



FIRE FIGHTER'S  
**Safety  
Guide**  
2022

# FIRE PREVENTION WEEK 2022

## FIRE WON'T WAIT. PLAN YOUR ESCAPE.

### MESSAGE FROM THE HAWAII STATE FIRE COUNCIL (SFC)

Aloha! The SFC, which is comprised of the four county Fire Chiefs, is pleased to announce its 37th edition of the Fire Fighter's Safety Guide (FFSG). We are celebrating 100 years of Fire Prevention Week! This year's FFSG promotes the National Fire Protection Association's (NFPA) 2022 theme, "**Fire Won't Wait. Plan Your Escape.**"

According to the NFPA, homes burn faster than ever, and you may have only minutes to escape safely. Your ability to escape from a burning home depends on an early warning from smoke alarms and advance planning. Develop a home escape plan with all household members and practice it regularly to ensure everyone knows what to do when the smoke alarm sounds.

Five key messages this year are: 1) Make sure your escape plan meets the needs of all household members, including those with sensory or physical disabilities; 2) Smoke alarms in each room should be interconnected so when one sounds, they all sound; 3) Know two ways out of every room; 4) Designate an outside meeting place that is a safe distance away from your home; and 5) Practice your home fire drill at least twice a year with all household members and guests, once in the day and once at night.

The FFSG is distributed to elementary school students statewide through a collaboration with the state's four county fire departments. This effort contributes toward a statewide success rate for having the lowest number of fire-related deaths and injuries in the nation.

The FFSG was designed with the entire family in mind. Please participate with your child and family by completing the activities and lessons together so that everyone will be ready for emergencies through prevention and preparedness. Mahalo for your participation.



**KAZUO S.K.L. TODD**  
Chair  
Fire Chief  
Hawaii Fire Department



**SHELDON K. HAO**  
Vice Chair  
Fire Chief  
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**BRADFORD VENTURA**  
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**MICHAEL GIBSON**  
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## Fire won't wait. Plan your escape.™



[firepreventionweek.org](https://www.firepreventionweek.org)

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# Smoke Alarms

**Smoke alarms save lives!** If there is a fire in your home, smoke will spread. Working smoke alarms alert you and give you time to escape.

**Smoke alarms should be installed:**

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

**Smoke alarms should be tested every month.** Press the test button on each smoke alarm.



If it does not make a beeping sound, the smoke alarm's battery must be changed or the smoke alarm may need to be replaced.

**Keep your smoke alarms clean.** Dirt and debris prevent smoke alarms from working properly. Dust or vacuum smoke alarms carefully to keep them ready to sound!



Maliu removed all the smoke alarms that need new batteries.  
How many smoke alarms are there?   
How many look like they are dusty and need cleaning?



# Cooking Safety

## In the Kitchen

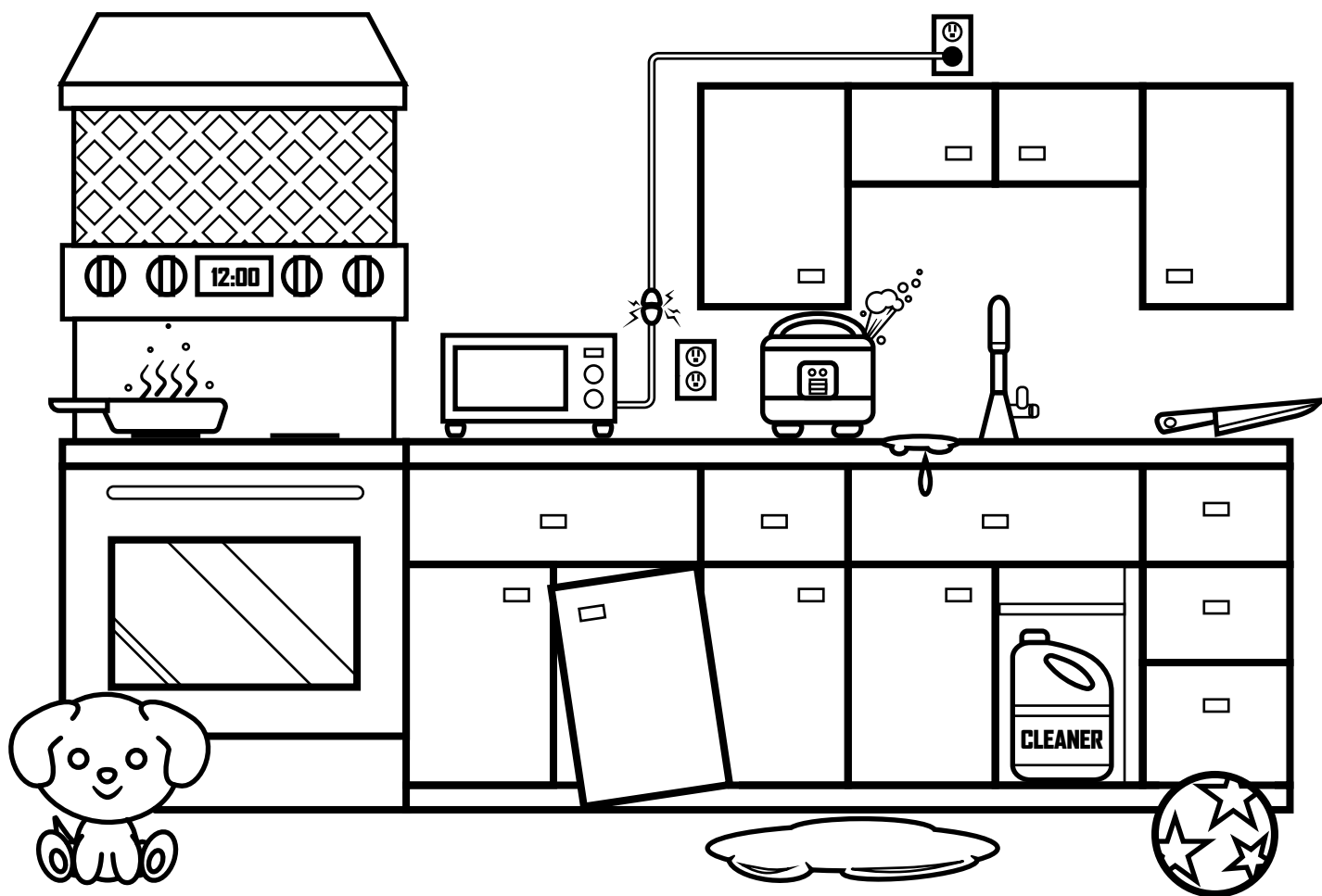
The kitchen can be a dangerous place when adults are cooking. When children and adults work together, everyone is safer. Keep an eye open for things that can burn or injure someone. Toys, pets, and children should stay out of the kitchen and away from the stove or oven. It's up to us to stay safe while in the kitchen.

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 oven, make sure an adult is there to closely supervise you.



**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 microwave ovens.**

**Color the picture and circle the hazards you find.**



# Grilling Safety

Summertime grilling is fun for the whole family. Follow Mana's tips below and enjoy this island tradition safely.

- ◆ Propane and charcoal BBQ grills should only be used outdoors.
- ◆ The grill should be placed well away from the home, deck railings, and out from under eaves and overhanging branches.
- ◆ Keep children and pets at least three feet away from the grill area.
- ◆ Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- ◆ Never leave your grill unattended.
- ◆ Always ensure your gas grill lid is open before lighting it.



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 they are not usually stored, immediately tell an adult.

Some items below can burn you and start fires. Select **HOT** or **NOT** under each item.



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**



☐ **HOT** ☐ **NOT**

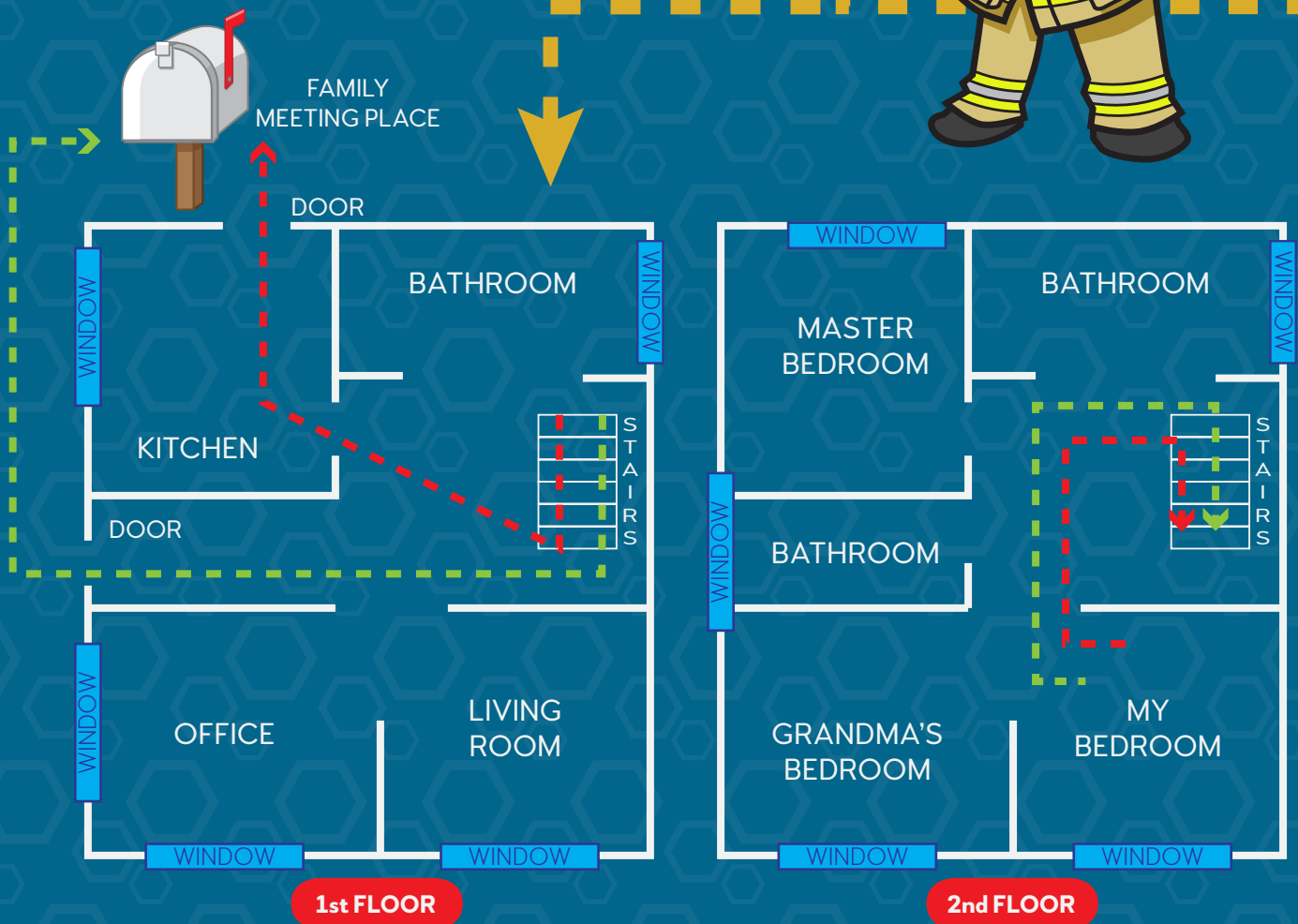
Answers from top left to right: Hot, Not, Hot, Hot, Not, Hot, Not, Hot, Not, Hot

# Home Fire Escape Plan - - - - -


Always know at least two ways out of your home in case one is blocked. Practice escaping with adults through a window instead of the door. If you are in a building or live in a condominium or an apartment, always take the stairs in an emergency.

Decide on a safe meeting place, and practice your escape plan with your family so that everyone knows what to do in case of a fire!

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

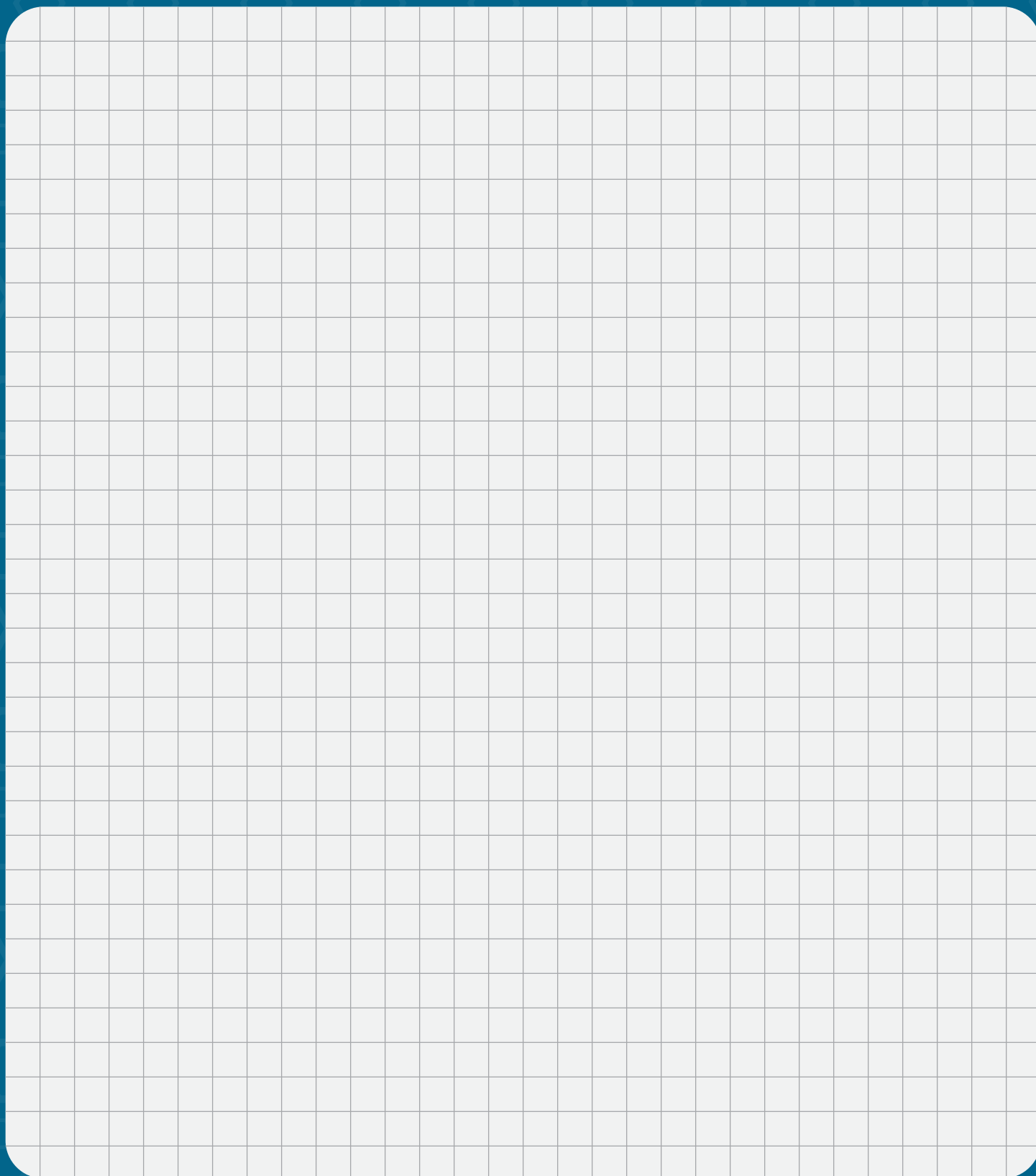


Using your home escape plan **GET OUT, STAY OUT!** When you get outside, **DO NOT** go back for anything. Go to your safe meeting place.



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

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



A large grid for drawing a map, consisting of 30 columns and 30 rows of squares. The grid is white with a light gray border and is set against a dark blue background with a hexagonal pattern.

# 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, or drowning emergency. 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.**



## Should I call 911 if...

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| A person is hurt or not responding?     | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I want someone to tell me a story?      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I see a house on fire?                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I am lost and can't find my parents?    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I think it's funny to make prank calls? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Someone is drowning?                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Answers: Yes, No, Yes, Yes, No, Yes

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 important information

**My first and last name is:**

**My address is:**

**My emergency phone number is:**



# 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.

## Stay Low and Go!

If you see smoke or hear a smoke alarm, **STAY LOW AND GO!** When you stay low to the ground and crawl, you can see AND breathe better.

If you hear a smoke alarm, **GET OUT AND STAY OUT** using your home escape plan.



Poki says **Stay Low and Go** to get out of the maze and exit safely. There are two ways out.



# MAUKA

## Hiking Safety



- » 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.

### WORD SEARCH

Find the 7 items Maka says you should take on your hikes.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | W | Q | K | I | K | G | R | R | S | T | K |
| W | H | N | P | Z | P | H | O | N | E | C | H |
| A | I | F | L | A | S | H | L | I | G | H | T |
| T | S | P | W | P | Z | X | H | H | M | N | F |
| E | T | S | U | N | S | C | R | E | E | N | O |
| R | L | A | B | A | C | K | P | A | C | K | O |
| G | E | E | R | G | W | I | T | O | R | W | D |
| B | G | B | W | X | I | S | Y | L | E | R | C |



BACKPACK  
FLASHLIGHT  
FOOD  
PHONE  
SUNSCREEN  
WATER  
WHISTLE

Nā Ala Hele: Trails and Access Program  
[hawaiiitrails.hawaii.gov](http://hawaiiitrails.hawaii.gov)





# MAKAI

## Ocean Safety



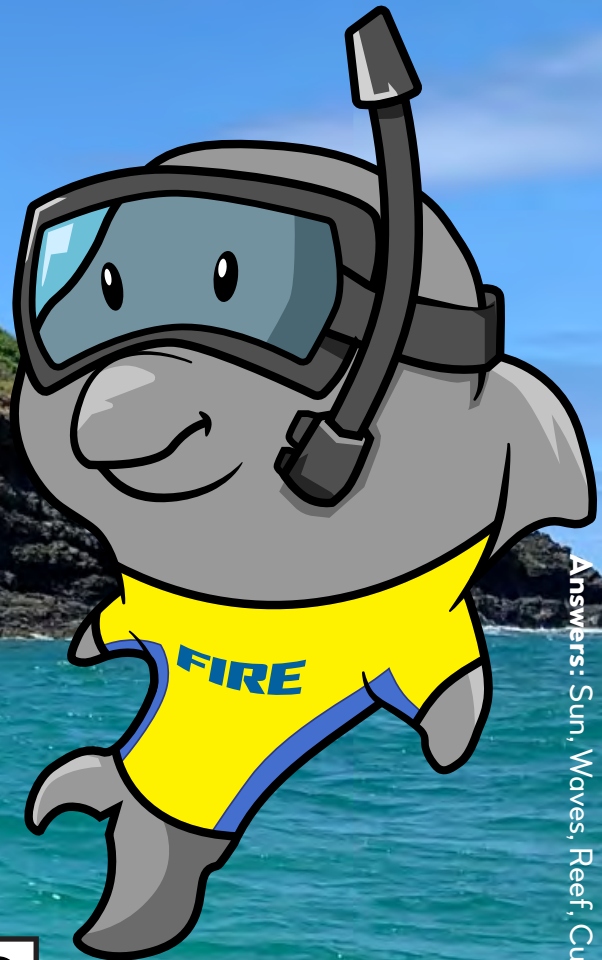
**When in doubt, don't go out.** Never turn your back to the ocean. Even if you are a strong swimmer, waves and currents can be very unpredictable.

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.



Fill in the letters to spell out Nalu's list of hazards at the beach.

|   |   |   |   |   |   |  |   |   |  |
|---|---|---|---|---|---|--|---|---|--|
| S |   | N |   |   |   |  |   |   |  |
| W |   | V |   |   |   |  |   |   |  |
| R |   |   | F |   |   |  |   |   |  |
| C |   | R | R |   | N |  | S |   |  |
|   | E | L |   | Y | F |  |   | H |  |



Answers: Sun, Waves, Reef, Currents, Jellyfish

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



# CPR

## SAVES LIVES

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. AEDs can be found in public places like shopping malls and airports.

## First Aid for Burns

Mana says prevention is the best way to avoid burns, but if you do get an accidental burn, follow these first aid steps:



» Place the burn under cool, running water for three to five minutes.



» Cover the burn with a clean, dry bandage.



» See your doctor if the burn is larger than the size of your palm.



For more info, visit: [nfpa.org/burnawareness](https://www.nfpa.org/burnawareness)

