

Grades 3-6



FIRE FIGHTER'S  
**Safety Guide**  
2020

**Inside:**  
Fire safety tips  
Create an escape plan  
Fun activities

MESSAGE FROM THE  
**Hawaii State Fire Council (SFC)**



**Aloha Junior Fire Fighter!**

Knowing about fire safety and what to do in an emergency is important to keep safe. Everyone should be prepared for a fire or serious injury. When an emergency arises, the lessons in the Fire Fighter's Safety Guide is important knowledge for students, adults, and families to save lives.

Each of us must do our part to stay safe from the dangers of fire; however, we're safer when we all practice safety as a team. We're glad to have our friends, Fire Fighter Maka from Air Rescue and Fire Fighter Nalu from Ocean Rescue, who join us this year to help teach about fire safety and what to do in an emergency. Share what you have learned with your ohana and friends, and let's stay safe as a team!



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**What's  
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**Don't Stall,  
 Call 9-1-1!**



Fire Fighters are trained to help in many types of emergencies. Call 9-1-1 in an emergency, such as a fire, serious injury, drowning, or lifeless breathing. If there is a fire, leave the house first, then call 9-1-1. Stay calm and don't hang up until the operator says you can.  
**Never call 9-1-1 as a test.**



CUT OUT AND PLACE IN A SPOT WHERE YOU CAN ALWAYS SEE THE INFORMATION.



**ACTIVITY:** Fill in your important information below.

Before you call 9-1-1, know your **first and last name, home address,** or the **phone number of someone who takes care of you,** such as a grandparent, aunt, or uncle.

**My first and last name is:**

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**My address is:**

-----

**My emergency phone number is:**

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## What is CPR?

Cardio means heart and pulmonary means lungs. Cardiopulmonary Resuscitation or CPR is the act of providing chest compressions that can help a person whose heart has stopped beating.

## What is an AED?

An Automated External Defibrillator (AED) is a computerized medical device that checks a person's heart rhythm. It recognizes a rhythm that requires and advises the rescuer when a shock is needed. The AED uses voice prompts, lights, and text messages to direct the rescuer on what steps should be taken. AEDs are accurate and easy to use. With a few hours of training, anyone can learn how to operate an AED safely.

For more information, visit the American Heart Association, the American Red Cross, and the American Academy of Pediatrics.



## Ocean Safety

When in doubt, don't go out. Never face your back toward the ocean. Even if you are a strong swimmer, waves and currents can be very unpredictable. When you jump into the water, make sure a lifeguard or an adult is watching.

If you need help in the ocean, stay calm. Try to float on your back and wave your arms in the air to signal for help.



For more info, visit [HIOceanSafety.com](http://HIOceanSafety.com)



**ACTIVITY:**

Unscramble the words to reveal the essential items needed for a safe hike.

hiwltse

\_\_\_\_\_

oeshs

\_\_\_\_\_

alsghlfih

\_\_\_\_\_

carhedg honep

\_\_\_\_\_

etrwa

\_\_\_\_\_



# Hiking Safety

If you are going on a hike, have a plan and know where the trail leads. Never hike alone, and ensure you are with an experienced hiker.

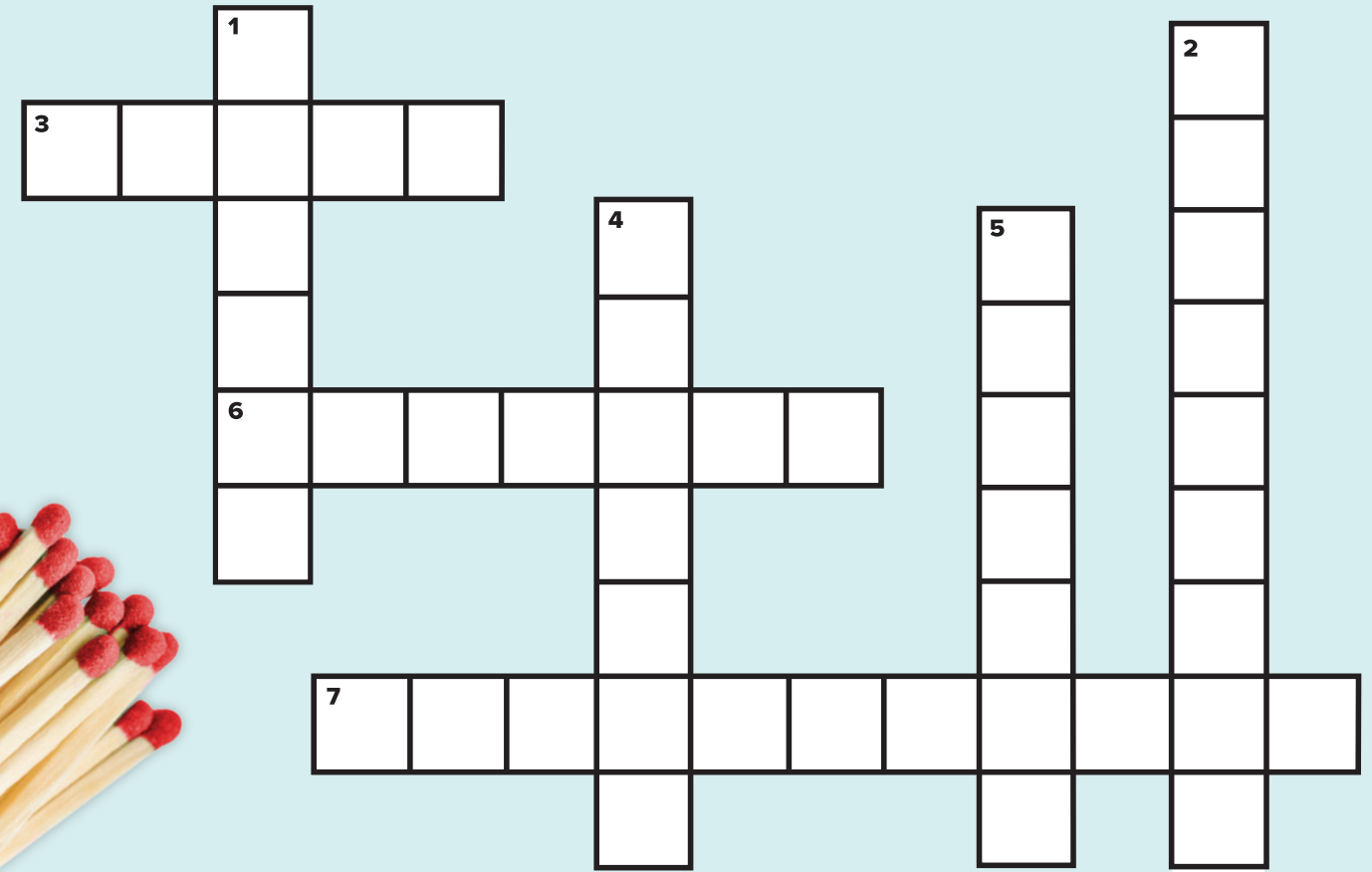
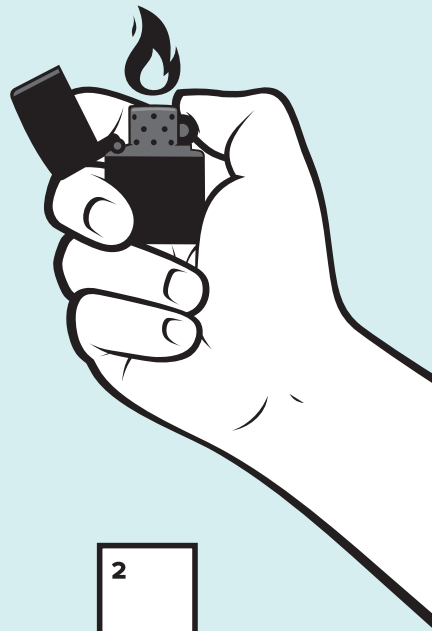
**Inform someone of where you are going and when you plan to return.**

Plan for weather changes in the event you become lost or hurt. Pack a flashlight, a whistle, and a charged phone.

Answers: whistle, shoes, flashlight, charged phone, water

# Matches and Lighters

Matches and lighters are for adults only. Do not touch matches and lighters in case they are hot. If you see matches or lighters in a place that they aren't usually stored, immediately tell an adult.



Answers: (Across) 3 Flame, 6 Lighter, 7 Firefighter; (Down) 1 Candle, 2 Sprinkler, 4 Matches, 5 Hibachi



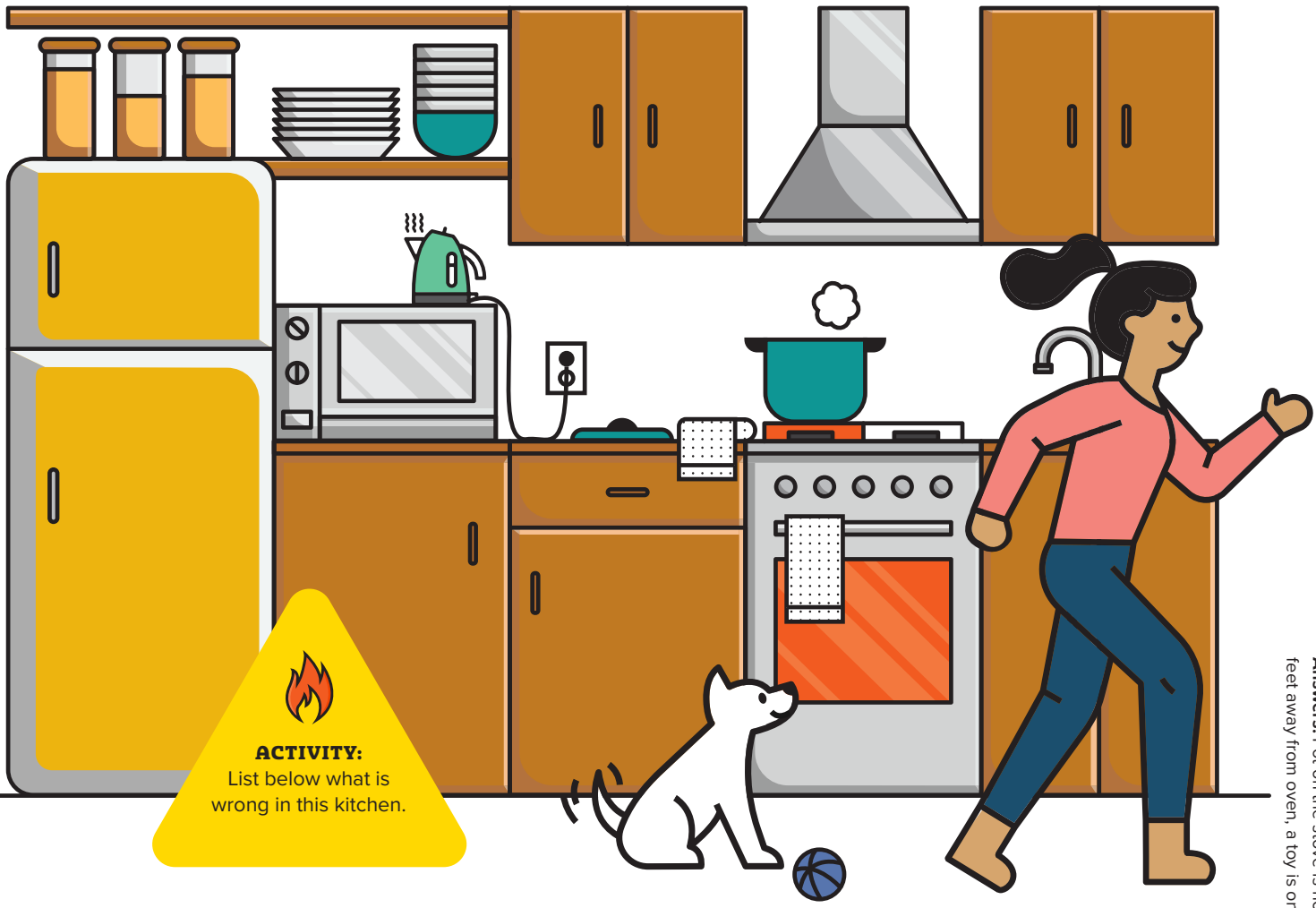
**ACTIVITY:**  
Complete the crossword puzzle!

**ACROSS**

- 3 In addition to smoke, you see this when there is a fire
- 6 A portable device that creates a flame
- 7 Person who helps in an emergency

**DOWN**

- 1 Blow this out
- 2 Device located on the ceiling that discharges water when there is a fire
- 4 Strike these to light
- 5 A small grill



**ACTIVITY:**  
List below what is wrong in this kitchen.

<p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>4 _____</p> <p>5 _____</p> <p>6 _____</p>
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# Kitchen and Cooking Safety

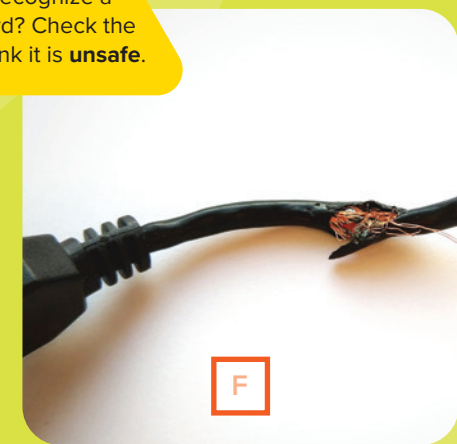
The kitchen can be a dangerous place when adults are cooking. When kids and adults work together, everyone is safer. Keep an eye open for things that can burn or injure someone. Toys, pets, and kids should stay out of the kitchen and far away from the stove or oven.

Stay three feet away from a stove or oven to prevent yourself from getting burned or hurt. Always use oven mitts when handling hot objects. If you use a toaster or microwave, make sure an adult is there to closely supervise you.

Answers: Pot on the stove is not covered, woman is leaving the kitchen, kitchen towel is too close to the stove top, dog is not three feet away from oven, a toy is on the floor, kettle is placed on the microwave and plugged in the outlet without supervision.



**ACTIVITY:**  
Can you recognize a safety hazard? Check the box if you think it is unsafe.



Answers: A, B, C, F, H

# Outlet and Wire Safety

**Outlets:** All heat-producing appliances should be plugged directly into the wall outlet and not power strips or extension cords. Ensure there is only one heat-producing appliance plugged into an outlet at a time. These appliances include toaster ovens, rice cookers, coffee makers, and microwaves. When pulling out cords, ensure it is not around water.

**Safe Wire Practice:** Always remember to discard damaged or frayed wires. The following are extremely hazardous:

- Running wiring under carpets, rugs, or furniture
- *Daisy chains:* Connecting multiple extension cords to extend farther
- *Piggybacking:* Plugging a power strip into another power strip connected to one outlet

**Charging Devices:** When charging any technology devices, don't overload your power strips. This can cause them to overheat and catch on fire. When your devices are plugged in, don't place them on your bed or pillow and never leave charging devices unattended. The heat created by the charger can result in your bed or pillow catching on fire!

*Tips for Adults*

Electrical work should be performed by a licensed electrician. Using a safety switch prevents electrocution or fires. If there is an electrical overload or equipment failure, the safety switch will shut the power off.

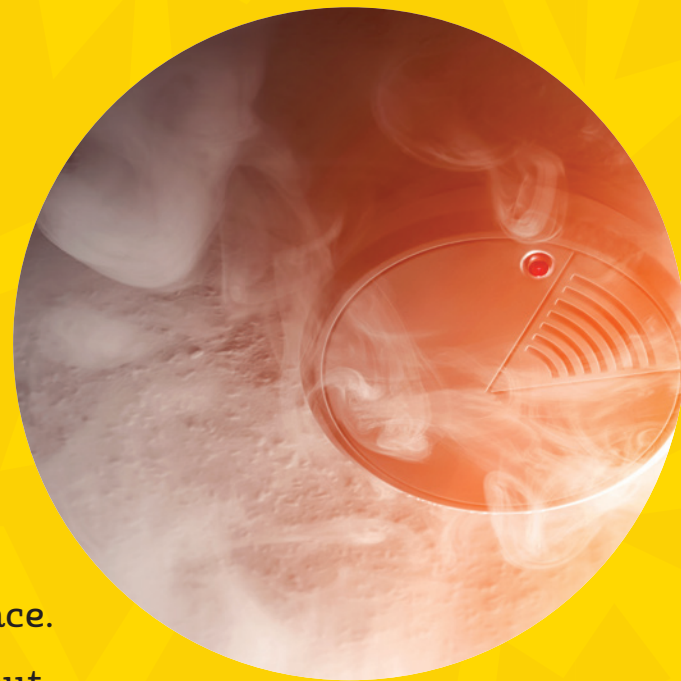
## Stop, Drop, and Roll!

If your clothes catch on fire, stop where you are and don't run!

**Stop** where you are.

**Drop** to the ground and cover your face.

**Roll** side to side until the flames are out.



## Evacuation

If you see or smell smoke or hear a smoke alarm, **STAY LOW and GO!** You will be able to breathe better.

**GET OUT, STAY OUT!** When you get outside, **DO NOT** go back for anything. Go to your safe meeting place.

## Work Together to Save Lives

Smoke alarms save lives. If there is a fire in your home, the smoke will spread fast; therefore, you must have working smoke alarms to alert you and give you time to escape. If you hear a smoke alarm, get out and stay out using your home escape plan.

- In every bedroom
- Outside each sleeping area
- On each level of the home

**What about fire sprinklers?** Fire sprinklers can extinguish a fire even before the fire department arrives. It's like a fire fighter in your home 24/7. This will also help to reduce the amount of damage to your home.



### *Tips for Adults*

Test your smoke alarms every month, change the battery every year, and replace the unit every 10 years.



**ACTIVITY:** Take the multiple choice quiz below.

If there is a two-story house with four bedrooms, what is the minimum amount of smoke alarms the house requires?

- a. One smoke alarm
- b. Two smoke alarms
- c. Four smoke alarms

If you hear the smoke alarm and smell smoke, what should you do?

- a. Hide under a desk or bed.
- b. Find where it is coming from in the house.
- c. Go outside immediately and call 9-1-1.

If you hear a loud beeping noise, but don't smell smoke, what should you do **FIRST**?

- a. Assume the smoke alarm's battery is dying.
- b. Perform regular safety procedures—stay low and go.
- c. Wait until you are told to exit the house.

Draw Your Home Escape Plan

1

Use the grid below to **draw a map of your home** showing all doors and windows.

A large grid for drawing a home map. The grid is 30 squares wide and 20 squares high. It is intended for drawing a map of a home, showing doors and windows.

2

As a family, decide on a safe meeting place (like a tree, light pole, or mailbox), which is a safe distance from your home where everyone can meet. **Draw it on your map.**



Draw Your Home Escape Plan

3

**Draw your escape route from your bedroom to the safe meeting place.**  
In another color, show your alternate route.

4

Practice your escape plan at least twice a year by having a family fire drill. You can even have a drill at night so you know how to get out safely in the dark.