

Grades 3–6

FIRE FIGHTER'S Safety Guide 2021



Inside:

Hiking Tips
Create an escape plan.
Fun Activities



NATIONAL FIRE PREVENTION WEEK

Learn the Sounds of Fire Safety!

ALOHA! The SFC, which is comprised of the four county Fire Chiefs, is pleased to announce the 36th edition of the *Fire Fighter's Safety Guide (FFSG)*. This year's FFSG promotes the National Fire Protection Association's (NFPA) 2021 theme, "Learn the Sounds of Fire Safety."

According to the NFPA, no matter where you are, at home or in a public building, it is important to think about your safety from fire. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out. Learn two ways out of every room. Ensure doors and windows leading outside can open easily and are free of clutter. Go to your outside meeting place, which should be a safe distance from the home, where everyone should meet. Home is the place where fires happen most often, but fires can happen other places as well. Look for places fire could start. Take a good look around your home. Identify fire hazards and address them. If necessary, have qualified professionals correct hazards.

This FFSG is distributed to elementary school students statewide through a collaboration of Hawaii's four county fire departments. This effort is unique to Hawaii and contributes toward our state having among the lowest rates of fire deaths and injuries in the nation.

This FFSG was designed with the entire family in mind. Please participate with your child and family by completing the activities and lessons together. This will help prepare for emergencies through prevention and preparedness. The completed activities should be returned to your child's teacher. Mahalo for your participation!

MESSAGE FROM THE HAWAII STATE FIRE COUNCIL (SFC)



Lionel Camara, Jr.
LIONEL CAMARA, JR.
Honolulu Fire Department
Acting Fire Chief



Kazuo S.K.L. Todd
KAZUO S.K.L. TODD
Member
Hawaii Fire Department
Fire Chief



Bradford Ventura
BRADFORD VENTURA
Maui Fire Department
Acting Fire Chief



Steven R. Goble
STEVEN R. GOBLE
Vice Chair
Kauai Fire Department
Fire Chief



Aloha Junior Fire Fighter!

Fire fighters fight fires, perform water rescues, and search for stranded hikers. From the mountains to the ocean, fire fighters are always ready! As a Junior Fire Fighter, you can prepare and be ready by learning and sharing the information in this Fire Fighter's Safety Guide with your family and friends. By doing so, each Junior Fire Fighter will also make their community a safer place to live.

We are pleased to introduce and welcome our friends, Fire Fighter Maka and Fire Fighter Ka'imi, who will teach us about hiking safety and wildland fire preparedness. Join us in learning through the fun activities in this book. Let's all be safe together!

Don't Stall, Call 911!

Fire fighters are trained to help in many types of emergencies. Call 911 in an emergency, such as a fire, medical emergency, drowning, or lifeless breathing. If there is a fire, leave the area first, then call 911. Stay calm and don't hang up until the operator says you can. **Never call 911 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 911, know your **first and last name**, **home address**, or the **phone number of someone who takes care of you**, such as your parent, grandparent, aunt, or uncle. **Be sure to tell the operator why it is an emergency.**

My first and last name is:

My address is:

My emergency phone number is:

What's Inside

- B1** Don't Stall, Call 911!
- B2** Hiking Tips
- B3** Fire Fighter Ka'imi's Hike
- B4** A Message from Fire Fighter Maka
- B5** Wildland Fires in Hawaii
- B6** Are you prepared?
- B7** Build a Disaster Supply Kit
- B8** Stop, Drop, and Roll Evacuation
- B9** Jumble Draw
- B10** Draw Your Home Escape Plan

Learn the Sounds of Fire Safety™



firepreventionweek.org



Hiking Gear

- **Comfortable shoes**
Preferably with good treads
- **Flashlight**
Use to signal for help in dark places
- **Phone with spare battery charger and charging cable**
Texting 911 can help conserve battery life.
- **Map**
Keep track of the trail, and stay away from potential dangers.
- **Food or snacks**
Stay energized and remember not to litter.
- **Water**
Keep hydrated!

OPTIONAL ITEMS (GOOD TO HAVE)

- **Brightly colored clothing**
Help make it easier for rescuers to find you if you need assistance on the trail.
- **Sunscreen, sunglasses or hat**
Sun protection
- **Jacket**
Weather can often change quickly, so plan accordingly.



HIKING TIPS

PLAN AHEAD
Research your route before going on a hike to ensure your outing is fun and safe.

KNOW YOUR SKILL
Choose trails that are within your skill and stamina level.

HIKE WITH A BUDDY
Hiking with a partner or in a group is fun and safer in case you need help.

STAY ON THE TRAIL
Follow trail signs and safety warnings.

CHECK THE WEATHER
Always check the weather and trail conditions before setting out.

ENJOY THE VIEW SAFELY
The views from our hiking trails are amazing, but never leave the trail or endanger yourself for photos!

Trail Guides

Trail guides and conditions provide trail information, weather conditions, and warnings regularly. Hikers should use resources to plan their outings.

Tips for Adults

The Department of Land and Natural Resources has a **smartphone app** available from your device's app store. Use it to report problems and hazards on the trail.



Fire Fighter Ka'imi's Hike



Fire Fighter Ka'imi and his _____ buddy, Fire Fighter Maka, went hiking on a trail near the _____. Fire Fighter Ka'imi checked the weather ahead of time, packed a snack along with his hiking gear, such as _____, _____, and _____. He told Fire Fighter Maka to wear his _____ shirt and comfortable shoes. On the hike, Fire Fighter Maka wanted to _____ and go off the trail to find _____ and take photos of the _____ views. Being an expert hiker, Fire Fighter Ka'imi told Fire Fighter Maka to stay on the trail to be safe. As they hiked along the path, they came across a _____ and saw a _____ and a/an _____ waterfall, to Fire Fighter Maka's surprise!

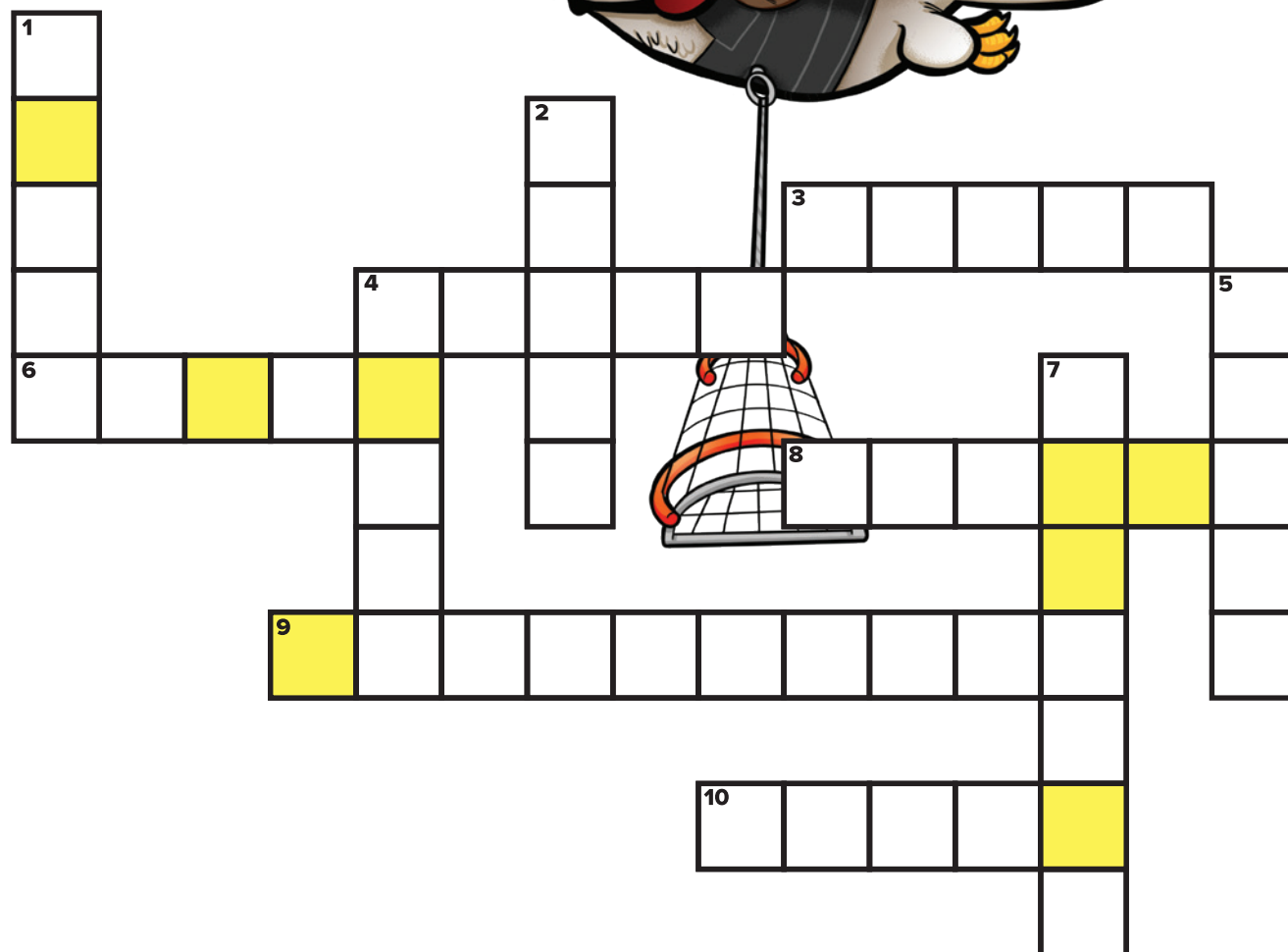


The Department of Land and Natural Resources website, Nā Ala Hele: Trails and Access Program, is a great resource for trail guides and conditions. Go to hawaii Trails.hawaii.gov/trails/#/ for further information.





ACTIVITY:
Complete the
crossword puzzle to
reveal Fire Fighter Maka's
hidden message!



Answers: (Across) 3 Buddy | 4 Snack | 6 Stick | 8 Forest | 9 Flashlight | 10 Phone; (Down) 1 Shoes | 2 Trail | 4 Skill | 5 Water | 7 Weather

A message from Fire Fighter Maka

Fire Fighter Maka from Air Rescue has a hidden message that will be revealed from the yellow boxes when you complete the crossword.

ACROSS

- 3 Friend or pal
- 4 Eat this when hungry
- 6 Thin piece of wood
- 8 Lots of trees
- 9 Device used to see in the dark
- 10 Used to take selfies

DOWN

- 1 What you should wear on your feet when hiking
- 2 A marked path
- 4 Your ability
- 5 Healthy, refreshing liquid
- 7 Climate atmosphere

Wildland Fires in Hawaii

Wildland fires are a constant threat in Hawaii, especially in drier areas, and can destroy entire neighborhoods. Here are some things you and your family can do to stay ready in case of a wildland fire emergency.

- » Clear flammable materials from around and under your home.
- » Remove flammable materials within a ten-foot radius around outdoor propane tanks.
- » Keep yard vegetation well-maintained.
- » Keep grass trimmed to no higher than four inches.
- » Keep areas free of vegetation litter and weed regularly



Gardening around your home?

Consider planting native species as your project. Native species help to preserve Hawaii's unique flora, adapt better to local conditions, and use less water and maintenance.

Tips for Adults

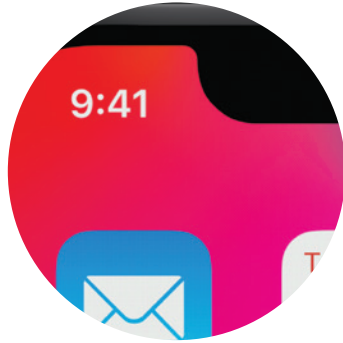
Visit the Hawaii Wildfire Management Organization at www.hawaiiwildfire.org for more ideas and information, including their Ready, Set Go! safety manual.



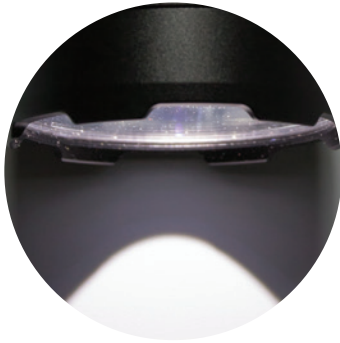
ACTIVITY: Take a closer look. Can you identify the object in these photos?
(Hint: The images below are mentioned on the next page!)



1



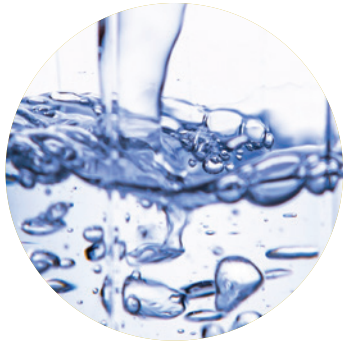
2



3



4



5



6



7



8

Are you prepared?

By gathering supplies today for your all-hazards, 14-day disaster supply kit, you will be better prepared to provide for you and your loved ones when any emergency occurs. No matter the situation, whether it is a wildland fire, a hurricane, or other natural disasters, being prepared for two weeks will ensure the safety of you and your family. Additionally, if you have to relocate to the home of friends or family or a hurricane evacuation

shelter, you can take your 14-day disaster supply kit with you. It is also good to know where the nearest evacuation shelter is or have prearranged accommodations elsewhere.

The checklist shown on the next page is a general list and may not specifically apply to you and your family. Take a few minutes to write down a list of things that your family might need, like prescription medications, medical equipment/devices, pet food, baby items, and more. Ask a parent or adult for help.

Answers: 1 Radio | 2 Cell Phone | 3 Flashlight | 4 Spam | 5 Water | 6 Toilet paper | 7 First Aid Kit | 8 Can Opener

Build a Disaster Supply Kit

Develop your 14-day disaster supply kit with a parent or adult. Use the checklist below to help you build your kit. Remember to have enough supplies for a minimum of 14 days per person.



Water One gallon of water per person per day for drinking and sanitation



Whistle Important for signaling for help. A whistle carries much farther than the human voice.



Food Nonperishable foods that do not require cooking, such as peanut butter, dried fruits/nuts, infant formula, food for special needs, pet food



Sanitation Moist towelettes, heavy-duty garbage bags with ties, hand sanitizer, toilet paper, and gloves



Utensils Plates, utensils, and a manual can opener



Pictures Carry a photograph of yourself, your family, and friends to help locate each other if you are separated.



Radio Battery-powered or hand crank radio with the National Oceanic and Atmospheric Administration Weather alert



Tools Wrench or pliers to turn off utilities, basic tool kit, duct tape



Flashlight and extra batteries



Hygiene Personal hygiene items like soap, toothbrush, toothpaste, diapers



Cellular phone and solar charger



Maps Local area maps

► Visit www.honolulu.gov/dem/preparedness/build-kit.html for more information.

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.



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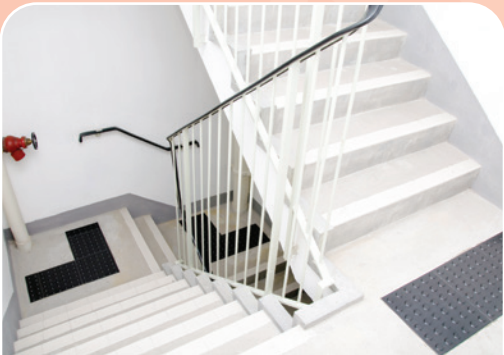
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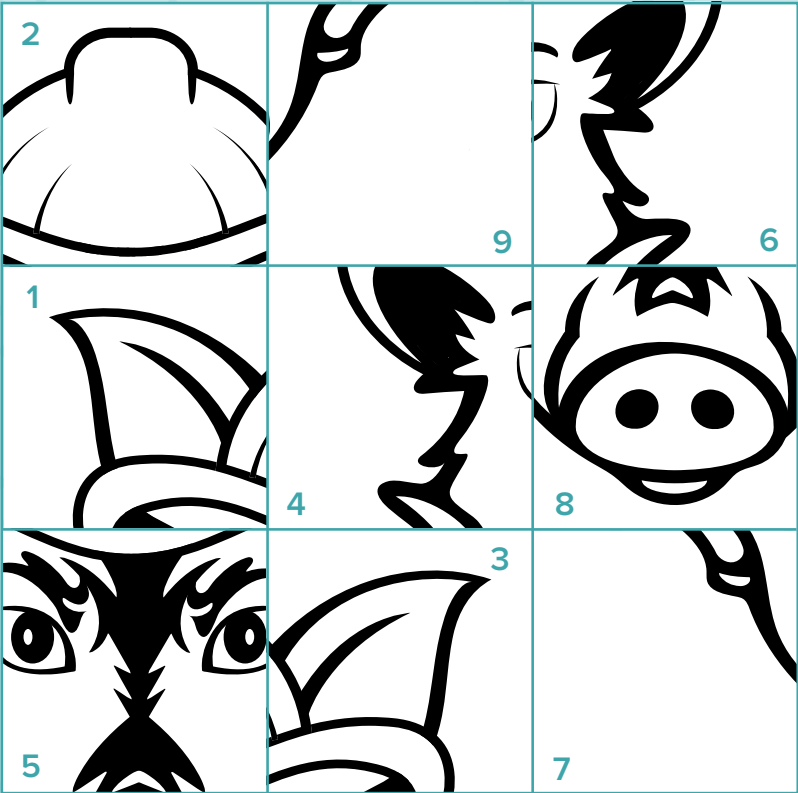
Evacuation

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.

Answers: breathe, ground, smoke alarm, stop drop roll, evacuation, meeting place

1	2	3
4	5	6
7	8	9





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.

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

2

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

1

