

GP Georgia-Pacific
Bucket Brigade
Supporting Local Firefighters



FIRE SAFETY WORKBOOK

STUDENT NAME

TEACHER NAME

Did YOU Know?

Did you know that children can make a difference with fire safety?

Many people are hurt at home in fires that are preventable.

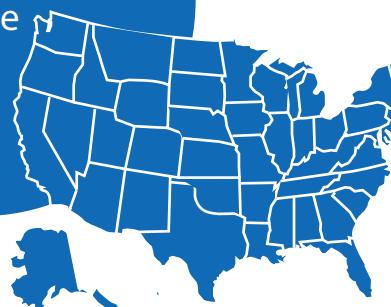
Remember the lessons learned in this book and help keep your family safe.

FACTS ABOUT KIDS AND FIRES

85/100

Of every 100 people who die in fires set by children in the U.S. - 85 are children

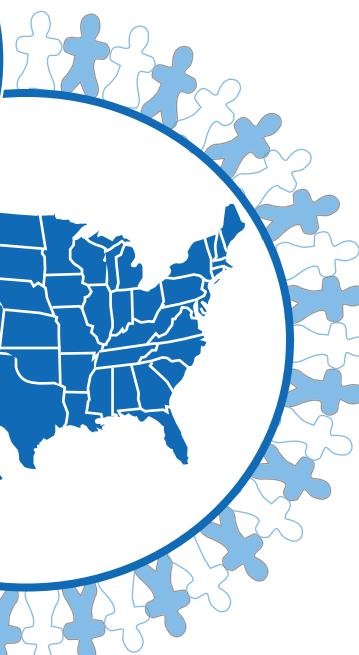
Of every 100 people who die in fires in the U.S. - 23 are children.



20/100

Of every 100 people in the U.S. - 20 are children

Of every 100 people who die in fires in the U.S. - 25 are killed because of children playing with fire.





HOME FIRE SAFETY CHECKLIST

Please talk with a parent and together circle one answer following each question.

Does your home have at least one working smoke alarm?

Yes No

Is there a smoke alarm located outside your sleeping area?

Yes No

Does someone test the smoke alarm - weekly for battery operated and monthly for electrical powered?

Yes No

Are smoke alarms located away from all ceiling fans, air vents, etc.?

Yes No

Does your family have a home fire escape plan?

Yes No

Do you practice your fire escape plan at least once a year?

Yes No

Do you make sure things that burn are at least three feet away from any heat source (stove, heater, fireplace, curling iron or candles)?

Yes No

Do you check for smoldering cigarettes before going to bed?

Yes No Does not apply

Are flammable liquids (gas, kerosene) stored in safety cans away from heat sources and children?

Yes No

Have you made it a rule never to use gasoline for cleaning or for starting fires?

Yes No

Grading guide: This section counts 20 points



HOME FIRE SAFETY CHECKLIST

Do you ensure the fire in your fireplace is completely out before going to bed?

Yes No Does not apply

Does your fireplace have a screen that fits properly?

Yes No Does not apply

Do you have your chimney cleaned and checked once a year?

Yes No Does not apply

Are portable heaters properly maintained?

Yes No Does not apply

Do you have your heating system serviced at least once a year?

Yes No

Do you limit the use of extension cords?

Yes No

Do you make it a rule to never overload electrical outlets?

Yes No

Do you keep items that attract children (like cookies and candy) away from the stove and make it a rule never to leave children under the age of nine without supervision?

Yes No

Does your family discuss your fire escape plan with neighbors or relatives?

Yes No

Does the baby sitter know how to call 911 or the local emergency number in case of emergencies?

Yes No Does not apply

Parent's signature

Grading guide: Count 20 points for each section with parents signature



FIRE FACTS

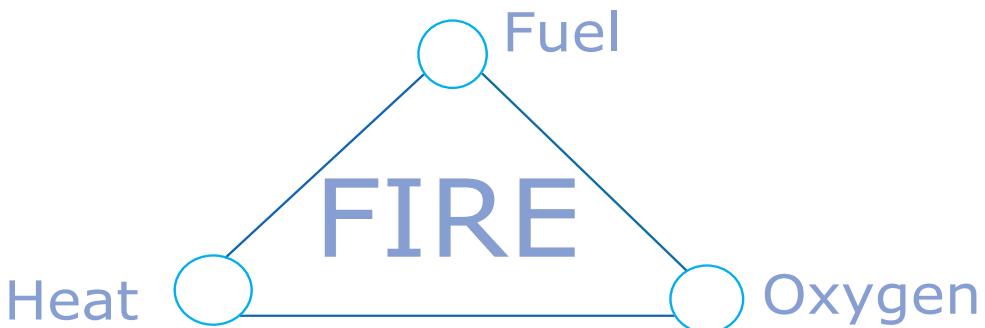
LESSON OBJECTIVES:

- Discuss elements of the fire triangle
- Discuss characteristics of fire
- Discuss the basic concept of fire prevention

Fire is one of man's earliest tools. Fire is useful, but if used improperly it can destroy everything in its path.

Elements of the Fire Triangle

Every fire must have three elements: HEAT, FUEL, and OXYGEN



HEAT

Some sources are matches, lighters, stoves, heaters, electrical wires and lightning.

FUEL

Examples are paper, furniture, gasoline, grease, clothing and wood.

OXYGEN

Oxygen is a colorless and odorless gas that is in the air we breathe.



FIRE FACTS

FIRE PREVENTION

Since we are surrounded by oxygen in the air, we can't control it. So the two elements of the fire triangle we need to control to prevent fires are heat and fuel.

Characteristics of Fire

Fires produce HEAT, SMOKE, and POISONOUS GASES.

HEAT

Fire can create temperatures of 1,300 degrees at the ceiling with floor temperatures just over 100 degrees.

SMOKE

Fire produces a thick black smoke that can confuse you and make it difficult for you to find your way out.

POISONOUS GASES

Fire produces poisonous gases. Breathing even small amounts can be harmful or kill you.



QUIZ ONE

1. The three elements of the fire triangle are _____, _____ and _____.
2. The three characteristics of fire are _____, _____, and _____.
3. Three examples of fuel are _____, _____ and _____.
4. Since _____ is difficult to control, to prevent a fire you must keep _____ away from _____.

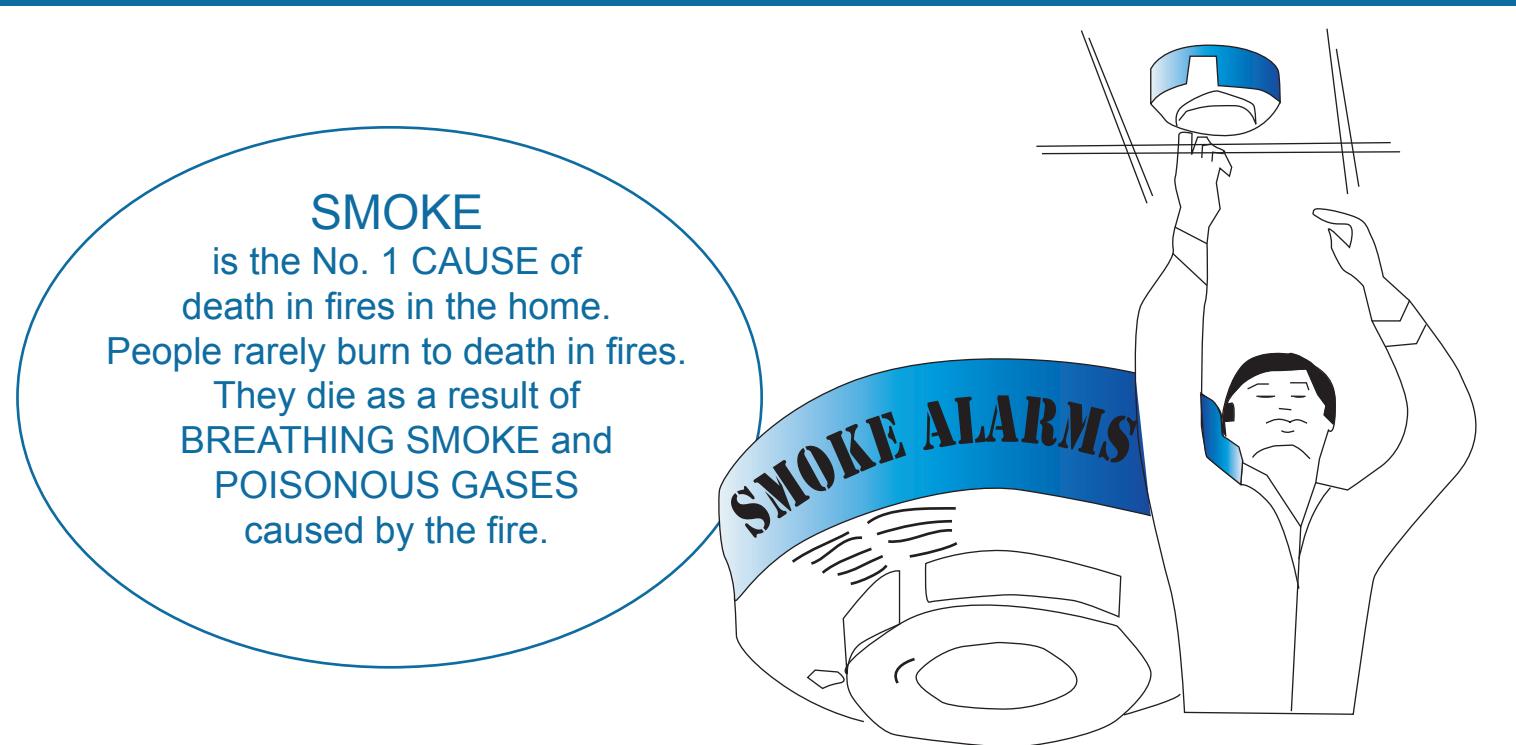
Grading guide: Count 1 point per question for quiz sections



SMOKE ALARMS

LESSON OBJECTIVES:

- Explain the importance of smoke alarms, including maintenance and identifying correct placement
- List the three items your home fire escape plan must include
- Discuss safety measures to use when escaping a house fire
- Construct a personal home escape plan



A smoke alarm will let you know there is smoke in your house. **Smoke alarms should be tested once a week.** Standard batteries should be changed twice a year. Change your battery in the spring and fall. Lithium battery-powered smoke alarms should be changed when the low battery alarm sounds (chirps). The proper location of the smoke alarm is also important. The National Fire Protection Association (NFPA) recommends one smoke alarm on every floor, outside every sleeping area, and in every bedroom.





HOME ESCAPE PLAN

You must discuss and practice a home escape plan with your family so everyone will know what to do in case of a fire. Your home escape plan must include these three items:

1. The current locations of smoke alarms in your home
2. Two exits from each room
3. An outside meeting place

EXITS

In most cases, the door will be the first exit and the window will be the second exit. Mark the locations of the smoke alarms in your home. Make sure you have at least one outside each bedroom area.

If a smoke alarm wakes you up, do not sit up in the bed. Roll out of the bed, staying as low to the floor as possible. Crawl in one direction until you find the wall. Place your hand on the wall using it as a guide, and follow it until you come to the door. Using the back of your hand, feel the door as high as you can without standing and then feel the doorknob. If the door or doorknob is hot, leave the door closed and go to the second exit.

If the door is not hot, open it slowly while checking for smoke and heat. If you feel heat, or it's difficult to see or breathe, close the door quickly. **You cannot use this exit.**

You will have to use your second exit if the first exit is blocked by smoke, flame, or heat. If your second exit is up high, you may need an escape ladder or a knotted rope to reach the ground.

SIGNALS

When your smoke alarm goes off, you must alert the family while getting out and staying out. Use a LOUD signal/phrase everyone agrees on.

If you do not have a smoke alarm in your home, notify your Fire Safety Instructor.



HOME ESCAPE PLAN

MEETING PLACE

Make sure your family's meeting place is a safe distance from your home and mark it on the escape plan.

FACT: People panic easily in emergencies if they are unprepared. Most severe home fires occur between the hours of 11 p.m. and 6 a.m. -- when most people are asleep.

Practice having all members of your household report immediately to your outside meeting place during fire drills.

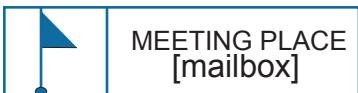
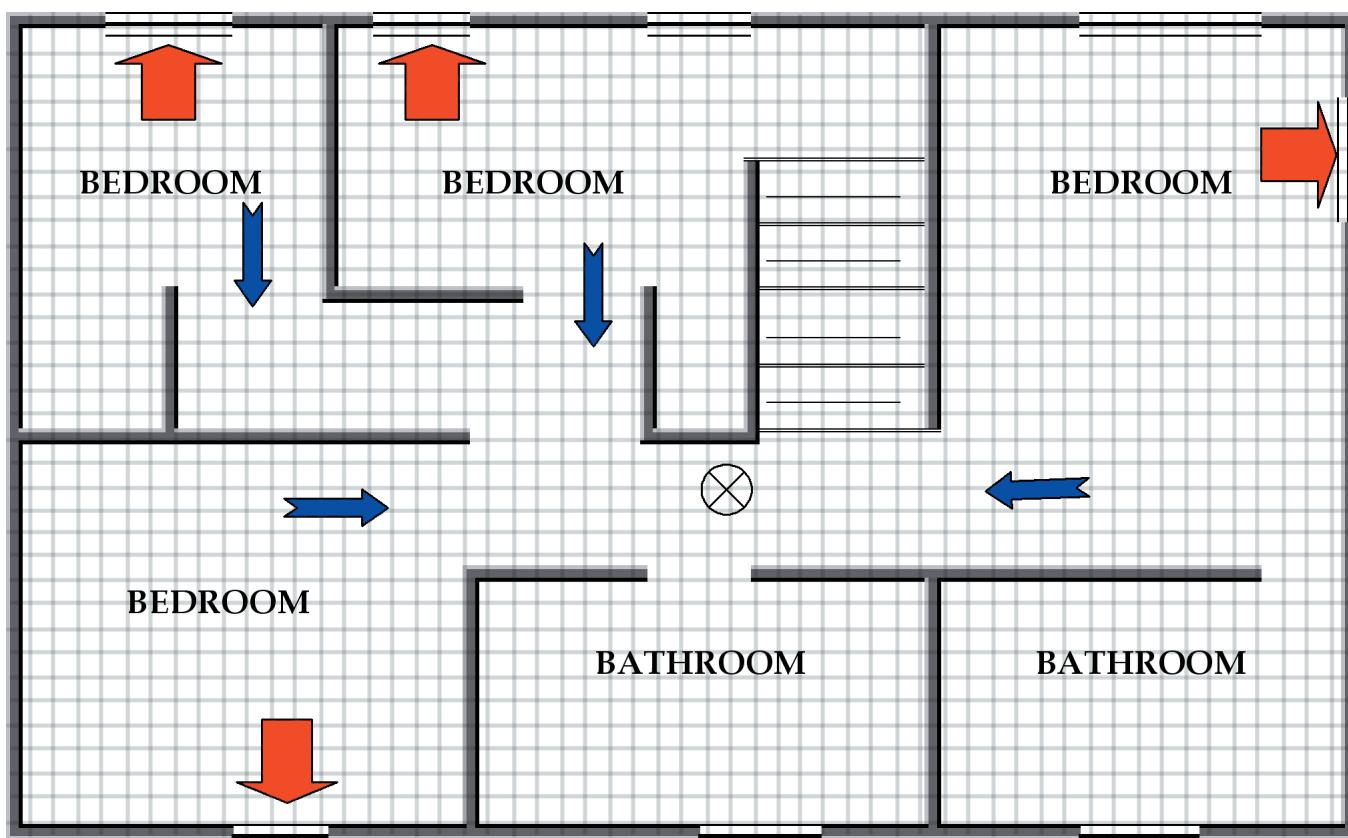
Once you are outside, go to the meeting place. Memorize 911 or your local fire department emergency phone number, and call from a neighbor's phone or cell phone.





HOME ESCAPE PLAN

- Using the sample below as your guide, draw a simple diagram of your home on the next page
- Plan two ways to get out of each room
- Agree on an outside meeting place
- Discuss the plan with your family
- Practice an escape at night -- when most deadly fires occur
- Practice E.D.I.T.H. (Exit Drills In The Home)



FIRST EXIT (doors) ➡

SECOND EXIT (usually windows) ➡

SMOKE ALARM ✘



HOME ESCAPE PLAN



QUIZ

1. Most severe home fires occur between the hours of _____ and _____ when most people are asleep.
2. People rarely burn to death in fires but die as a result of breathing _____ and _____ gases caused by the fire.
3. If your second exit is up too high, you may need a _____ or a _____ to reach the ground.
4. A smoke alarm should be tested once a _____.
5. Standard smoke alarm batteries should be changed twice a year (spring and fall). Remember “change your _____, change your _____.”
6. The recommended location for smoke alarms is on every _____, outside every _____ area, and in every _____.
7. If a smoke alarm wakes you up, you shouldn’t sit up in the bed, but _____ out of bed, staying as _____ to the floor as possible.
8. When you get to the door for possible escape, you should _____ the door with the back of your _____ as _____ on the door as possible without standing.
9. If the door or doorknob is _____, leave the door closed and go to the _____ exit.



CAUSES OF FIRE INJURIES

LESSON OBJECTIVES:

- Discuss proper methods to extinguish a grease fire
- Discuss ways to prevent accidental burns in the kitchen
- Identify proper storage and use of flammable liquids
- Describe safe usage of candles
- Discuss fireworks safety

GREASE FIRES

Many fires and burn accidents happen in the kitchen. Grease fires are among the most common fires that occur while people are cooking. It is very easy to become distracted when cooking in the kitchen and for fires to start. Do not use water on grease fires because it splatters the grease and can spread the fire. The best way to extinguish a grease fire is to use an ABC portable fire extinguisher or cover the fire with a lid or a larger pan. This removes the oxygen and smothers the fire.

REMEMBER Oxygen is one of the three elements needed to have a fire (Lesson 1).



Anytime a fire takes place in the home, call the fire department to make sure the fire is out.

One other way to prevent accidents in the kitchen is to make sure that all pot and pan handles are turned toward the back of the stove. Use the back burners of the stove whenever possible. This will prevent many scalds and burns caused by accidentally knocking or pulling pots and pans from the stove.



CAUSES OF FIRE INJURIES

GASOLINE FIRES

We use flammable liquids every day without realizing how dangerous they can be. Gasoline vapors will form any time gasoline is exposed to air and the temperature is above forty-five degrees below zero Fahrenheit. Gasoline vapors settle to the lowest area and spread out when they leak from a container because its vapors are 2.5 times heavier than air. When these vapors reach a heat source, such as an electrical spark, the pilot light on a gas stove, a water heater or a carelessly disposed match, an explosion and/or fire will result.

It is estimated that if you turn one gallon of gasoline into vapor, the explosive power would be equal to 13 sticks of dynamite.

Gasoline should be stored in an Underwriters Laboratory (UL) approved container made from metal or heavy plastic. **All flammable liquids should be stored out of the reach of small children.**

CANDLE FIRES

Candles are a source of light and delight when used properly. However, if certain precautions are not taken, candles can become a factor in a chain of events that can cause unnecessary injury and even death. Always keep a burning candle within sight. Extinguish all candles when leaving a room or before going to sleep. Never burn a candle on or near anything that can catch fire. Make sure burning candles are kept out of the reach of children and pets.

FIREWORKS

Fireworks are best left to the professionals. Many people are injured every year by fireworks. Unfortunately, children suffer most of the injuries. The most common injuries are to the head, eyes and hands. If you find fireworks tell an adult.

Fireworks laws vary from state to state. Contact your local fire department for the fireworks laws in your area.



QUIZ

1. Don't use water on a grease fire because it can _____ the grease and _____ the fire.
2. Extinguish all candles when leaving a room or going to _____.
3. Gasoline vapors are _____ times heavier than air.
4. A gasoline container should be approved by _____ and made from metal or _____ plastic.
5. All flammable liquids must be stored out of the _____ of small children.
6. Keep burning candles out of the reach of _____ and _____.
7. Most fireworks injuries are to the _____, _____, and _____.
8. Pot and pan handles should always be turned toward the _____ of the _____ to prevent scalds and burns.
9. Use the _____ of the stove when possible.

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lesson
Four

FIRE SAFETY AND 911

LESSON OBJECTIVES:

- Describe proper method of stop, drop, and roll
- Explain the information needed to accurately report an emergency
- Identify causes of outside fires

What should you do if your clothing catches on fire? Simply STOP, DROP, and ROLL!

This means STOP where you are. DROP to the floor or ground and cover your face with your hands to help prevent face burns and inhalation of fumes. ROLL until the fire is out.

The most common reaction to a clothing fire is to run. But this causes the fire to spread rapidly, burning toward the head.

If someone who doesn't know how to STOP, DROP, and ROLL has a clothing fire, you can help by tripping and rolling him/her away from you.

Many serious burn injuries are from clothing catching on fire. Loose, baggy clothing can catch fire without the person noticing until it is too late. Well-fitted clothing should be worn around fires and other sources of heat.



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911

WHAT IS THE LOCATION OF YOUR EMERGENCY?

"911, WHAT IS THE LOCATION OF YOUR EMERGENCY?"

This is how a 911 call begins. When the Emergency Operator answers the phone, a small display screen shows your phone number, the address and to whom the phone is registered.

The Emergency Operator will ask your name, phone number and address to make sure the information is correct. You need to accurately and calmly report the emergency.

- Where is the emergency?
- What is the phone number?
- What is your name?
- What is the emergency?

Dialing 911
if available in your area
is the fastest and best way
to get help in an emergency.

The information you give the Emergency Operator may be the difference between life and death. It's important to stay on the phone because you may be able to help if someone is having a medical emergency. The Emergency Operator can provide instructions over the phone that may help callers take care of someone who is injured or sick.

Also, if you dial 911 accidentally, DO NOT hang up! Tell the Emergency Operator that it was an accident. If you hang up, the operator does not know what the emergency is and will send a police officer to the location you are calling from to determine if there is a true emergency. All 911 calls are recorded.

Another important reason to stay on the phone is because you may be able to help if someone is having a medical emergency. The Emergency Operator can provide instructions over the phone that may help callers take care of someone that is injured or sick.



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FIRE SAFETY AND 911

OUTDOOR FIRES

You should never burn leaves or trash when the weather is dry or windy. These conditions can occur at any time of the year. Some of the worst outside fires occur during cold weather.

Outside fires have many causes. Some are caused by cigarettes or matches being thrown from passing automobiles. Others are caused by ashes from campfires, wood burning stoves, or fireplaces that are not disposed of correctly.

Many outside fires are caused by illegal acts, such as fireworks or arson (intentionally set fires).

Always make sure ashes are completely out by wetting them thoroughly or completely covering them with dirt.

If you see or smell smoke in your area, investigate and see if the fire is under control and attended. If not, call 911 or the local emergency number.



QUIZ

1. When 911 is dialed, a display screen shows the _____, _____ and to whom the phone is registered.
2. All 911 calls are _____.
3. _____ or _____ clothing can catch fire without the person noticing until it is too late.
4. The most common reaction to a clothing fire is to _____.
5. What should you do if your clothing catches fire? _____, _____, and _____.
6. The hands should be used to _____ the face to help prevent _____ burns and breathing flames.
7. You should wear _____ - _____ clothes when around any kind of fire.
8. Always make sure that all ashes from fireplaces, campfires, or wood burning stoves are completely out by _____ them thoroughly or covering them with dirt completely.
9. You should never leave outside fires _____ as they could spread.
10. Intentionally set fires, also known as _____, are illegal.

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lesson
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HEALTH RISKS

LESSON OBJECTIVES:

- Discuss common health risks and types of burns
- Demonstrate the Heimlich Maneuver

Three common health risk areas for children are:

1. Burns and scalds
2. Poisoning
3. Choking

BURNS

A burn can be caused by fire or heat.

Smoke detectors, E.D.I.T.H. (Exit Drills In The Home), and STOP, DROP, and ROLL are some ways to prevent burns.

The three types of burns are:

First Degree
Second Degree
Third Degree

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lesson
Five

TYPES OF BURNS

(Teacher should review)

DEGREE	BURNED SKIN LAYER	CAUSES	SYMPTOMS	SENSATION	HEALING TIME
First	Epidermis	Sunburn, scalding, or contact with hot objects	Reddened or pink, no blisters	Painful, nerves intact	5-7 days
Second	Epidermis and superficial dermis	Very deep sunburn, contact with hot liquids, or flash burns from gasoline, kerosene, and other flammable products	Red or "mottled" appearance, blisters, and broken epidermis, considerable swelling, soft, wet, weeping appearance	Painful, nerves intact	2-6 weeks, may require surgery
Third or full thickness	Epidermis, dermis, subcutaneous tissue, fat and muscle	Flames, prolonged exposure to hot liquids, contact with hot objects, chemicals, or electricity	Pale, white, or charred appearance, dry and leathery, non-elastic	No pain, nerves destroyed	Will not heal without grafting unless very small area; may require repeated surgery



HEALTH RISKS

SCALDS

Burns from hot liquids are considered scalds.

A scald is the most common cause of burns to young children.

Prevention:

Your hot water heater should be set no higher than 130 degrees. You should turn on cold water first then warm it up with hot water. When cooking on a stove use the back burners when possible. If using front burners, pot handles should always be turned toward the back of the stove to help prevent small children from reaching up and pulling the pot off the stove.

Treating burns:

Your skin protects you from germs and infection. Burns cause openings in the skin allowing germs to enter and infection to result. The best first aid treatment for a burn is cool water.

As soon as someone is burned, run cool water over the burn for a minimum of three to five minutes. Cover the burned area with a clean cloth. Have an adult look at the burn as soon as possible.

Do not apply sprays, oils, grease or creams to burn injuries.



If there is not an adult present, and if you are not sure how serious it is, call for help by dialing 911 or your local emergency number.



HEALTH RISKS

POISONING

Poisons can enter the body by three methods:

- Ingestion - Swallowing
- Inhalation - Breathing
- Absorption - Taken through the skin

Common household items like medicines, make-up, cleaning products, and plants account for most home poisonings. These items should be stored out of the reach of small children. If someone is poisoned, you should notify the nearest adult. If an adult is not around, call 911 or your local emergency number.

CHOKING

If someone is choking but **can** cough, speak, or breathe, don't interfere. If they **can't** cough, speak, or breathe, then the Heimlich Maneuver should be performed.

The Heimlich Maneuver:
(TEACHER SHOULD DEMONSTRATE)

- Stand behind the choking victim with one hand made into a fist.
- Place the flat part of the thumb between the navel and bottom of the breastbone.
- Clasp the fist with the other hand and give five quick, strong thrusts in an upward direction.
- After doing this, call for help. Notify the nearest adult or call 911 or your local emergency number.



QUIZ

1. If someone is choking, and **can't** speak or breathe, the _____ should be performed.

2. List three common health risk areas for children:
_____, _____, _____
and _____.

3. A scald is a type of burn usually from hot _____ or steam coming into contact with the skin.

4. You should put cool water on a burn for a minimum of _____ to _____ minutes.

5. Medicines, make-up, cleaning products and plants account for most _____ in the home.



ACCIDENT PREVENTION

LESSON OBJECTIVES:

- Discuss the importance of safety belts
- Discuss the importance of bike safety
- Discuss water safety precautions
- Demonstrate open airway and checking for breathing

Injuries from accidents are the leading safety risk facing children in the United States. We call them accidents, but most childhood injuries can be prevented.

The main causes of injuries are:

- Traffic accidents
- Drownings
- Falls

TRAFFIC ACCIDENTS

Traffic accidents include car, truck, motor scooter or motorcycle, bicycle, go-cart and skateboard accidents. Many of these occur because the children are having fun and are not paying attention to proper safety precautions. Anytime you ride in a car or truck you should wear safety belts. If you do not wear safety belts, you might be thrown around in the vehicle or thrown out of the vehicle in an accident.

In most states, safety belts are required. In many states, children under six must be in a properly installed child safety seat.



ACCIDENT PREVENTION

BIKE SAFETY & ROAD RULES

Children aged 6 to 12 are at greatest risk of having a bicycle accident. Bikers should travel on the right side of the road, with the flow of traffic. Pay attention and be careful when vehicles are near. The most common injury, in bicycle accidents is a head injury, many could be prevented by wearing a helmet. In fact, anytime you ride a bicycle, skateboard, motor scooter, or motorcycle, you should wear an approved helmet. You should include knee and elbow pads with your safety gear when skating or skateboarding.

Walkers should always be on the left side of the road, facing traffic. Always assume that drivers do not see you and be prepared to protect yourself by getting out of the way.

Always stop and look both ways at intersections when walking or cycling. Make sure it is safe for you to cross. If you're not sure it is safe to cross where you are, go to a marked crosswalk and cross there.

DROWNING

Drowning is the second leading cause of accidental death of children. Most drownings or near drownings happen when a child accidentally falls into a pool or some other body of water including streams, lakes, ponds or even containers where rain water has collected. There have been cases where small children died when they were left alone in the bathtub.

You should never swim alone or without an adult being present. Always make sure you have your parent's permission and never swim alone.

If you see someone who is drowning, the first thing to do is to get help immediately. Tell the nearest adult. If an adult is not present, call 911 or your local emergency number. Be prepared to show the rescuers where the drowning person is when they get there.

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Six

ACCIDENT PREVENTION

FALLS

Stairs in your home should always be kept clear of clutter. Never place anything on the stairs or near the top or bottom of the stairs. Make certain that handrails are strong and safe. Use window guards on your windows if there are small children in your home.

If someone takes a bad fall, he should not be moved. This may make the injury worse. If the person is unconscious, open the airway and check for breathing. (TEACHER TO DEMONSTRATE). You can open the airway by tilting the head back and lifting the chin. This is called the head tilt-chin lift method.

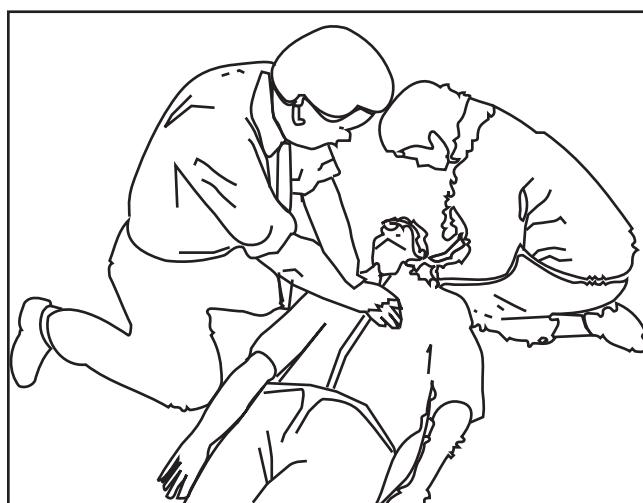
To check for breathing, you need to:

Look for chest movement

Listen for breathing sounds

Feel for air movement

If the person is not breathing, remain calm and notify the nearest adult. If an adult is not present, call 911 or your local emergency number.





QUIZ

1. List three of the leading safety risk areas for children: _____, _____ and _____.
2. Injuries from _____ are the leading safety risk facing children today.
3. Children ages _____ to _____ are at the greatest risk for a bicycle accident.
4. The most common serious injury in a bicycle accident is an injury to the _____.
5. Most childhood injuries can be _____.
6. One thing that everyone should wear while riding in a car and which is also required by law in many states is a _____.
7. In many states children under the age of six should be in a properly installed child _____ when riding in a car or truck.
8. You should never swim _____ or without your parent's permission.
9. If a person has fallen, you should not _____ them.

GAME

WORD SCRAMBLER

EVERYONE SHOULD HAVE A HOME FIRE ESCAPE PLAN

Unscramble these letters to form words found in your Home Fire Escape Plan.

1. EMOH	_____
2. DDERLAS	_____
3. ROODEBM	_____
4. STET	_____
5. RIFE	_____
6. IXTE	_____
7. KMESO	_____
8. EETM	_____
9. PSEACE	_____
10. LHAL	_____
11. 191	_____
12. TFEASY	_____
13. ANLP	_____
14. IASRTS	_____
15. LWRAC	_____
16. DWNIWO	_____
17. DLLIR	_____
18. SGA	_____
19. RMLAA	_____
20. WOL	_____
21. TIDEH	_____

KEY:
1. HOME
2. LADDERS
3. BEDROOM
4. TEST
5. FIRE
6. EXIT
7. SMOKE
8. MEET
9. ESCAPE
10. HALL
11. 911
12. SAFETY
13. PLAN
14. STAIRS
15. CRAWL
16. WINDOW
17. DRILL
18. GAS
19. ALARM
20. LOW
21. EDITH



GAME

WORD SCRAMBLER

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

Air tank
Ashes
Asleep
Battery
Burns
Cold water
Crawl
Dalmatian
Dry
Escape
Escape ladder
Extinguish
Face
Family
Feel
Finish
Fire
Firefighter
Fire truck
First degree
Fuel
Gasoline
Hands
Heat
Home
Hose
House number
Intersection
Knotted rope
Lid
Meeting place
Neighbor
Nine one one
Oxygen
Plan
Practice
Safe
Smoke
Sprinklers
Stop drop roll
Sunburn
Telephone
Treat
Wall
Window
Windy
Year

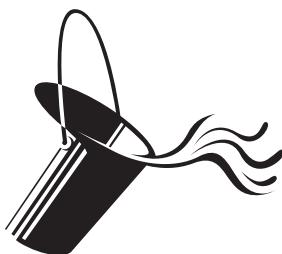
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Cobb County...Expect the Best!



COBB COUNTY FIRE &
EMERGENCY SERVICES



Georgia-Pacific

Bucket Brigade

Supporting Local Firefighters

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