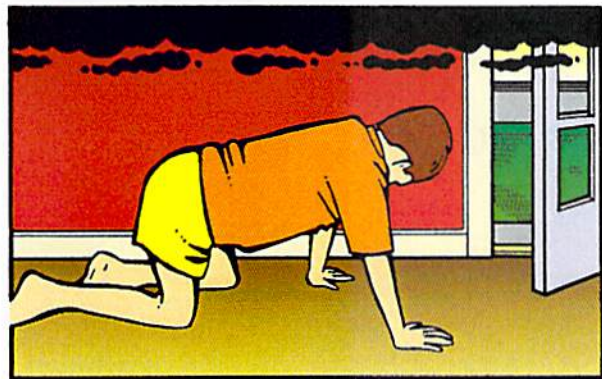
The following are important elements of a home escape plan:

- Have a grown-up install smoke detectors or smoke alarms on each level of the home and in or near each sleeping area. Remind him or her to test the detectors or smoke alarms every month by pushing the test button.
- Draw a floor plan of your home, including all windows and doors.



- Locate two escape routes from each room. The first way out would be the door, and the second way out could be a window.

- If your exit is blocked by smoke or fire, use your second exit to escape. If you must escape through smoke, stay low and crawl under the smoke to safety. Smoke will rise to the ceiling, leaving cooler, cleaner air close to the floor [between 12 and 24 inches (30 and 60 centimeters) off the floor]. Do not crawl on your belly, because some heavier poisons will settle in a thin layer on the floor.



- Make sure escape windows can be opened easily from the inside. In a two-story building, plan your escape through a window onto an adjacent roof or porch. If you must use an escape ladder, be sure everyone knows how to secure it on a window sill. (Because descending the ladder presents a risk of falling, the National Fire Protection Association recommends using a window escape ladder only in an emergency, not in practice situations.)

- If you live in a high-rise building, use the stairs — never the elevator — in case of fire. An elevator may stop at a floor where the fire is burning or it may malfunction and trap you. If fire or smoke blocks your exit and you are unable to leave, close your apartment door and cover all cracks (using wet towels, duct tape, linens, clothing, and so forth) where smoke could enter. Telephone the fire department, even if fire fighters are already at the building, and tell them where you are. Wave a sheet or towel and yell from the window to help fire fighters find you.

- Choose a meeting place a safe distance from the front of your home and mark it on the floor plan. A good meeting place would be a tree, telephone pole, or a neighbor's home. In case of fire, everyone should gather at the meeting place.

- Identify your home with large address numbers that the fire department can see easily.
- Practice your escape drill at least twice a year.

3. Hunt for fire hazards with a grown-up.

Inspecting your home for hazards, and then correcting them, can lower your risk of having a fire. Working with family members, children can identify and remove fire and burn hazards.

- **Keep exits clear.** Check to see that all doors and at least one window in each room are not blocked by furniture, toys, or other objects inside, or by shrubs or other obstructions outside. Be sure windows open easily from inside. Windows covered by security bars and locked or barred doors should have quick-release devices that everyone can open. Locked or barred doors should operate quickly and easily.

- Careless smoking can kill. Smokers should use large, deep ashtrays to extinguish smoking materials and should never smoke in bed, when drowsy, or when under the influence of medications. Matches and lighters should be kept up high out of the sight and reach of children, preferably in a locked cabinet.

- **Electrical hazards.** Look for these danger signs: overloaded electrical outlets; fuses of improper size; cracked or frayed cords; or cords running across heavy traffic areas, under carpets, or under furniture. Have electrical problems serviced by a professional.

- **Kitchen fire safety.** At this age, children should cook only with permission and under

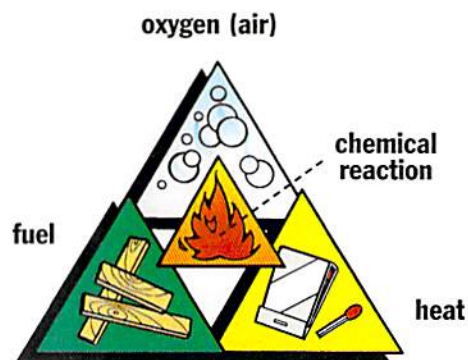
the supervision of a grown-up. Pot handles should be turned toward the back of the stove so that pots won't be knocked off or pulled down. Keep appliances clean and inspect them for frayed or cracked cords. Don't store things on or over the stove; you can get burned by reaching over hot burners. Keep children and things that can burn (such as pot holders or curtains) away from the stove. Microwave ovens stay cool, but what's being cooked can become very hot. Use pot holders when removing food from your microwave oven. To avoid a steam burn, use caution when removing covers or plastic wrap from food.

- **Heating safety.** Remove trash or stored materials near your furnace or water heater. Keep heating appliances at least 3 feet (1 meter) away from people and from things that can burn, including paper, clothing, furniture, bedding, and walls. Use a fireplace screen to prevent sparks or burning wood from escaping the fireplace, and have your fireplace and furnace professionally inspected once a year and cleaned if needed.

- **Fuel safety.** Gasoline should be used outside and as a motor fuel only (never as a cleaning agent or for any other purpose). Keep gasoline and other flammable liquids (kerosene, paint thinner, and so forth) away from heat sources or flames. If your family stores gasoline, keep small quantities in a tightly sealed, approved safety container and store it outside in a shed or detached garage out of the sight and reach of children. Follow the manufacturer's safety procedures when refueling appliances or equipment, making sure the unit is completely cool.

A Special Message about Children and Fire

Children and fire are a deadly combination, but many parents, teachers, and other adults gravely underestimate this problem. Some children engage in fire play out of curiosity, without realizing its dangers. Some use fire play as a bid for attention. Children in crisis may set fires intentionally as a way of acting out their anger or frustration. Left unchecked, children playing with fire can progress to more dangerous levels of injuries, property loss, and even death. In fact, in 1995 more than half of arson arrestees were children under the age of 18.



The Fire Tetrahedron

What Can Teachers Do?

- Help educate adults in your community about keeping all matches and lighters out of the sight and reach of children, preferably in a high, locked cabinet. Adults should keep matches and lighters in their possession at all times. Think of all fire tools as having the same lethal potential as a loaded weapon.
- Advocate the use of disposable lighters with child-resistant features. Note: child-resistant lighters are **not child-proof** and are still very dangerous in the hands of a youngster.
- If you suspect that a student in your classroom is setting fires, inform the child's parents or caregivers of your concern immediately. Work together to get professional intervention. Support local efforts to draw together fire department specialists, mental health professionals, juvenile justice representatives, and other advocates in a comprehensive strategy involving effective fire prevention education for all children and targeted intervention programs for identified fire setters.

Fire and Burn Prevention

Fire is a widespread tragedy in North America. Each year, fire kills more than 4,500 people and injures tens of thousands of others in the United States. In Canada, more than 400 people die every year and more than 2,500 people are injured. Children are particularly vulnerable to fire.

Source: National Fire Protection Association

Young children are especially vulnerable to burn-related injury and death. They do not perceive danger, they have less control of their environment, and they have a limited ability to react promptly and properly to a burn situation. Children's skin is thinner than that of adults and therefore burns at lower temperatures and more deeply. For example, a child exposed to hot tap water at 140°F (60°C) for 3 seconds will sustain a third-degree burn, an injury requiring hospitalization and skin grafts. Tap water scald burns, which most often occur in the bathroom, are associated with more deaths and injuries to young children than those caused by other hot liquids. Burns resulting from exposure to tap water tend to be more severe and cover a larger portion of the body. *Source: National SAFE KIDS Campaign®*

Tap water scald burns, which most often occur in the bathroom, are associated with more deaths and injuries than those caused by other hot liquids.

