



Serving North Spokane County

Spokane County Fire District 4
Station Tour Fire Prevention Education Lesson Plan
Original: 2/19/03 Update: 2/17/11

Activity: Call 911

Even very young children can be taught how to report an emergency.

“In a structural fire emergency, leave the building immediately and call 911 from a telephone outside the building. What types of emergencies do you call for help from 911? (Fire, police, sheriff, & ambulance) Remember the emergency number for Spokane County is 911.”

When you call 911 you will need to report:

- The type of emergency
- Your name
- The address
- The telephone number from where you are calling.
- Remember to stay on the telephone until you are told to hang up.

Activity: Stop, Drop, Cover (Face) and Roll

Demonstration:

- Pick a child to demonstrate stop, drop and roll. Place a short length of red or yellow crepe paper streamer on an appropriate part of the child’s body to simulate flame or fire. The child does stop, drop, cover and roll properly and the streamer is removed.

Discuss: Stop, drop, cover your face and roll

“The “stop, drop, cover and roll” procedure should be used to extinguish flames and lessen burn injuries if your clothes catch fire.”

If your clothes catch fire:

Stop immediately where you are.

Drop to the ground.

Cover your face (this will prevent flames from burning your face and smoke from entering your airway/ lungs)

Roll over and over and back and forth. Roll over and over for a long time until the flames are extinguished.

Young children are sometimes confused about when to stop, drop and roll. Stress the fact that this procedure should only be used when clothes catch fire, not when your house is on fire (that term is “Low Crawl”. Remind them to avoid a clothing fire by staying away from ignition sources such as matches, lighters, lit candles, fireplaces, heaters, campfires, stoves, and grills.

Cool the burn. “The “cool a burn” action should be used any time you burn your skin, not just when your clothes catch fire. If you get burned by touching a hot object or liquid, cool the area with cold water for 10-15 minutes and get help from a grown-up.”

Call a grown-up for help!

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Station Tour Fire Prevention Lesson Plan Continued

Activity: Keep safe around heat and hot liquids.

Discuss: Most heating equipment fires could be prevented if everyone practiced the following:

- Give heaters space. Keep heating appliances at least three (3) feet away from people and things that can burn.
- Children should not play around heating units, and a grown-up should always be present when a portable heating unit is being used.
- Use fireplace screens to prevent sparks or burning wood from escaping the fireplace.
- Turn-off portable heaters before leaving the home, going to bed or taking a nap.
- Have a grown-up schedule a professional inspection of chimneys, wood stoves, and central heating systems at least once a year, and have them cleaned, if necessary.
- Hot liquids can burn skin as badly as fire can, and they are a leading cause of injury to young children.
- Scald injuries can result from children turning on the water faucet in a tub or sink. When running bath water in the tub, a grown-up or older child should turn on the cold water first and then add hot water to reach the proper temperature.
- A grown-up should check the temperature of the bath before young child enters the tub and remain with the child or children the entire time they are bathing.
- A grown-up should set the temperature of the home hot water at 120 degrees. F. Just below the “medium” setting on other hot water heaters.

Hot things can burn them and their younger sisters and brothers. Discuss hot things and discuss the proper ways of avoiding being burned.

Activity: Tell a grown-up if you find matches or lighters.

If a child finds matches or lighters, he or she should tell a grown-up.

Discuss:

- “Matches and lighters are tools for grown-ups only. Grown-ups use them to light birthday candles, fireplaces, or a grill but they are very dangerous for children. Matches and lighters should be always kept up high, out of sight and reach of younger children.”

Note: A responsible child or around the age of first graders (especially around seven years old or older) can be taught to give matches or lighters to a grown-up to store out of reach of the younger children.

Activity: Know what to do when the smoke detector or alarm sounds.

Discuss: Fire can grow very quickly. When the smoke detector/alarm sounds, you need to know exactly what to do. Every member of the household should be involved in designing a home escape plan and should know what to do in case a fire breaks out. No one except a trained firefighter should ever go back inside a smoky or burning building.

Demonstration:

- Show the children a working smoke detector. Activate the test button so the children can hear the sound of a smoke detector.
- Stress this sound will warn them that smoke or fire is nearby. When they hear this sound they should get out of the building right away.

Discuss: Once they leave the building, they should go to their meeting spot or place and **stay out of the building.**

“Call 911 from a neighbor’s house, cell-phone or other outside phone. No one should ever go back inside a smoky or burning building except a trained firefighter.”

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Station Tour Fire Prevention Lesson Plan Continued

Discuss: The following are the important elements of a home escape plan:

- Smoke detectors/alarms should be installed on every level of the home and in or near each sleeping area. Check your smoke detectors/alarms every month.
- Draw a floor plan of your home, including all windows and doors.
- Locate two escape routes from each room. The first way out would be the door and the second way out could be a window.
- If your exit is blocked by smoke or fire use your second exit to escape. If you must escape through the smoke, stay low and crawl (“low-crawl”) on your hands and knees under the smoke to safety. Smoke will rise to the ceiling, leaving cooler, cleaner air close to the floor (between 12 & 24 inches) off the floor. Do not crawl on your belly, because some heavier poisons will settle in a thin layer on the floor.
- In a two (2)-story home or building, plan your escape through a window and onto an adjacent roof or porch, if possible. If you have an escape ladder, be sure everyone knows how to secure the ladder onto a windowsill. (Because descending the ladder presents a risk of falling, the National Fire Protection Association recommends using a window escape ladder only in an emergency, not in practice.)
- Grown-ups should make sure that everyone in the home can easily open all doors and windows.
- Choose a meeting place a safe distance from the front of your home and make it on the floor plan. A good meeting place would be a tree, a telephone pole, or a neighbor’s home. In case of fire, everyone should gather at the meeting place and call 911 from outside the building.
- Identify your home with large address numbers that the fire department can easily see.
- Practice your escape drill at least twice a year.

Demonstrations:

- If available show the melted firefighters helmet and/or the melted smoke detector and /or telephone.
- Have your partner enter the room dressed in complete structural PPE including a SCBA mask and air cylinder. Discuss with the children they should not be afraid of firefighters in masks because they are there to help you. Have the firefighter remove their protective clothing piece by piece to illustrate the protective clothing the firefighters need so they can enter a building on fire.
- Discuss the need to stay low in a fire and having them low crawl with you.
- If time permits take red, yellow, black and gray crepe streamers (to simulate flames, fire and smoke) and tape them at proper level in an appropriate area of the classroom. Have the children crawl on their hands and knees to exit the simulated fire area.

Completing the Instruction:

End the class on a professional note. Quickly discuss the main points of the lesson plan and close professionally.

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