

FIRE FIGHTER'S Safety Guide

2024





A MESSAGE FROM THE STATE FIRE COUNCIL

Aloha!

The SFC, which is comprised of the four county Fire Chiefs; the Hawai'i State Aircraft Rescue Fire Fighting Unit of the Department of Transportation; and the Division of Forestry and Wildlife of the Department of Land and Natural Resources is pleased to announce the 39th edition of the Fire Fighter's Safety Guide (FFSG) and the celebration of 102 years of Fire Prevention Week!

Aligned with the National Fire Protection Association's (NFPA) community outreach and education efforts, the FFSG engages Hawai'i's families to reduce risks at home. Fire and life safety is everyone's responsibility, no matter your age or where you live. We hope these activities make learning about fire safety fun! As a family, please practice these lessons throughout the year, whether at home, school, work, or play. Simple daily habits can make a big difference in preventing or surviving an emergency.

Top three tips for home:

Stay alert while cooking and have a lid nearby. Keep things that can catch fire away from heat sources. Keep children and pets three feet away from cooking area.

Working smoke alarms save lives. Properly install and maintain your smoke alarms. Test it once a month to ensure it works, and that everyone knows what to do when they hear it.

Plan and practice two ways out of every room. Making sure your escape plan includes those with sensory or physical disabilities. Designate an outside meeting place that is a safe distance away from your home.

For more activities and resources, we encourage you to explore online at sparky.org and nfpa.org. Mahalo for your participation.



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SMOKE ALARMS



Make Them WORK For You!™



fpw.org

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EVACUATION GO-BAG

Be prepared for any emergency! Having an evacuation go-bag will provide enough quick-access supplies to get you through the initial phases of an emergency and evacuation.



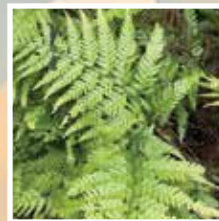
- » Keep it light enough to take with you on foot if necessary.
- » A small/medium backpack is ideal. If you cannot carry a backpack, consider using a rolling duffel bag or carry-on suitcase.
- » Keep a sturdy pair of shoes and socks where you store your kit so you can leave quickly any time of day or night.
- » Store your evacuation go-bag(s) in an easily accessible location at home. Consider a go-bag for your office or workplace.

Visit the Department of Emergency Management's website at www.honolulu.gov/dem/preparedness/build-kit.html to learn more about packing your evacuation go-bag and gathering supplies for an all-hazards 14-day disaster supply kit.

WILDLAND FIRES

Wildland fires are a constant threat in Hawai'i, 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.

- » Remove dead vegetation and other items from under your deck or porch and within ten feet of the house.
- » Clear leaves and other vegetation from roofs, gutters, porches, and decks.
- » Keep yard vegetation well-maintained.
- » Dispose of debris and lawn cuttings to reduce fuel for fire.



FAMILY GARDENING

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

! ACTIVITY: Maka reminds you to keep grass trimmed to no higher than four inches. If your grass is taller than this ruler, it's time to cut the grass!



ACTIVITY: Look at the two pictures in each category. Select the picture of the home practicing good wildland fire prevention.

Roof and Gutters



Debris Disposal



Lawn Maintenance

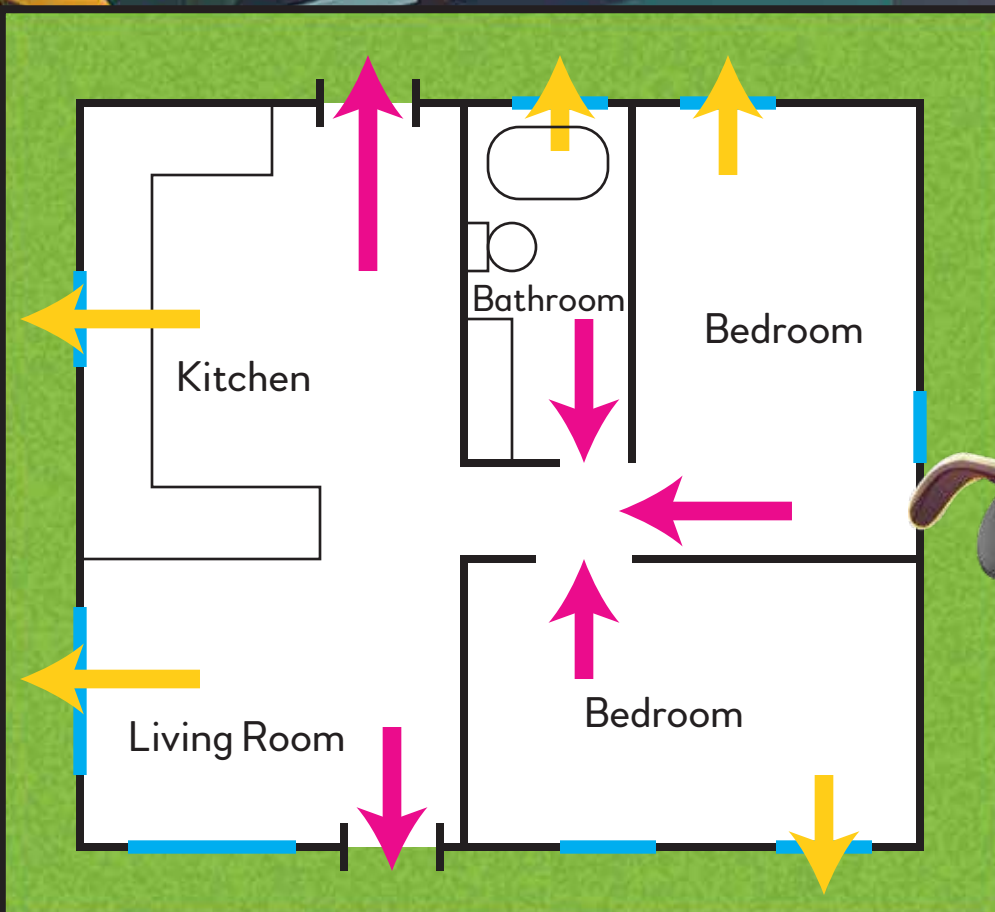


Visit the Hawai'i Wildfire Management Organization at www.hawaiiwildfire.org for more ideas and information, including their "Ready, Set, Go!" action guide.

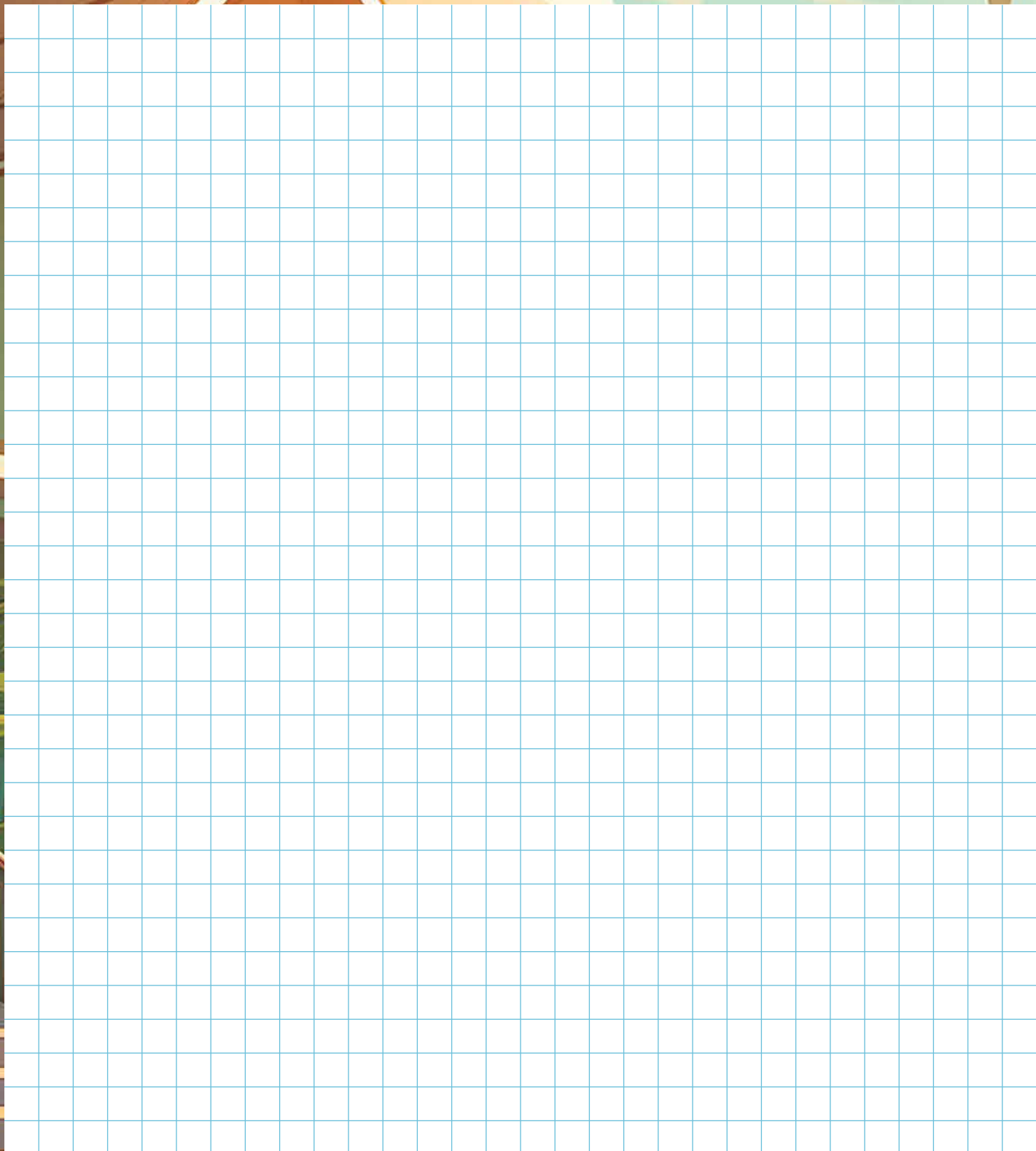
HOME FIRE ESCAPE PLAN

Have the Family Make an Escape Plan Together

- » Walk through your home and inspect all possible exits and escape routes.
- » Visit each room. Find two ways out.
- » Practice escaping with adults through a window instead of the door.
- » If you are in a building or live in a condominium or apartment, always take the stairs in an emergency.
- » Decide on a safe meeting place, and practice your escape plan with your family so everyone knows what to do in case of a fire!



! ACTIVITY: Use the grid below to draw a map of your home showing all doors and windows. Draw your family's safe meeting place on your map. Draw two ways out from every room!



PETS ARE 'OHANA

- » Pets are curious. They may bump into, turn on, or knock over cooking equipment. Keep pets away from stoves and countertops.
- » Some pets are chewers. Watch pets to ensure they don't chew through electrical cords.
- » Ensure pets are included in your family's disaster evacuation plan. Build an evacuation kit for each pet in your household.



ACTIVITY:

Find 10 differences between the two pictures.



KITCHEN SAFETY

Cooking fires are the number one cause of home fires and injuries!

- » An adult should remain in the kitchen while cooking. If you leave the cooking area, turn off the stove.
- » Stay three feet away from a stove or oven to prevent yourself from getting burned or hurt.
- » If you use a toaster or microwave oven, ensure an adult is there to closely supervise you.
- » Always use oven mitts when handling hot objects.
- » Propane and charcoal grills should only be used outdoors.



ACTIVITY: Mana says sharp items in the kitchen should only be used by adults or with adult supervision. Select the items below that are sharp and dangerous.



knife



scissors



spoon



oven mitt



blender



cheese grater



bowl



rolling pin



pizza cutter



sponge

ANSWERS: knife, scissors, blender, cheese grater, pizza cutter

SMOKE ALARMS SAVE LIVES



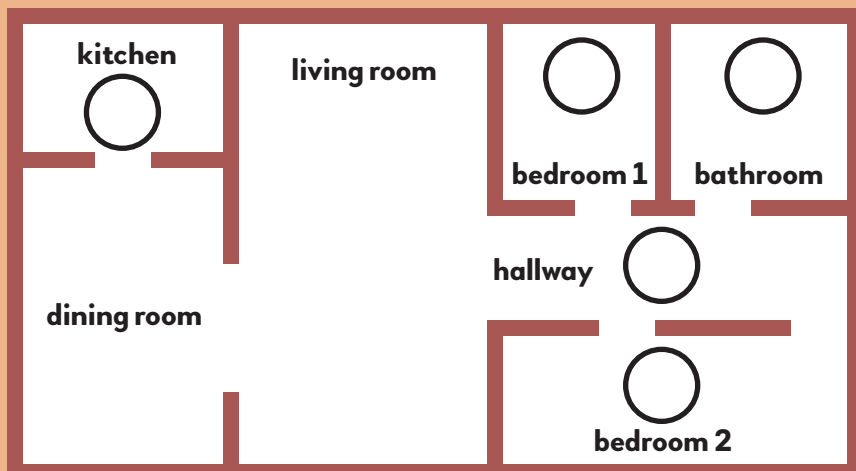
If there is a fire in your home, smoke will spread. Working smoke alarms alert you and give you time to escape.

- » Dirt and debris prevent smoke alarms from working properly. Dust or vacuum smoke alarms carefully to keep them ready to sound!
- » Smoke alarms should be tested every month. Press the test button on each smoke alarm.
- » If your smoke alarm is ten years old, it is time to replace the smoke alarm!
- » Change the batteries once a year or sooner if you hear a "chirping" sound.

If you see or smell 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.



! ACTIVITY: Fill in the circles to indicate where you should install smoke alarms in the diagram below. There should be **THREE** smoke alarms total.



Smoke alarms should be installed:

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

REMINDER

Steam from cooking and showers can activate smoke alarms. It is not recommended to install smoke alarms in kitchens and bathrooms.

NEVER PLAY WITH FIRE

If your clothes catch on fire, you must **STOP**, **DROP**, and **ROLL**.



Stop what you are doing.



Drop to the ground.



Cover your face with your hands. Roll over and over and back and forth to put the fire out.

WORD LIST

CANDLE	LIGHTER
CHARCOAL	MATCHES
GRILL	OVEN
IRON	STOVETOP
KETTLE	TOASTER

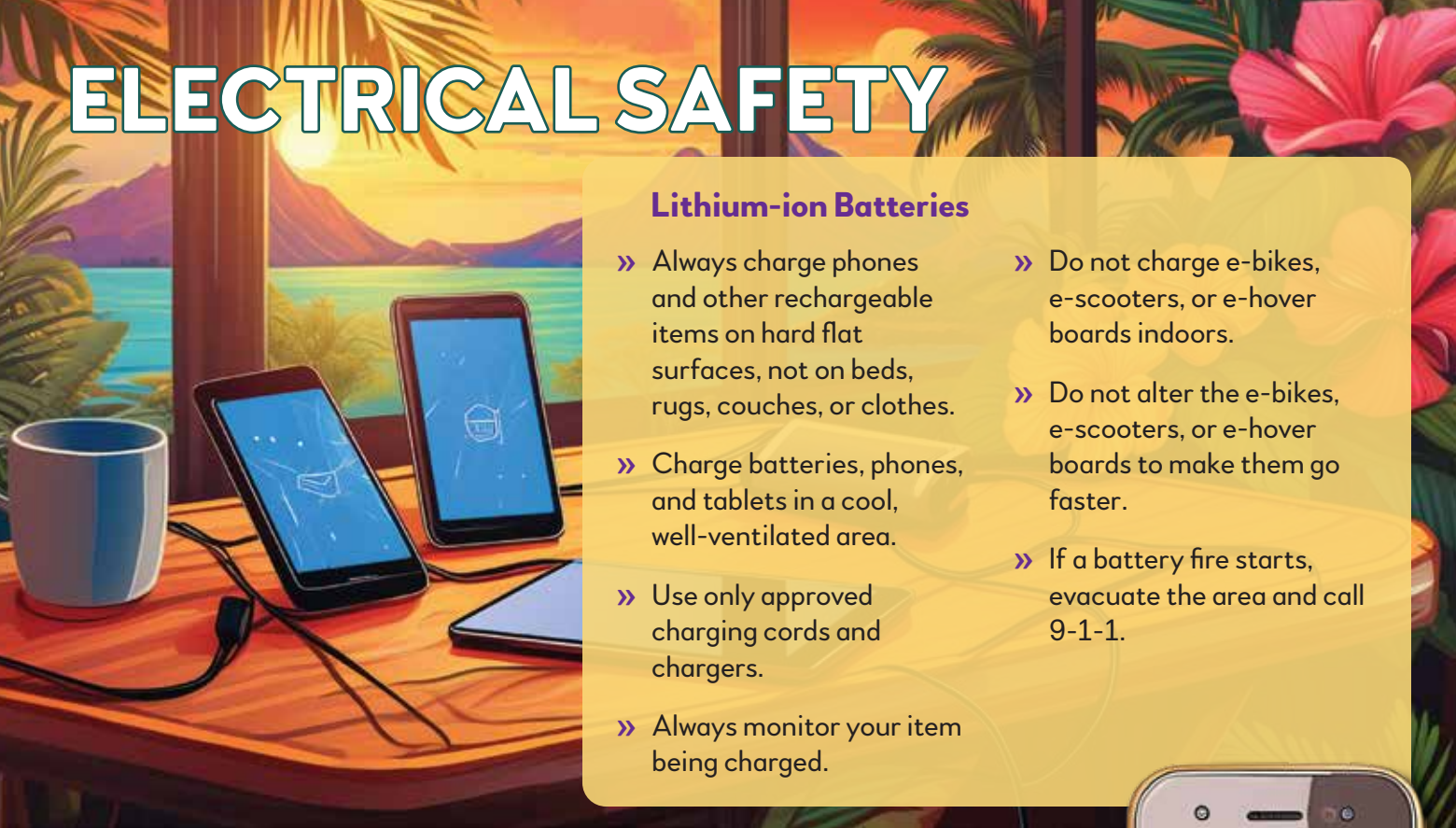


If you find matches, lighters, candles, or other items that can start a fire, tell an adult.

! ACTIVITY: Things that can get hot can cause serious burns. Don't touch them! If you are unsure if something is hot, stay away and check with an adult. Complete the word search to find 10 things that can get hot and burn you.

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

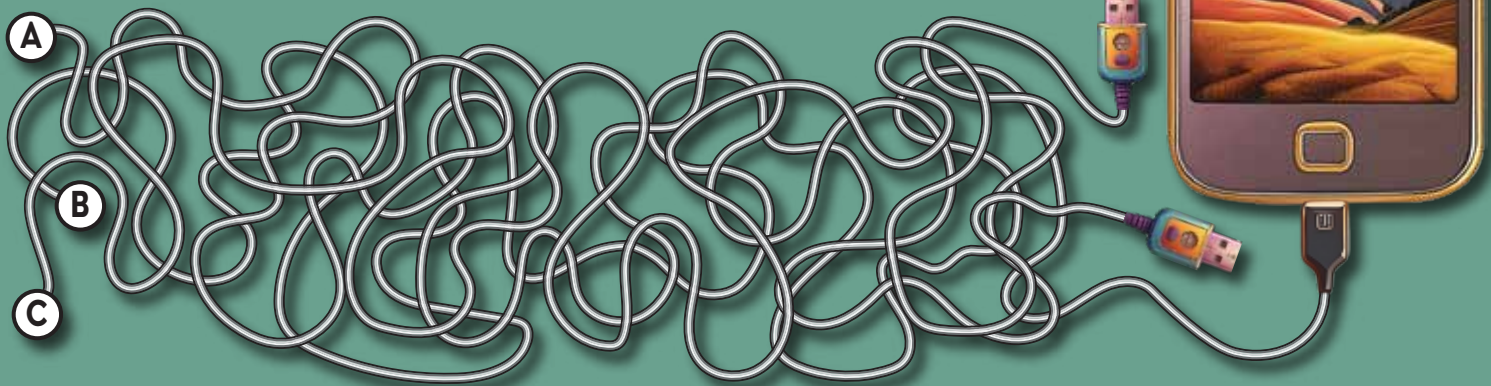
ELECTRICAL SAFETY



Lithium-ion Batteries

- » Always charge phones and other rechargeable items on hard flat surfaces, not on beds, rugs, couches, or clothes.
- » Charge batteries, phones, and tablets in a cool, well-ventilated area.
- » Use only approved charging cords and chargers.
- » Always monitor your item being charged.
- » Do not charge e-bikes, e-scooters, or e-hover boards indoors.
- » Do not alter the e-bikes, e-scooters, or e-hover boards to make them go faster.
- » If a battery fire starts, evacuate the area and call 9-1-1.

! ACTIVITY: Follow the tangled cords to find the cord that is plugged into the smartphone.



- » Ensure electrical work is performed by a licensed electrician.
- » Plug only one heat-producing appliance, such as coffee maker, toaster, etc., into an outlet at a time.
- » Extension cords are intended for temporary use only. Add more outlets to avoid using extension cords as permanent wiring.

DON'T STALL, CALL 9-1-1



Once the dispatcher is on the line, speak clearly and give the following information:

- ☒ Type of emergency
- ☒ Name
- ☒ Location
- ☒ Telephone number you are calling from



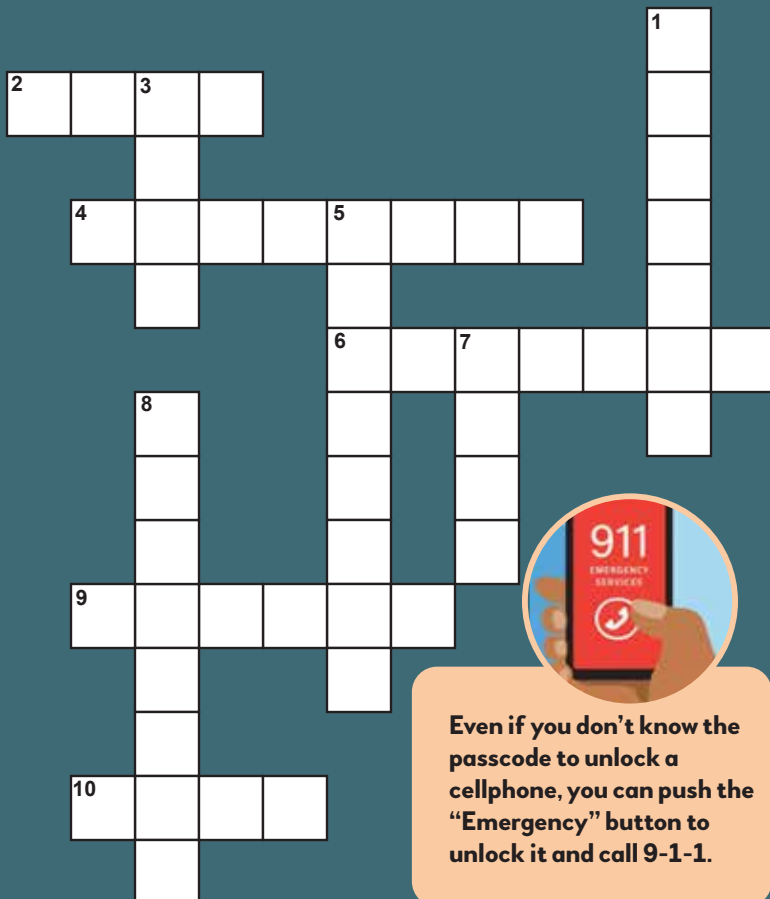
ACTIVITY: Complete the clues below to solve the crossword puzzle. Each clue is an example of when you should **call 9-1-1**.

ACROSS

2. You don't know where you are. You are _____.
4. Two cars hit each other and get into an _____.
6. You need the help of a police _____.
9. Someone is unconscious and not _____ up.
10. You can hear someone yelling, "_____."

DOWN

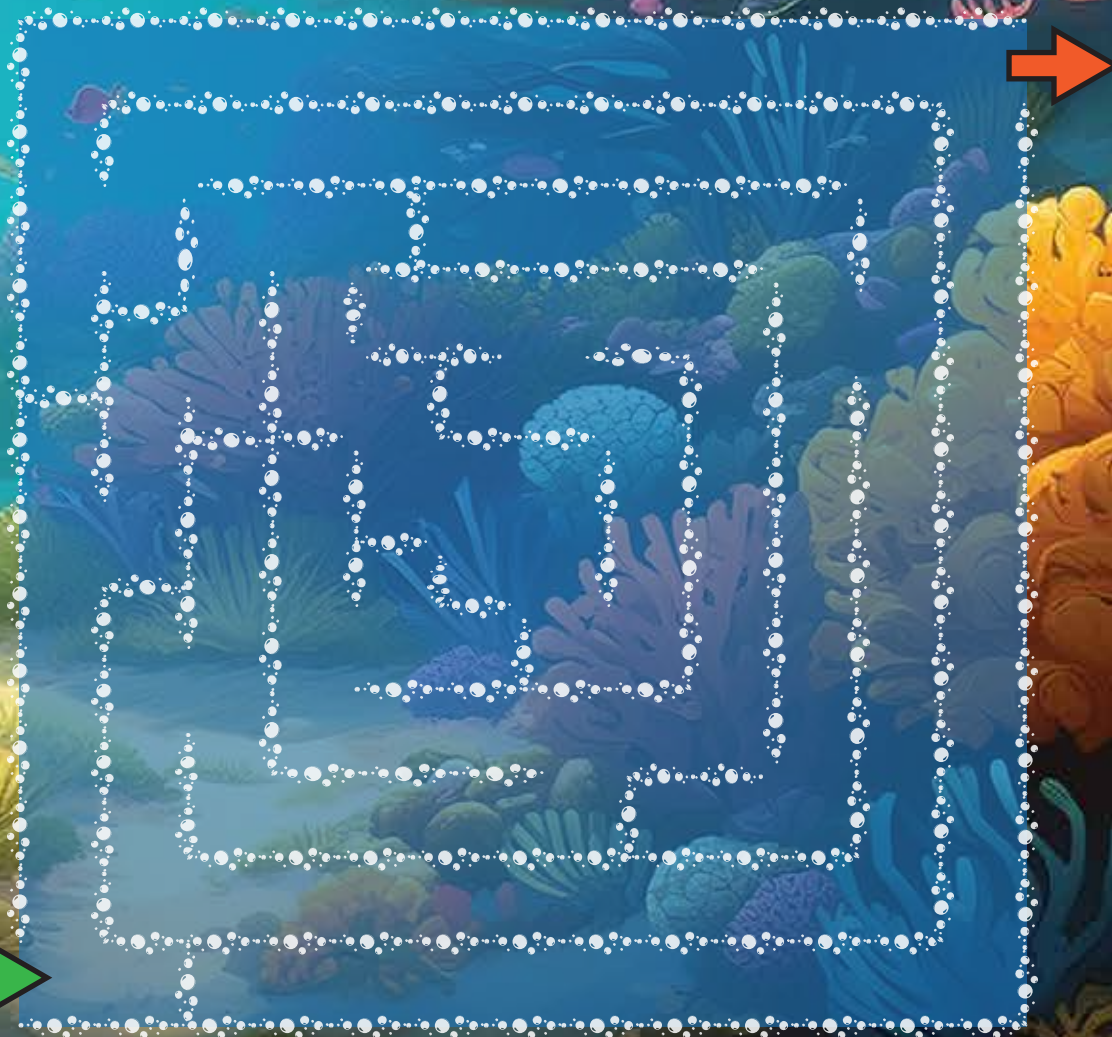
1. Someone fell down and is _____.
3. Someone in your family is _____ and not feeling well.
5. Someone in the water is _____. They need to be rescued.
7. A house is burning and is on _____.
8. Someone you don't know is following you. This person is a _____.



Even if you don't know the passcode to unlock a cellphone, you can push the "Emergency" button to unlock it and call 9-1-1.

A DAY AT THE BEACH

- » Swim at a lifeguarded beach. Do not hesitate to talk to a lifeguard before entering the ocean.
- » Know your limits. When in doubt, don't go out.
- » Identify the hazards. Observe the ocean conditions and read posted beach warning signs.
- » Swim during daylight hours with a buddy and with adult supervision. Never swim alone.
- » Do not go on wet rocks along cliffs or rocky ledges.
- » Use caution when using flotation devices in the water. Ocean currents and winds can quickly carry inner tubes, pool rafts, floaties, and other inflatable devices away from shore and take you along with them.



ACTIVITY:
Help Nalu's
friend exit the
bubble maze.



ENJOYING THE OUTDOORS

Planning a Fun and Safe Hike

» PLAN AHEAD

Choose a public trail that is within your skill and stamina level.

» HIKE WITH A BUDDY

Hike with a partner or in a group. Make sure someone knows your plans and what time you expect to return.

» CHECK THE WEATHER

If the weather looks bad, stay at home!

» STAY ON THE TRAIL

Never leave the trail or endanger yourself to take a photo.

» BE AKAMAI

Follow signs and safety warnings.

» WATCH THE TIME

Ensure you can return home before it gets dark.

! ACTIVITY: Unscramble the letters to find a list of items that Ka'imī recommends you take with you on every hike.

ITRSF DAI ITK

TWAER

DOFO

HLGFALHITS

INRA CTEKAJ

OSSEH

APM

THA

ANSWERS: first aid kit, rain jacket, water, shoes, food, map, flashlight, hat



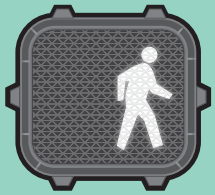
Visit the Department of Land and Natural Resources website, Nā Ala Hele: Trails and Access Program at hawaiiitrails.hawaii.gov/trails to view trail guides and conditions.

CROSSING THE STREET

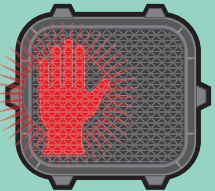
- » Cross only at corners or marked crosswalks.
- » Look all ways -- left, right, left again, and over your shoulder before you step into the street.
- » Walk. Don't run.



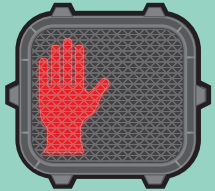
ACTIVITY: Complete the quiz below to test your knowledge of crosswalk signals and how to safely cross the street.



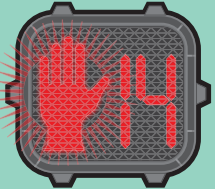
1. When the crosswalk shows a steady person symbol you should:
 - A. Run across the street.
 - B. Sit down on the sidewalk.
 - C. Start crossing the street safely.



2. When the crosswalk shows a flashing hand symbol:
 - A. Do not start crossing the street.
 - B. Finish crossing if it appears and you are already in the crosswalk.
 - C. Both A and B



3. When the crosswalk shows a steady hand symbol:
 - A. Don't walk; remain at the curb.
 - B. Both A and C
 - C. Push the pedestrian button and wait for the walk signal.



4. If you are in the crosswalk, and a flashing hand with number symbol appears:
 - A. Practice counting.
 - B. Finish crossing in the time allowed.
 - C. Stop in the crosswalk.