

## **Flick's Fire & Burn Safety**

### LESSON 1

#### THINGS IN YOUR HOME THAT CAN CAUSE FIRES AND BURNS/ HOW TO PREVENT HOME FIRES

- Keep paper towels, dish towels or other flammable items away from the stove.
- Maintain a kid-free safety zone three feet around the stove when you're cooking.
- Stay in the area when cooking food on the stovetop or under the broiler.
- Keep the oven and stovetop free of grease build-up.
- Turn pot handles toward the center of the stove.
- Store matches and lighters out of children's reach.
- Adults should stay near the stove/oven when cooking.

#### *Living Room*

- Keep all flammable items at least three feet from the fireplace.
- Have your chimney cleaned and inspected annually.
- Use a fireproof screen in front of your fireplace.
- Replace halogen torchiere lamps with incandescent or fluorescent lights.
- Keep lamps and candles away from drapes and fabrics.
- Replace frayed or damaged electrical cords.

#### *Bedroom*

- Don't drape scarves or clothing over lamps.
- Never set heavy objects on top of electric blankets that are in use.
- Keep space heaters at least three feet from bedding, furniture and other flammable items.
- Don't run extension cords under rugs.
- Be sure electrical cords are not pinched by doors, cabinets or under furniture.
- Never leave candles unattended.
- Don't use space heaters while sleeping.
- Never smoke in bed.
- Be sure secondary exits such as windows are not blocked by furniture.

#### *Bathroom*

- Don't overload outlets with too many appliances.
- Keep curling irons, hair dryers and other hot appliances away from flammable materials.

#### *Laundry Room*

- Clean your dryer's lint filter before each use.
- Shut off the dryer whenever you leave your house.
- Keep clothing and other flammable materials at least one foot from the dryer, if possible.
- Unplug the iron when it's not in use.

#### *Basement*

- Have your furnace cleaned and inspected annually.
- Don't store paint, old newspapers, or other flammables near the furnace or hot water heater.

#### *Patio and Garage*

- Position your grill away from siding, wooden railings and overhanging branches.
- Never add lighter fluid after the coals have been lit.
- Allow coals to cool completely in the grill before you dispose of them.
- Store the lawnmower and gas can away from heat sources.
- Keep oily rags in airtight metal containers.

#### *Other*

- Blow out burning candles when everyone leaves a room or the house.
- Use pillar or jar candles rather than taper candles.
- If someone smokes, do so outside, or in a special area.
- Have smokers use a large, stable ashtray with a center island.

## LESSON 2

### SAFE OR UNSAFE? SCENARIOS

#### Kitchen

- Mom holds baby brother while cooking on stove. (unsafe)
- Stove turned off while going to grocery store. (safe)
- Pot handles are facing outward where they are easy to grab. (unsafe)
- Paper towels are stored away from stove. (safe)

#### Living Room

- Newspapers are stored next to fireplace to help start fires. (unsafe)
- Fireproof screen is in front of your fireplace. (safe)
- Candles are on the table next to the window drapes. (unsafe)
- Electric cords are run underneath the rugs so we don't trip on them. (unsafe)

#### Bedroom

- I drape scarves or clothing over lamps to darken the room. (unsafe)
- I sleep on top of my electric blanket when it is cold. (unsafe)
- We blow out candles before going to bed. (safe)
- We turn off space heaters while sleeping. (safe)
- Dad smokes in bed while watching TV. (unsafe)
- My bedroom window will not open. (unsafe)
- I sleep with my bedroom door open. (unsafe)

#### Bathroom

- The hair drier is not used near any water. (safe)

- Mom hangs her curling iron over the door handle to cool down. (unsafe)
- We test the water in the tub or shower before stepping in. (safe)
- When done showering, I turn off the hot water first and then the cold water. (safe)

#### Laundry Room

- My parents clean the dryer's lint filter before each use. (safe)
- We shut off the dryer whenever we leave our house. (safe)
- We throw our dirty clothes on top of the dryer. (unsafe)

#### Basement

- We don't use a smoke alarm in the basement since no one stays there. (unsafe)
- We don't store paint, old newspapers, or other flammables near the furnace or hot water heater. (safe)

#### Patio and Garage

- Our grill is right up against the outside of our house. (unsafe)
- If the charcoal grill starts to go out, we spray more lighter-fluid on it. (unsafe)
- We make sure the coals in the grill are completely cool before we dispose of them. (safe)
- We store the lawnmower and gas can next to the water heater. (unsafe)
- We keep oily rags in airtight metal containers. (safe)

## LESSON 3

### DANGERS THAT WILL CAUSE CLOTHING TO IGNITE

- Open flames—Candles, matches, stove burners, campfires, sparklers/fireworks

### METHOD TO EXTINGUISH CLOTHING FIRES (KEY POINTS FROM VIDEO)

If your clothing catches on fire:

- STOP—where you are, right away. Don't run! Running can make the fire bigger.
- DROP—to the ground as quickly as you can. Don't worry about getting dirty or hurting yourself!
- ROLL—BACK & FORTH (Not over and over) until the fire goes out. Fire needs oxygen to burn—that's why we roll—to smother the fire!
- COOL—Even when the fire is out, your skin and clothes are still very hot and may continue to burn. COOL the burn with COOL WATER. Never use ICE, OINTMENTS or BUTTER!
- CALL—911 for help with the burn. The person who answers the phone when you call 911 will know how to handle the emergency. They will ask you your name, address, phone number, and what happened. Never hang up until they tell you it's ok!

## TIPS TO PREVENT CLOTHING FIRES

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- Stay away from open flames.
- Do not play with matches or lighters.
- Stay at least 6 feet away from campfires.
- Do not play with sparklers or fireworks.

## HOW TO CALL EMERGENCY SERVICES

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- Dial 911 from outside the burning building.
- Know your current location or address.
- Answer questions that are asked of you.
- Stay on the phone until the operator tells you to hang up.

## WHAT TO DO IF YOU FIND MATCHES OR LIGHTERS AND WHY THEY ARE DANGEROUS

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- The smallest flame can start the biggest fire.
- Fire doubles in size every 60 seconds!
- Things can get out of control before you expect it.
- If you find matches or a lighter, DO NOT TOUCH THEM! Tell a grown-up where they are.

## WHY IS FIRE SAFETY IMPORTANT?

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- Burns are one of the more common injuries, especially to young children.
- Serious burns can cause lifelong scars and affect your ability to do things.
- Homes burn faster today than they used to.
- 75% of burn injuries occur at home!
- Almost all burn injuries are preventable!!

## WHY IS IT IMPORTANT TO HAVE AN ESCAPE PLAN?

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- Once a fire starts, you have only 3 -4 minutes to safely escape.
- Most home fires occur at night, when many are asleep.
- Fires make dark smoke. You cannot see in a house fire. You need to know what to do and where to go ahead of time.

## WAYS TO GET THE PUBLIC TO UNDERSTAND THE IMPORTANCE OF HAVING AN ESCAPE PLAN IN THEIR HOME

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- Teach them that over 75% of fire/burn injuries occur at home.
- Remind them that today one has less than 3 minutes to safely escape a burning building.
- Without practicing a home fire escape, the chances of everyone getting out are greatly reduced!

## KEY STEPS IN DESIGNING A HOME ESCAPE PLAN

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- Know two ways out of every room (if possible!).
- Sleep with your bedroom doors closed (to prevent smoke and poisonous gases from entering).
- Assign persons to be responsible for getting infants and disabled persons out of house.
- Have an outside meeting place.
- Install smoke alarms on every level of the home and in every bedroom.
- Check smoke alarms monthly to make sure they are working.
- Keep smoke alarms clean of dust.
- Crawl low (on hands and knees) when escaping.
- Test doors with back of hands from bottom toward the top before opening. If hot, DO NOT OPEN!
- Open cool doors slowly to see if fire is outside the door.
- If no fire, crawl to nearest exit. If there is fire, close door and use second exit or wait for a firefighter to rescue you.
- If you must stay in your room:
  - Hang some clothing out your window so firefighters will know you are inside.
  - Stuff clothing or sheets in crack under the door to stop smoke from entering.
  - Call 911 on a cell phone if you have one.
- Once out of the house, NEVER GO BACK IN ... NEVER!
- Practice your escape plan with the entire family at least once each year.

## WHY ARE ESCAPE PLANS IMPORTANT?

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- Once a fire starts, you only have 3 -4 minutes to safely escape.

## WHY DO WE HAVE FIRE DRILLS IN SCHOOL?

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- To know exactly what to do and where to go.
- To teach you the importance of having a home escape plan also!

# LESSON 5

## PROPER BURN FIRST AID PROCEDURES

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- Cool the burn with cool water—run cool, not cold water over the burn for about 5 minutes.
- Remove all burned clothing from the injured area. If clothing is sticking to the burns, flush with water but do not remove.
- Remove all rings or jewelry from fingers or areas that might swell.
- Cover the burned area with a dry, clean cloth or cover.
- Call 911 for medical assistance.
- Drink lots of water.

## BURN FIRST AID—KEY POINTS:

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- Burns should be treated by doctors or nurses.
- Sunscreen should be applied to all exposed skin before spending time in the sun.
- Moisturizers or Aloe Vera gel may be applied to sunburn or very minor burns.
- Grown-ups may give painkillers (ibuprofen or acetaminophen).