

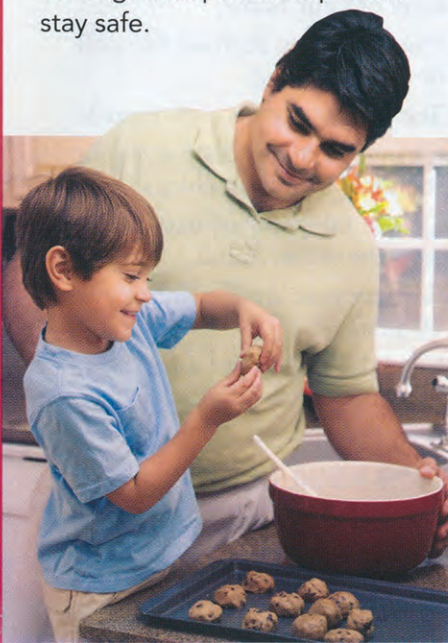


Fire and Burn Safety Tips

Help Keep Your Children Safe at Home

Every year, many children lose their lives at home from fire and burns. Young children **can** learn to stay away from hot things. They can learn what to do if there is a fire. Children feel safer when they know the plan. But someone has to teach them. Teachers at school help, but the most important teacher is **YOU**. You are the best person to teach your children how to be safe in your home.

The nonprofit Home Safety Council® has created **Start Safe: A Fire and Burn Safety Program for Preschoolers and Their Families**. It includes some things you can do to help keep your children safe. Let your children know that you and other grownups will help them stay safe.



Make Your Home Safer

You Should Do This

- Keep hot things away from children.
- Lock up matches and lighters.
- Stay in the kitchen when you cook.
- Do not let children use the stove or microwave oven.
- Turn pot handles in.
- Test hot food before giving it to your child.
- Keep appliances and cords out of reach.
- Blow out candles when adults leave the room.
- If you smoke, smoke outside.
- Put water on cigarette and cigar butts before dumping them in the trash.

TEACH YOUR CHILDREN TO:

- Stay away from things that are hot or can be hot.
- Tell a grownup when they need help.
- Stay away from matches and lighters. Tell a grownup if they see them.

Prevent Burn Injuries

Young children and older adults have thinner skin. They burn more quickly.

You Should Do This

- Turn your water heater down to 120 degrees F.
- Put in a special tub spout and shower head that will shut off the water if it gets too hot.
- Test the water before your child gets into the tub.
- When you carry your child, don't carry a hot drink too.
- Keep hot drinks away from the edge of the counter or table.
- If you burn your skin, cool it with cool water for 3–5 minutes. Do this right away.
- Do not put ice, butter, or lotion on the burn.
- If the burn looks bad, see your doctor or call 911.

TEACH YOUR CHILDREN TO:

- Get help from a grownup if they get a burn.
- Let a grownup turn on the cool water to cool the burn.



Use Smoke Alarms

Smoke alarms help keep your family safe. Fire spreads fast and makes smoke. Smoke can kill. Smoke sets off smoke alarms. Most fires that kill start at night while you are sleeping. Smoke alarms make a loud sound to wake you up.

You Should Do This

- Make sure you always have smoke alarms that work.
- Put your smoke alarms in or near rooms where people sleep.
- Have a smoke alarm on every level of your home.
- Place them up high on the wall or on the ceiling.
- Test smoke alarms each month.
- Change batteries once a year or sooner if the alarm chirps.
- Do not take out the batteries to stop the alarm sound.
- Replace your smoke alarms every 10 years.
- Get your family out when you hear the alarm.

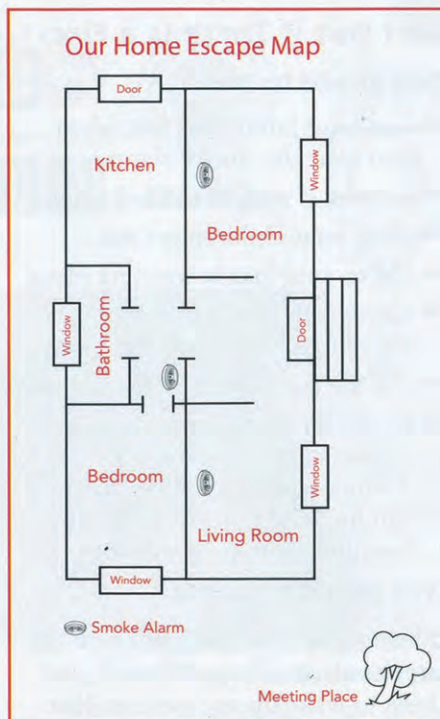
TEACH YOUR CHILDREN TO:

- Go outside if they hear the smoke alarm and stay outside.

Make a Home Escape Map

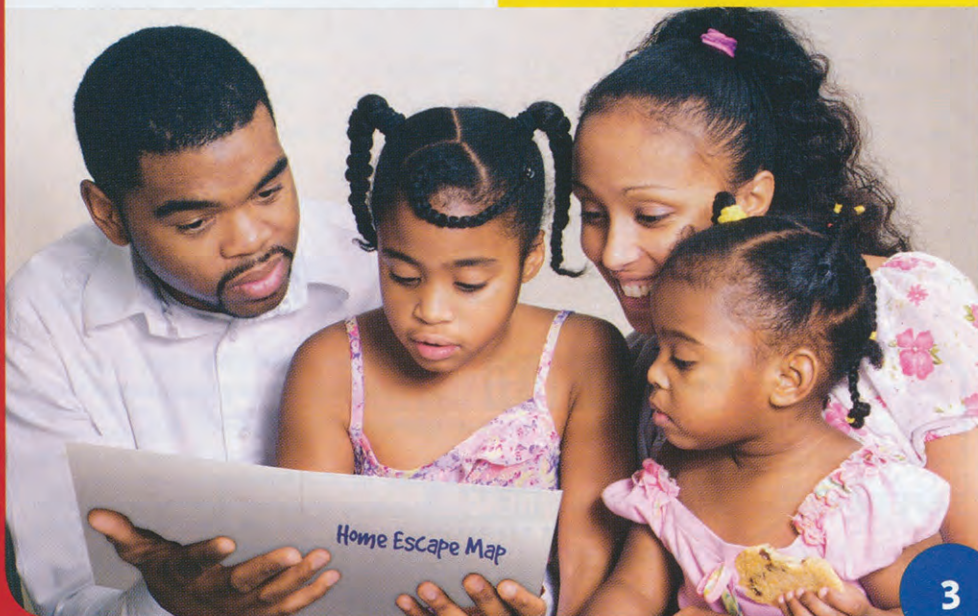
You Should Do This

- Make a plan with your family to get out fast if there is a fire.
- Draw a map of your home.
- Show the rooms, doors, and windows that go outside.
- Know two ways out of every room and mark them on the map.
- Have a safe place to meet outside, in front of, and away from your home.
- Plan who will call 911 when you are outside.
- Practice a family fire drill twice a year.
- Go over the map and plan with your family.
- Make sure windows and doors open easily, but do not practice going out the window.
- Keep stairs and doorways clear.
- Hang up the map so everyone can see it.



TEACH YOUR CHILDREN TO:

- Go outside quickly if there is a fire.
- Go to the family meeting place.
- Get out and stay out.



Get Out if There Is a Fire

You Should Do This

- Get your family out fast when you hear the smoke alarm.
- Get out if you see or smell smoke.
- Help your children get out.
- Go to your family meeting place.
- Go outside and stay outside! Do not go back into your home.
- Call the fire department from outside.
- If you can't get out because of smoke, close the door. Stay low by a window where the fire fighters can find you quickly. Safer air to breathe is low, near the floor.

You Should Know This

Sleeping children may not hear the smoke alarm. They will need your help to wake up and get out. Plan for this.

TEACH YOUR CHILDREN TO:

- Tell a grownup when they spot something hot.
 - Practice a family fire drill with the escape map.
- And when they are ready, teach them these things:
- **Get Low and Go under smoke to get out safely if you have to escape through smoke.**
 - **If their clothes are on fire, Stop, Drop, and Roll over and over. Then Cool the Burn with cool water.**
 - **Call 911 in an emergency and say their home address.**

Visit
www.MySafeHome.org
for more information.



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