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SESAME STREET

FIRE SAFETY PROGRAM

Family Guide



U.S. Fire Administration



FEMA



North River Fire District



Fire is Everyone's Fight...

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For more information about the SESAME STREET Fire Safety Program and other fire safety information, visit www.usfa.fema.gov/prevention/outreach.

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Welcome to the Sesame Street **Fire Safety Guide** for Families!

As a parent or caregiver, you do things to keep your child safe each day, like buckling their seatbelt or holding hands when you cross the street. The preschool years are an important time to teach your child about fire safety. You can empower children at this young age with essential fire safety messages and skills that can make a big difference in an emergency.

You can show your child what to do if there's a fire and ways to prevent fires from starting. By getting the whole family involved, and making your child a part of this process, you are teaching lifelong fire safety habits!

This guide will help you make fire safety easy for the whole family, and help children feel safe. Here's what you'll find:

- » information and tools to help your family practice fire safety at home
- » catchy phrases you can use to help your child remember important fire safety messages
- » activities and ideas to help you practice fire safety skills together as a family

**Fire safety begins at home. The simple steps you take
can make a big difference in staying safe from fires.**

Thank you for your help and participation!

Sincerely,

Your friends at Sesame Street and the U.S. Fire Administration

Fire Safety Messages to Teach Children

You'll find the following safety messages bolded throughout this guide. Look out for them and practice repeating them out loud together.

WHAT'S HOT WHAT'S NOT	FIRE ESCAPE MAP	SMOKE ALARM SAFETY	FIREFIGHTERS
<ul style="list-style-type: none"> • Touching something hot can hurt a lot. • Hot, hot, stay away. Hot, hot, not for play! • Take three big steps away. • Cool a burn with water. • Don't touch, tell a grown up. 	<ul style="list-style-type: none"> • Exit is the way out. • Get low and go, go, go to your exit! • A meeting place is a safe place away from the fire and smoke. • Get outside and stay outside! 	<ul style="list-style-type: none"> • Smoke alarms go BEEP, BEEP, BEEP! 	<ul style="list-style-type: none"> • Firefighters are special helpers! • Firefighters wear special gear to stay super safe!



What's **Hot**? What's **Not**?

Being aware of things that are hot and things that are not hot can help your child understand other fire safety messages. Once children learn what is hot, they can learn that hot things can burn and they should stay away from them.

Please talk about the messages below and practice saying them out loud often:

- » **Hot, hot, stay away. Hot, hot, not for play!** Practice saying this out loud any time you see something that is hot or can get hot. This includes electrical outlets, which should be covered throughout your home.
- » **Don't touch, tell a grownup!** Matches and lighters should always stay locked up and out of children's reach. Remind children that these are grown-up tools, not toys. If they see one, they should always tell a grown-up.
- » **Take three big steps away!** You can use this phrase to help your child remember to stay three big steps away from hot things or things that can get hot.

Family Practice Time!

- » **"What's Hot, What's Not?"** Game: Point out some hot and cool objects at home and ask, "Hot or not?"
- » **1, 2, 3! Take three big steps away!** Help your child take three big steps away from hot things or things that can get hot, such as the stove, oven, and space heaters.

SAFETY TIP

Cool a burn. If you or your child gets a burn...

- » Put it in cool water right away.
- » Keep in cool water for 3–5 minutes.
This helps stop the burning.
- » Cover the affected area with a clean, dry cloth.
- » If the burn is bigger than the child's palm, call your doctor or 9-1-1 right away.

Protect from scalds. Scalds are burns caused by hot liquids or steam.

- » Make sure your water heater thermostat is set no higher than 120 degrees Fahrenheit.
- » Run cool water first, then add hot water when filling the tub.
- » Check the water temperature before letting your child get in.



Kitchen Safety Tips for Grown-Ups

Cooking can be a wonderful way to spend time together as a family! It's important to have fun and stay safe at the same time. Cooking is the most common cause of home fires and fire injuries. Most cooking fires start when someone is frying food, since hot oil and grease can burn people and start a fire. Here are simple steps to be safe in the kitchen:

Be a safe cook:

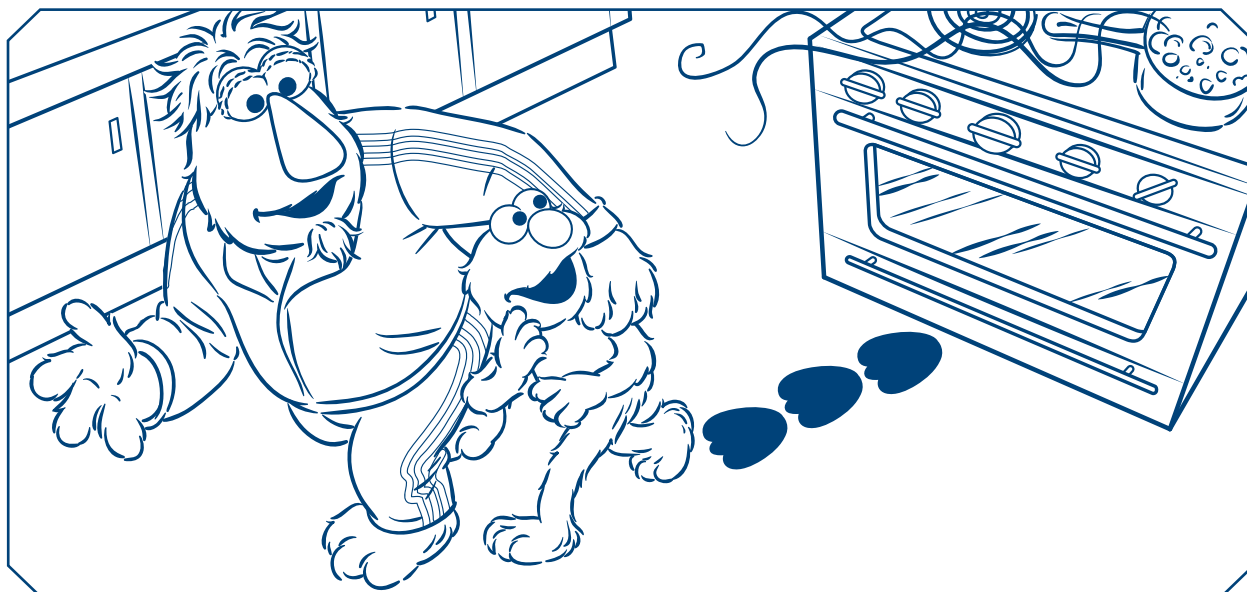
- » Keep an eye on what you fry. Never leave the kitchen if you are frying or cooking food at high temperatures.
- » Wear short sleeves or roll them up so they don't catch on fire.
- » Keep hair and clothes away from the burners.

Be prepared when cooking and make the area safe:

- » Make sure children and pets stay at least **three big steps away** from a hot oven or stove.
- » Tell children not to touch things that are hot or can get hot. Emphasize the message that **touching something hot can hurt a lot**.
- » Clean and clear the area around the stove before you turn on the heat. Move things away that can catch on fire, such as dish towels, bags, boxes, paper, and curtains.
- » Use back burners to cook, if possible. Turn pot handles toward the back of the stove so no one can bump into them or pull them over.
- » Be careful when removing foods from the microwave—they are hot and can burn you.

What to do if your pan is on fire:

- » Act fast. Keep the pan where it is and do not move it.
- » Turn off the heat.
- » Never try to put out a grease fire with water. Water will make the fire bigger.
- » If your pan is on fire, covering it with a lid or cookie sheet can put out the fire.
- » If the fire is very big, make sure to get out of the home immediately.
- » Call 9-1-1 once you are outside.
- » Do not go back into your home until a firefighter tells you that it is safe to do so.



Let's Make a Home Fire Escape Map!

Planning and preparing for emergencies is a great way to keep your family safe. One way to plan for emergencies is to create a home fire escape map and practice fire drills as a family. This is a very important way for children to know what they need to do in case there is a fire.

Here are some catchy ways to help your child learn and remember important information:

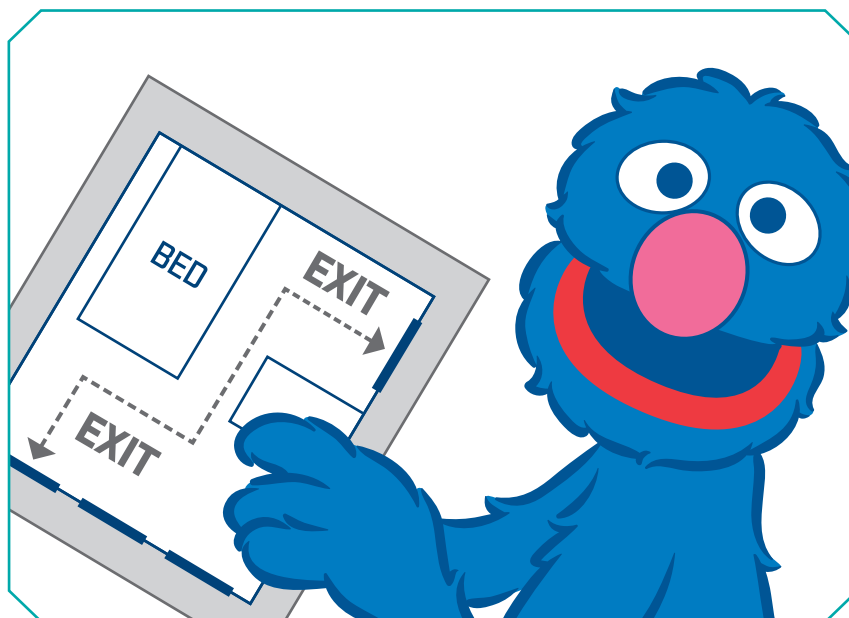
- » **Exit is the way out.** Help your child learn the exits for each room in your home. This will help your child find the way out more quickly in case there's a fire.
- » **Let's make a map.** Create a home fire escape map and practice a fire drill for every room in your home. Practice your home fire escape map with everyone in your family at least twice a year. Talk about how you would get out of other places you visit, like the library, the grocery store, or a grandparent's house.
- » **A meeting place is a safe place away from the fire and smoke.** Your family meeting place should be outside your home where firefighters can easily see you; maybe at a lamp post or your neighbor's front yard. It is important that firefighters can see you and know everyone is out of the home.
- » **Get outside and stay outside!** Remind children that once they get outside, they need to stay outside until a firefighter says it's safe to go back inside.

It's family practice time!

- » **Play "Exit Finders"!** Together, make exit signs with crayons and paper. Then, search for the exits out of each room in the house. How many exits can you count?
- » **Remember your route.** Help children remember your fire escape route by picking three or four things you pass on the way to your safe place. When you arrive at your safe place, review these spots together by saying, *First we passed a _____.* *Then, we walked next to a _____.* *Right before we got to our safe place, we saw a _____!*

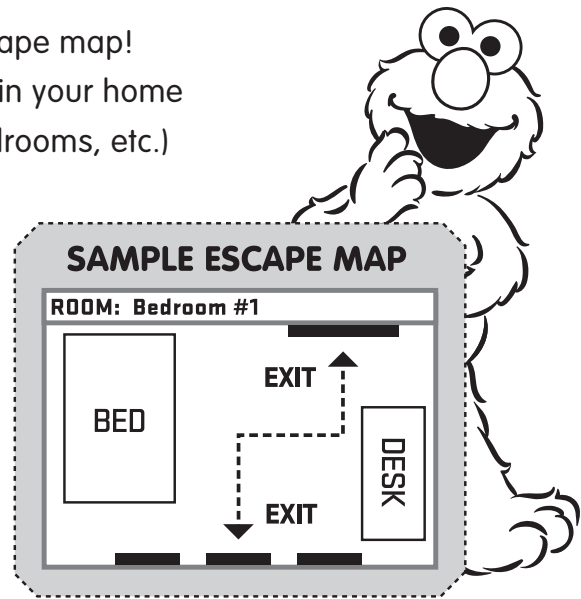
SAFETY TIP

Share your emergency plan with everyone who cares for your child. This includes your child's caregivers, your family emergency contacts, relatives, trusted neighbors, etc.



Our Family Home Fire Escape Map

Together with your child, create a home fire escape map! Start by writing down the names of every room in your home in each box below (the living room, kitchen, bedrooms, etc.) Then, draw a simple layout of each room. Be sure to include your child's bedroom or sleeping area. Circle each exit with a brightly colored crayon or marker. Walk with your child through every room and point out the exits and how to get to your safe outside meeting place from there. Make photocopies if you have additional rooms.



ROOM:	ROOM:
ROOM:	ROOM:

Practice, practice! To help your child remember, practice this map together as a family at least twice a year.

PRACTICE #1 DATE: _____ **PRACTICE #2 DATE:** _____

Smoke Alarm Safety

Smoke alarms are so important to your family's safety. We may not always see them since they're high on the wall or ceiling, but installing smoke alarms can really save your life and the lives of your loved ones.

Smoke is poisonous and breathing it in can make you sick. Smoke alarms warn you of a fire and smoke before you see, hear, or smell the fire. It's important for children to learn the sound a smoke alarm makes (BEEP, BEEP, BEEP), and to understand that when they hear the smoke alarm, it is time to **get low and go, go, go to your exit**.

We usually tell children not to go outside without a grown-up, but exiting quickly when the smoke alarm sounds is the one exception to the rule. Fires happen very fast and children only have 3 minutes to get out of their homes. Self-evacuation is crucial for their safety. Practice your family home fire escape plan twice a year to feel assured that your child will know what to do without you.

Make sure your smoke alarms work

- » Push the test alarm on your smoke alarm to let your child hear the sound it makes (BEEP, BEEP, BEEP).
- » Most smoke alarms will have a "test" button. Test your smoke alarms once a month. When you push the test button you will hear a loud noise. If you don't hear the noise, it means that you need a new battery or a new alarm. Fix this immediately.
- » Make sure the smoke alarm always has a good battery. Put a new battery in the alarm every year.
- » Mark the date on your calendar so you'll know when it needs to be replaced again.
- » Sometimes a smoke alarm makes a noise that sounds like a bird chirping. This means the battery is almost dead. Put in a new battery immediately.
- » Smoke alarms do not last forever. Make sure to get new smoke alarms every 10 years.

Where should you install smoke alarms?

- » On the ceiling or high on the wall
- » On every level of the home, including the basement
- » In every sleeping area
- » In the hallway outside each sleeping area

Practice home fire drills

- » Practice finding two ways out of each room, if possible. This can be a door or a window that leads to the ground or a safe fire escape.
- » **I spot our meeting place!** Together as a family, decide on a safe meeting place outside your home where you will meet if there is a fire.

IF THERE IS A FIRE...

Get low and go, go, go to your exit! If you hear the alarm beeping, get low and go, go, go to the nearest exit. This can be a door or a window (that leads to the ground or a safe fire escape).

I spot our meeting place! Go to the meeting place outside your home.

Call 9-1-1 once you are outside. If you leave your cell phone behind, you might use a neighbor's phone, a pay phone, or go to a local store to call.

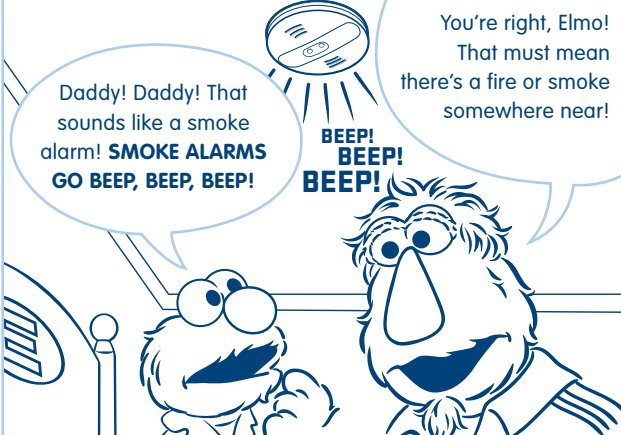
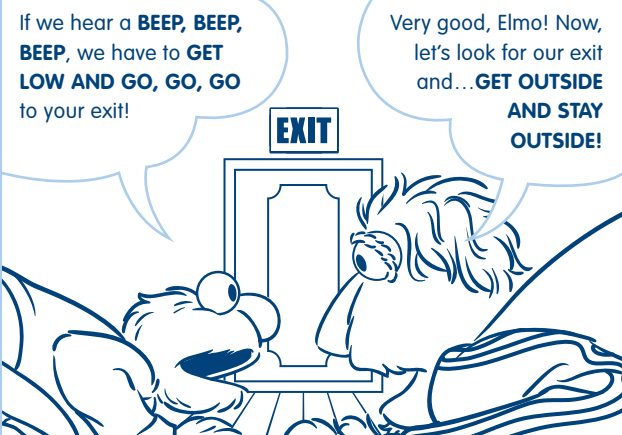
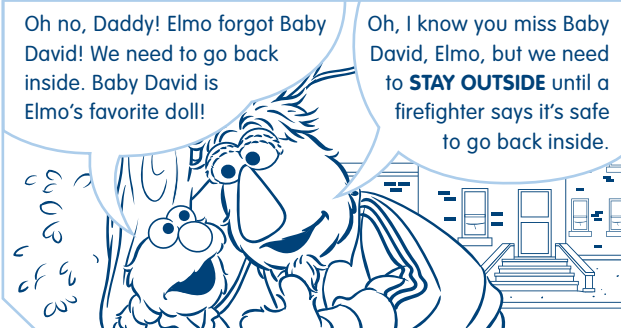

Get outside and stay outside! It's important to stay outside and not go back in until a firefighter says it's safe—even if you or your child has special things inside.

For more information on all types of smoke alarms, visit www.usfa.fema.gov



Elmo Listens to His Smoke Alarm!

Read this story strip together to help your child learn the simple steps to follow if the smoke alarm sounds (or starts beeping). Once you have read it, you can cut out each card and challenge your child to put them in the correct order.

<p>As Elmo and his daddy were reading in Elmo's room, they heard a very loud BEEP, BEEP, BEEP!</p>	<p>Elmo remembered what he learned about fire safety at school.</p>
 <p>Daddy! Daddy! That sounds like a smoke alarm! SMOKE ALARMS GO BEEP, BEEP, BEEP!</p> <p>BEEP! BEEP! BEEP!</p> <p>You're right, Elmo! That must mean there's a fire or smoke somewhere near!</p>	 <p>If we hear a BEEP, BEEP, BEEP, we have to GET LOW AND GO, GO, GO to your exit!</p> <p>Very good, Elmo! Now, let's look for our exit and...GET OUTSIDE AND STAY OUTSIDE!</p>
<p>Elmo and his daddy found their safe meeting place outside—a big tree across the street. Right away, Elmo's daddy called 9-1-1 for help.</p>	<p>A big, red, shiny fire truck arrived and the friendly firefighters worked hard to put out the fire at Elmo's house. There was a small fire in the kitchen, but everyone got out safely!</p>
 <p>Oh no, Daddy! Elmo forgot Baby David! We need to go back inside. Baby David is Elmo's favorite doll!</p> <p>Oh, I know you miss Baby David, Elmo, but we need to STAY OUTSIDE until a firefighter says it's safe to go back inside.</p>	 <p>Okay, Elmo! It's safe to go back inside now!</p> <p>Thank you for listening to your smoke alarm, Elmo! That's what kept you safe!</p>

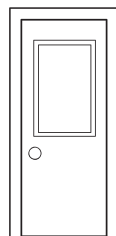
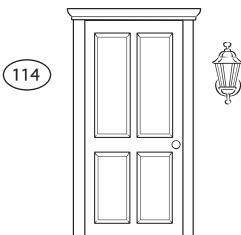
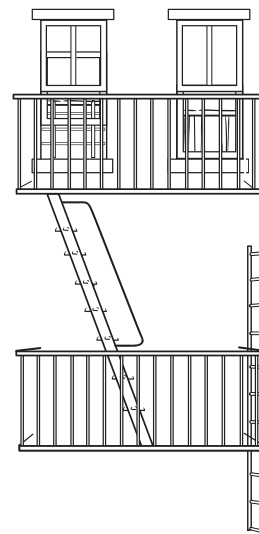
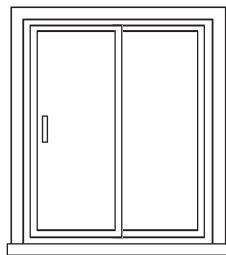
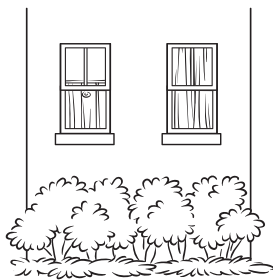
Exit Is the Way Out!

Color the exit sign below in red. With your child, search for two safe ways to exit every room in your home, if possible. When you're out and about, look for exit signs all around you.



Exit Finders!

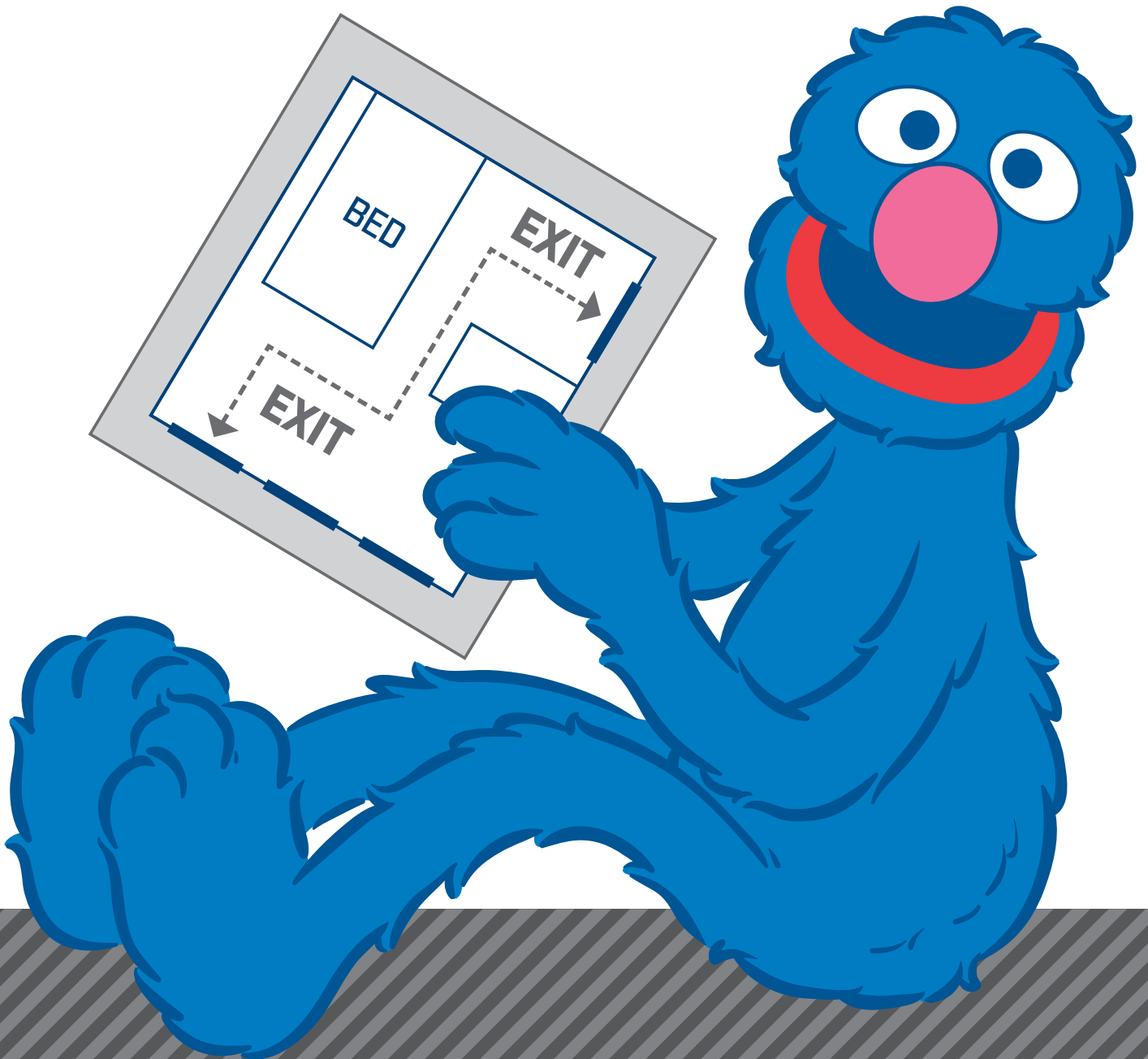
Look around to see how many types of exits you can find with your child. Discuss different safe exits. Here are some examples:



SAFETY TIP

Your safe exit can include a door or a window that leads directly to the ground or has a safe fire escape. If you live in a high-floor apartment, you may only have one way out. Learn your building evacuation plan to help you be prepared!

Exit is the way out!



For more information please visit: www.usfa.fema.gov/prevention/outreach

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