

staying alive

Curriculum Kindergarten – Grade 8



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STAYING ALIVE PROGRAM CURRICULUM INTRODUCTION

THE MINDSET

Do you remember when you were a young child, how firefighters were larger than life heroes to you? In many ways you probably held them in the same regard as Superman, Batman, or any other superhero. Times may have changed, but young children still look up to firefighters.

Remind yourself of how important your visit to their school, or community club is to them. Chances are if you did a survey and asked your group of young children what they would like to be when they grow-up, the number 1 answer would be a firefighter.

Seeing you and your turnout gear up close, and talking to you, will be a big thrill for them. By thinking back to how you viewed firefighters as a child, you'll be in the right mindset to deliver a great presentation.

QUESTIONS

There will be lots of questions. You've probably heard them before at tours of your fire station. "How fast do fire trucks go?" "What's the biggest fire you've ever been at?"

Many questions will actually be more like stories. "My sister, she has a friend who said her Dad's car caught on fire once."

"I fell off my bike one time, and an ambulance came to help me, and a fire truck came too."

Kid's comments and questions will not only entertain you, but will lead to some great discussions. However your presentation could go on for weeks if you allow young children to ask questions all the way through, so it's best to reserve breaks for questions. Remember be patient, as there is no such thing as a dumb question.



WHERE TO BE

Kids love firefighters, in many ways you will have won them over before you even enter the room. But you'll really capture their attention, and give them an experience they'll remember if you relate to them at their physical level. With the larger than life image that you already convey, it's especially important that you look students in the eyes, and maintain that eye contact as much as possible. With young children this may involve sitting on a chair, or kneeling in front of your group of students.

If the students are comfortable with you, rather than intimidated by you, they will get more involved in discussions, ultimately resulting in a more successful presentation.

THROUGH THE AGES

When you approach a new group, be receptive to how you are being perceived.

THE EARLY YEARS

The Pre-school to Grade 2 students generally have smaller vocabularies, shorter attention spans, and will therefore retain less information than say Grade 5 to 8 children will. Therefore you should not only establish eye contact, but talk in words and ways that they will understand, without patronizing them. It's important to mention that children this age scare easily, assess your audience before talking graphically about fire.

THE MIDDLE YEARS

By Grade 3 children are ready to start thinking about fire hazards around the home. Get them to recognize potential hazards, and think proactively about preventing fires in their home.

This theme continues in Grade 4, and in addition you can start to discuss with them some personal experiences that you have had in fires, to give them a clearer picture of what being in a fire is all about. In our display we use the deformed melted helmet of a firefighter who was injured in a blaze, to show how hot and destructive fire can be.

Home hazards finish in Grade 5, as the focus starts to switch to getting more "in their face" about the consequences of fire. This can include pictures of burning homes, the inside of a home after a fire, and even pictures of burn victims.



THE LATTER YEARS

As you approach the older Grades 5-8, you can be more graphic. Since these children are in the age group that could see arson as an attraction, it's important that they understand the consequences of lighting a fire. (i.e., property loss, injuries, possibly death, and a criminal record).

At this age it's also a good idea to discuss their position as role models for their younger siblings. That the choices they make now will not only affect their lives, but the lives of their younger brothers and sisters, as the younger children may follow their example.

Children Grades 6-8 are also starting to baby-sit, and therefore it's important to address the fire safety issues that go along with having children in their care. We have provided a guide for you to follow on babysitting.

Be sure to evaluate the age group you're making your presentation to, and make it age appropriate.

ALWAYS EMPHASIZE

Although the curriculum does change through the school grades there are two themes that are revisited every year due to their importance.

Many of us take for granted that children in Grades 6 to 8 know what a smoke alarm sounds like. It's been our experience, and perhaps yours as well, that we have attended fires where teenagers, and even adults didn't know what "that beeping sound was". One 16 year old even thought it was an alarm clock going off. Reviewing smoke alarms is always worthwhile.

Home escape plans, and the methods of getting out of a burning structure should be re-addressed every year as well. Many families don't practice, or even have a home escape plan. Refreshing home escapes in the student's minds will further build these critical skills - skills that will hopefully stick with them for life.

KEY POINTS TO REMEMBER

Each module in our curriculum reviews key points to remember. These are points that the students must take with them after the session is completed. You may want to do a brief review of these points at the end of your presentation to reinforce them in the



student's minds. You can do this by briefly restating the key points, or by asking the students questions directly related to these points.

IS IT SAFE TO ASSUME?

Staying Alive is set out in a series of modules that are recommended for specific grade levels. However, if you are presenting to a group that have yet to receive the modules designed for the earlier grade levels, it would be wise to briefly touch on the key points in the early grade modules, before introducing the new curriculum. This will ensure that the students' fire safety life skills are up to speed.

If you feel that the students would benefit by being taught the earlier modules, by all means go over that material. The curriculum should still be broken up into individual presentations though, to allow for maximum absorption by the students.

WHAT CAN I DO TO ADD TO MY PRESENTATION?

For the younger classes, try breaking up the session by reading a book to the class. Numerous books such as Sesame Street's "I Want to be a Firefighter", and Robert Munch's "The Fire Station", are available at libraries or bookstores. You may even have a favorite book at home to bring in.

For the older grades consider bringing in videos with footage of actual fires. Your local department may have such videos on hand that you could borrow. Also consider fire pictures from your provincial fire commissioners, or state fire marshals office. Pictures shown on a slide projector, or assembled in a computerized Power Point presentation would be effective alternatives to consider.

WHAT IF I'M NOT A FIREFIGHTER?

Not a problem. The way the curriculum is designed, most educators would be able to present the majority of the material in each module. The obvious exception being that the teacher wouldn't be able to demonstrate the firefighter gear for the students, or be able to answer some direct firefighting questions. But by familiarizing yourself with the entire curriculum, and perhaps doing additional research on the stayingalive.ca website, you'll be better prepared to answer other questions that the students may ask.



HAVE FUN

Above all, HAVE FUN. Be animated and enjoy yourself and the kids will want to listen to you. Relate to them, and you'll reach them. In other words, they'll be having so much fun; they won't even know they are learning.



MODULE 1

PRE-SCHOOL AND KINDERGARTEN PROGRAM

Lesson Plan:	Fire Safety Home and School
Audience:	Pre-School and Kindergarten
Time:	50 minutes
Materials:	Turnout gear, SCBA, smoke alarm, gym mats, props (matches and lighter), (pictures of good and bad fires)
Background:	For many of the students this will be their first fire safety presentation.
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- Has anyone here ever visited a fire station?
- *(Show the children what you brought with you.)*
- *(For example)* "Hey look what I brought with me today. Does everybody know what this is? That's right this is my firefighting gear. We're going to learn all sorts of fire safety skills, so that you'll know what to do if you're ever involved in a fire."

Discussion: SMOKE ALARMS

- *(Show the class a smoke alarm.)*
- This is a smoke alarm.
- Is there anyone who HAS NOT seen one?
- This is what it sounds like. *(Press test button)*
- *(question)* Do you have a smoke alarm at home?
- *(optional)* *Ask students individually, where do you have one?
- You should have a smoke alarm right outside, and even one inside your bedroom.



- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.
- When you go home ask your Mom or Dad to test your smoke alarm.
- This is how you test it. They need to be tested once every month to be sure they're ready to work when you need them to. (*Press test button*)
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.

Discussion: HOME ESCAPE PLANS

- This is a Home Escape Plan. (*Hold up a home escape plan*)
- Your school has an escape plan.
- (*question*) Has everybody been involved in a fire drill?
- (*question*) How many fire drills have you had this year?
- Schools have regular fire drills. A fire drill being a practice run. It's a great way to practice where to go and what to do if there is ever a fire.
- (*question*) Have you had a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down.
- So the safest, coolest, freshest air is closest to the floor. The lower you are, the better the air is to breathe.
- Once you get to your meeting place outside, stay there.
- A meeting place is a landmark in front of your house, like a big tree, or a fire hydrant, anything that your family agrees on as your meeting place.
- That way your parents will know that everyone got out alright, and the firefighters will know whether they need to search for people or not.
- (*question*) If you forgot a pet, or a favorite toy inside, should you go back in and get it?



- The answer is no! Let the firefighters get it, we have the special clothing to keep us safe, we're dressed to enter a building that's on fire. Never, ever, ever go back in.

THE GREAT ESCAPE

(The following is an active demonstration that you can either choose to perform yourself as you instruct, or get one or more of the students to act it out as you speak.)

- If you are in bed at night, and the smoke alarm sounds, here's what to do.
- Ideally you should sleep with your bedroom door closed. The door will keep heat and smoke out of your room, while you make your escape.
- If the smoke alarm sounds, roll out of bed, crawl to the door, and with the back of your hand feel the door.

BEDROOM DOOR'S COOL, WHAT SHOULD YOU DO?

- Kneel behind the door, and crack the door open slightly.

IF NO SMOKE ENTERS THE ROOM

- Take a peak, and if safe to do so, crawl out the door. Stay low as you make your way out of the house as quickly as possible.
- Go to your family's meeting place outside.
- Remember, once out, stay out!

IF SMOKE ENTERS THE ROOM

- Close your bedroom door immediately.
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely without falling, leave right away.
- If you're too small to open the window, or your bedroom is above the main floor making it too high for you to safely escape, then go to your bedroom window, and signal firefighters. Make lots of noise to get their attention.
- Never hide. Firefighters want to find you and take you to your parents as quickly as they can.



WHAT IF THE DOOR'S HOT WHEN I FEEL IT?

- That means that there is heat, smoke, and probably fire on the other side of the door.
- Don't open the door!
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely, without falling, leave right away.
- If you're too small to open the window, or your bedroom window is too high for you to safely escape, then go to your bedroom window, and signal firefighters.
- Make lots of noise to get the firefighter's attention.
- Remember to never hide in a fire.

Discussion: MATCHES AND LIGHTERS

- *(Hold up a package of matches, and a lighter)*
- *(question)* Are these tools, or toys?
- They're tools, because they are used for a special purpose. For example to light a barbecue to cook food, or to light a fireplace to keep warm. Only an adult should use them.
- *(question)* If you find matches or a lighter on the floor, or on a table what should you do?
- You should always give them to an adult right away, or let them know where they are.
- Children playing with matches and lighters have started many fires.
- Many children have been hurt playing with fire. I sure don't want to see any of you hurt by fire.
- Let's do a little exercise. Let's count to 10. *(Get everybody to put their hands together, then start counting and gradually spread your hands apart until you reach the number 10.)*
- In the time it took to count to 10, a tiny little fire on the end of a match or a lighter could have already spread to say a blanket, and then spread to a bed. A few seconds is all it takes for a small fire to become a big fire.
- I'd like to show you some pictures, and what I'd like you to do is tell me if these are good or bad fires.



- *(Show pictures of good and bad fires, and briefly discuss each)*
- Yes there are good fires, but remember an adult must be there to supervise any good fire.

QUESTION / STRETCH BREAK

Demonstration: TURNOUT GEAR

(Read this segment over, and ad-lib as you go)

- *(Put on your turnout gear explaining why firefighters wear them. As you dress yourself in each piece of equipment, explain what it is and what it protects.)*
- For example, these are my boots. They keep my feet dry, protected from heat and fire, and they have a steel toe, so that if something falls on my boot, my feet won't get hurt.
- To make your presentation more effective get a teacher to dress in the gear. This not only frees you up to describe the equipment, but this will also show the kids that a person that they know, can dress up to become a firefighter.
- Your goal is to not only show them what your gear looks like up close, but to lessen their fear of firefighters, so that they won't hide from us in a fire. It will help them realize that firefighters are just regular people who are there to help.

Demonstration: SCBA

- *(Put on your SCBA to show them what firefighters sound like wearing it.)*
- This is the most important piece of firefighting gear we have. It's so that we can breathe, and not have hot smoky air in our lungs, which could hurt us very badly.
- This mask and air bottle is the reason why firefighters can enter a smoky building. More people are actually hurt in fires by the smoke in a fire, than by the heat and fire itself.
- Let's close your eyes.
- In a fire the smoke is so thick that you may not be able to see at all, and that the sound you hear from the SCBA, that sound is a good one. It means your friend the firefighter is coming to rescue you, and take you to your parents.



- You know when you see fires on TV and in the movies you usually see lots of flame, but very little smoke. Have you ever noticed that?
- Well that's so you can see the actors. In a real fire though, you'd never be able to see the actors because there's a lot more smoke than flame.
- That makes it very difficult to find your way around. If you're ever involved in a fire never hide.
- In fact you should do the complete opposite. You should make it easy for firefighters to find you.
- If you can't get out, close the door and go to the window. Signal firefighters by waving a towel, and make lots of noise to get their attention.

Active Demo: STOP, DROP, AND ROLL

(Set out gym mats)

- *(question)* Who can tell me what you should do if your clothes ever catch on fire?
- That's right, Stop, Drop, and Roll. Stop where you are, drop to the ground, cover your face, and roll around to smother the flames.
- You know what? I'd like to see you guys show me how you'd stop, drop, and roll,
- We'll get everyone to line up, and practice. Let's take turns one at a time.
- But before you take your turn, I want you to give me a quick fire safety tip, anything that you remember from what you learned today.

CLOSING

- Before I wrap things up here does anyone have any questions?
- Thanks for asking me to come and visit with you today, I have some handouts for you to look at and take home to go over with your family.



MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Flip's Tips
- Staying Alive Coloring Pages
- Staying Alive Certificate



MODULE 2

GRADES 1 & 2

Lesson Plan:	Fire Safety Home and School
Audience:	Grades 1 & 2
Time:	60 minutes
Materials:	Turnout gear, SCBA, smoke alarm, gym mats, props (matches and lighter), (pictures of good and bad fires)
Background:	This section revisits the lessons learned in Module 1, and reviews them in a fun way with Flip's Tips. The "Get Down Low When It's Time To Go" demonstration is taught in addition to "Stop, Drop, and Roll."
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- Has anyone here ever visited a fire station?
- *(Show the children what you brought with you.)*
- For example "Hey look what I brought with me today. Does everybody know what this is? That's right this is my firefighting gear. We're going to learn all sorts of fire safety skills, so that you'll know what to do if you're ever involved in a fire."

Discussion: SMOKE ALARMS

- *(Show the class a smoke alarm.)*
- This is a smoke alarm.
- This is what it sounds like. *(Press test button)*
- *(question)* Do you have a smoke alarm at home?
- *(optional)* *Ask students individually, where do you have one?
- You should have a smoke alarm right outside, and even one inside your bedroom.



- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.
- When you go home ask your Mom or Dad to test your smoke alarm.
- This is how you test it. They need to be tested once every month to be sure they're ready to work when you need them to. (*Press test button*)
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.

Discussion: HOME ESCAPE PLANS

- (*question*) Has your school had a fire drill yet this year?
- (*question*) Has everybody here been involved in a fire drill?
- School has regular fire drills. A fire drill being a practice run. It's a great way to practice where to go and what to do if there is ever a fire.
- (*question*) Has anyone had a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- (*question*) How many of you have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down.
- So the safest, coolest, freshest air is closest to the floor. The lower you are, the better the air is to breathe. We'll be practicing staying low a little later on.
- Once out of the house get to your meeting place outside, and stay there.
- A meeting place is a landmark in front of your house, like a big tree, or a fire hydrant, anything that your family agrees on as your meeting place.
- That way your parents will know that everyone got out alright, and the firefighters will know whether they need to search for people or not.
- (*question*) Now do you think that if you forgot a pet, or a favorite toy inside, you should go back in and get it?



- The answer is no! Let the firefighters get it, we have the special clothing to keep us safe, we're dressed to enter a building that's on fire.

THE GREAT ESCAPE

(The following is an active demonstration that you can either choose to perform yourself as you instruct, or get one or more of the students to act it out as you speak.)

- *(question)* Now what would happen if you were in bed at night, and the smoke alarm went off?
- Ideally you should sleep with your bedroom door closed. The door will keep heat and smoke out of your room, while you make your escape.
- If the smoke alarm sounds in the night, roll out of bed, crawl to the door, and with the back of your hand feel the door.

BEDROOM DOOR'S COOL, WHAT SHOULD YOU DO?

- Kneel behind the door, and crack the door open slightly.

IF NO SMOKE ENTERS THE ROOM

- Take a peak, and if safe to do so, crawl out the door. Stay low as you make your way out of the house as quickly as possible.
- Go to your family's meeting place outside.
- Remember, once out, stay out!

IF SMOKE ENTERS THE ROOM

- Close your bedroom door immediately.
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely, without falling, leave right away.
- If you're too small to open the window, or your bedroom is above the main floor making it too high for you to safely escape, then go to your bedroom window, and signal firefighters. Make lots of noise to get their attention.
- Never hide. Firefighters want to find you and take you to your parents as quickly as they can.



WHAT IF THE DOOR'S HOT WHEN I FEEL IT?

- That means that there is heat, smoke, and probably fire on the other side of the door.
- Don't open the door!
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely, without falling, leave right away.
- If you're too small to open the window, or your bedroom window is too high for you to safely escape, then go to your bedroom window, and signal firefighters. Make lots of noise to get their attention.
- Remember to never hide in a fire.

Discussion: MATCHES AND LIGHTERS

- *(Hold up a package of matches, and a lighter)*
- *(question)* What do you think, would you consider these to be tools, or toys?
- Yes they're tools, because adults use them to for a special purpose. For example to light a barbecue to cook food, or to light a fireplace to keep warm.
- *(question)* If you find matches or a lighter on the floor, or on a table, what should you do?
- Yes you should always give them to an adult right away.
- You know children playing with matches and lighters have started many fires. What's worse is that many children have been hurt playing with fire. I sure don't want to see any of you hurt by fire.
- Now we're going to do a little exercise. Would someone like to count to 10 for me? *(Count to 10, and as you count spread your hands from touching to shoulder width.)*
- Well in the time it took to count to 10, a tiny little fire on the end of a match or a lighter could have already spread to a blanket, and then to a bed.
- A few seconds is all it takes for a small fire to become a big fire.
- Now I'd like to show you some pictures, and what I'd like you to do is tell me if these are good or bad fires.
- *(Show pictures of good and bad fires, and briefly discuss each)*



- Yes, there are good fires, but there is no reason to play with fire, adults must supervise any good fire.

QUESTION / STRETCH BREAK

Demonstration: TURNOUT GEAR

(Read this segment over, and ad-lib as you go)

- Put on your turnout gear explaining why firefighters wear them. As you dress yourself in each piece of equipment, explain what it is and what it protects.
- For example, these are my boots. They keep my feet dry, protected from heat and fire, and they have a steel toe, so that if something falls on my boot, my feet won't get hurt.
- To make your presentation more effective get a teacher to dress in the gear. This not only frees you up to describe the equipment, but this will also show the kids that a person they know can dress up to become a firefighter.
- Your goal is to not only show them what your gear looks up close, but to lessen their fear of firefighters, so that they won't hide from us in a fire. It will help them realize that firefighters are just regular people who are there to help.

Demonstration: SCBA

- *(Put on your SCBA to show them what firefighters sound like wearing it.)*
- This is the most important piece of firefighting gear we have. Do you know why? It's so we can breathe, and not have hot smoky air in our lungs, which could hurt us very badly.
- This mask and air bottle is the reason why firefighters can enter a smoky building. More people are actually hurt in fires by the smoke in a fire, than by the heat and fire itself.
- Now what I want you to do is close your eyes.
- In a fire the smoke is so thick that you may not be able to see at all, and that the sound you hear from the SCBA, that sound is a good one. It means your friend the firefighter is coming to rescue you, and take you to your parents.
- When you see fires on TV and in the movies; you usually see lots of flame, but very little smoke. Have you ever noticed that?



- Well that's so you can see the actors. In a real fire though, you'd never be able to see the actors because there's a lot more smoke than flame.
- That makes it very difficult to find your way around.
- If you're ever involved in a fire never hide. In fact you should do the complete opposite. You should make it easy for firefighters to find you.
- If you can't get out, close the door and go to the window. Signal firefighters by waving a towel, and make lots of noise to get their attention.

FLIP'S TIPS

Now let's quickly go over what we learned today. What better way to do that than with the help of our friend Flip the Fire Monkey. Flip loves fire safety, so he's put together his all-time top 10 favorite fire safety slogans, so let's check out "Flip's Tips."

(Have fun with them, even count them down, and talk about them briefly after each tip, relating it to today's lesson plan).

10. Fire catches, so don't play with matches
9. Fires that are small, soon will be tall! *(Remember when we counted to 10, how quick fire moves?)*
8. Cooking food's hot, so don't touch the pot! *(When Mom or Dad are in the kitchen, don't touch the stove or oven, or bump into Mom or Dad when they're carrying hot food)*
7. Crawl down low, when it's time to go!
6. Get out quick, before the smoke gets thick.
5. When in doubt, there's two ways out! *(Remember there's the door, and there's the window to get out from.)*
4. Gather your clan, make a fire plan. *(Every family should have a home escape plan.)*
3. Hey just in case, have a meeting place.
2. Never hide, stay outside. *(Never hide inside if there's a fire, and if you're outside never go back in for anything.)*
1. Stop drop and roll



Active Demo: STOP, DROP, AND ROLL

(Set out gym mats)

- Let's practice the number 1 tip, stop, drop, and roll!
- Let's get everyone to line up, and practice. I want you guys to go one at a time.
- But before you each go, Let's think of a fire safety tip, anything that you remember from what we learned today.

Active Demo: CRAWL DOWN LOW, WHEN IT'S TIME TO GO

(Have two people hold a blanket at about waist height, with a gym mat placed underneath)

- Remember we just talked about how in a fire there's more smoke than flames?
- We also talked about how smoke and heat go up to the ceiling in a fire.
- That's why if you're in a fire, you have to stay low, where the air is the coolest, and the easiest to breathe.
- When firefighters go into a fire, that's what we do.
- Let's pretend this blanket is a layer of smoke, everything above it is dirty, hot smoke. Everyone crawl low, under the smoke and heat.

CLOSING

- Before we wrap things up here does anyone have any questions?
- Thanks for asking me to come and visit with you today, before I go I have some handouts for you to look at, and take home to go over with your family.

MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Flip's Tips
- Staying Alive Coloring Pages
- Staying Alive Certificate



MODULE 3

GRADE 3

Lesson Plan:	Fire Safety Home and School
Audience:	Grade 3
Time:	60 minutes
Materials:	Turnout gear, SCBA, smoke alarm
Background:	This section revisits the Great Escape, and introduces Room-to-Room Safety to get children to start thinking about how they can help prevent fires in their homes.
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- *(question)* Has anyone here ever visited a fire station?
- *(Show the children what you brought with you.)*
- For example "Hey look what I brought with me today. Does everybody know what this is? That's right this is my firefighting gear. We're going to learn all sorts of fire safety skills today, so that you'll know what to do if you're ever involved in a fire."

Discussion: SMOKE ALARMS

- *(Show the class a smoke alarm.)*
- This is a smoke alarm.
- This is what it sounds like. *(Press test button)*
- *(question)* Do you have a smoke alarm at home?
- *(optional question *Ask students individually,)* where do you have one?
- You should have a smoke alarm right outside, and even one inside your bedroom.



- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.
- When you go home ask your Mom or Dad to test your smoke alarm.
- This is how you test it. They need to be tested once every month to be sure they're ready to work when you need them to. (*Press test button.*)
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.

Discussion: HOME ESCAPE PLANS

- As you know by now, your school has regular fire drills, right?
- A fire drill is a practice run. It's a great way to practice where to go and what to do if there is ever a fire.
- (*question*) Has everybody here been involved in a fire drill?
- (*question*) Has anyone done a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often. We'll be talking about that shortly.
- (*question*) How many of your families have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down.
- So the safest, coolest, freshest air is closest to the floor. The lower you are, the better the air is to breathe.
- Get to your meeting place outside and stay there.
- A meeting place is a landmark in front of your house, like a big tree, or a fire hydrant, anything that your family agrees on as your meeting place.
- That way your parents will know that everyone got out alright, and the firefighters will know whether they need to search for people or not.
- (*question*) Now do you think that if you forgot a pet, or a favorite toy inside, you should go back in and get it?



- No! Let the firefighters get it, we have the special clothing to keep us safe, we're dressed to enter a building that's on fire.

THE GREAT ESCAPE

(The following is an active demonstration that you can either choose to perform yourself as you instruct, or get one or more of the students to act it out as you speak.)

- *(question)* Now what would happen if you were in bed at night, and the smoke alarm went off?
- Ideally you should sleep with your bedroom door closed. The door will keep heat and smoke out of your room, while you make your escape.
- If the smoke alarm sounds in the night, roll out of bed, crawl to the door, and with the back of your hand feel the door.

BEDROOM DOOR'S COOL, WHAT SHOULD YOU DO?

- Kneel behind the door, and crack the door open slightly.

IF NO SMOKE ENTERS THE ROOM

- Take a peak, and if safe to do so, crawl out the door. Stay low as you make your way out of the house as quickly as possible.
- Go to your family's meeting place outside.
- Remember, once out, stay out!

IF SMOKE ENTERS THE ROOM

- Close your bedroom door immediately.
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely, without falling, leave right away.
- If you're too small to open the window, or your bedroom is above the main floor making it too high for you to safely escape, then go to your bedroom window, and signal firefighters. Make lots of noise to get their attention.
- Never hide. Firefighters want to find you and take you to your parents as quickly as they can.



WHAT IF THE DOOR'S HOT WHEN I FEEL IT?

- That means that there is heat, smoke, and probably fire on the other side of the door.
- Don't open the door!
- Crawl to your bedroom window.
- If you're big enough to open the window, and you can get out safely, without falling, leave right away.
- If you're too small to open the window, or your bedroom window is too high for you to safely escape, then go to your bedroom window, and signal firefighters. Make lots of noise to get their attention.
- Remember to never hide in a fire.

QUESTION / STRETCH BREAK

***Discussion:* ROOM-TO-ROOM SAFETY**

- Now we're going to take a look around the house to see what you guys can do to make your home a safe place to live.
- Let's start with the kitchen.

GIVE MOM AND DAD SPACE

- When Mom or Dad are cooking in the kitchen, give them room to work. Don't play in the kitchen while they are cooking.
- Why? If they bump into you, or trip over you, they could spill hot food or boiling hot liquids on you.
- Did you know that scalds are a leading cause of burns in children? A scald is a burn from hot water. Think of all the hot water sources in a kitchen. The hot water tap, a boiling kettle, a pot cooking spaghetti or Kraft Dinner.
- When the stove or oven is on, it's hot! The food cooking is hot, the element on the stove is hot, and the door on the oven is hot. Bump into them or touch them, and you could be burned.



LET'S MOVE ON TO THE BEDROOM

- Always sleep with your bedroom door closed. The door will keep heat and smoke out of your room, while you make your escape.
- You should never burn candles in your bedroom, or play with matches and lighters.
- If your bedroom is on the second floor, ask your Mom or Dad about buying an escape ladder, so that you can safely leave your room if there's a fire.
- Space heaters need space! Don't put anything near them, or they could catch fire and burn.
- No one should ever smoke in bed. If your parents or older brothers and sisters smoke in bed, remind them how dangerous it is, and how you don't want to see them hurt.

HOW ABOUT THE BATHROOM?

- If you're big enough to run the tub or shower without an adult, be sure to run the cold water first, to avoid getting burned by hot water. Mix the water with your hand to get rid of hot spots.
- Once the tub is full, don't sit or play near the taps where you could accidentally bump them open.
- If you have a bath mat, place it just outside the tub or shower so that you don't slip when you go to get out.
- Use a non-slip pad in the tub or shower to keep you from falling down.
- If there are any items plugged in near the bath or shower like a hair dryer, curling iron, or radio, unplug them before running the water.
- Drain the tub as soon as you're finished bathing.

WE'RE ALMOST DONE, NOW LET'S CHECK OUT THE LIVING ROOM

- As a child you should never be left alone in a room with a burning candle, or a fire burning in a fireplace. There should always be an adult there to supervise.
- If there is a fire burning in a fireplace or woodstove, remind Mom or Dad to close the glass doors, or to put up a screen.
- It's a good idea to stay a safe distance from a fireplace, in case a spark does manage to jump out.



- Don't play near a fireplace or woodstove. They are extremely hot, and if you touch them, or fall into them, you could burn yourself.
- Space heaters need space! Don't put anything near them, or they could catch fire and burn.
- If you find matches or a lighters left lying around, tell a grown up. Never play with them.

ONE MORE AREA TO GO, THE BASEMENT

- Is your bedroom in the basement? Can you reach the window, and crawl out if you had to? Talk to your Mom or Dad about ways to get out if there's ever a fire.
- Are there bars on your basement windows? You'll need to know how to open them. If they need a key to open, be sure the key is easy for you to get to.
- Remind Mom or Dad to clean out the lint trap in the dryer after every load. Fires can start in dryers.
- Never store gas, paint products, or any flammable liquids indoors. They should only be stored in a shed, or detached garage.
- Is there a smoke alarm the basement? Every level of the house needs one, including the basement.
- The furnace, hot water heater, and dryer need room to breathe. Never store any boxes, papers, or any other clutter near them.
- Never store items under the stairs. If they ever caught fire, you wouldn't be able to use the stairs to escape.

***Demonstration:* TURNOUT GEAR**

- Put on your turnout gear explaining why firefighters wear them. As you dress yourself in each piece of equipment, explain what it is and what it protects.
- To make your presentation more effective get a teacher to dress in the gear. This not only frees you up to describe the equipment, but this will show the kids that a person they know can dress up to become a firefighter. Yes, we're just regular people under all that gear.
- Your goal is to not only show them what your gear looks up close, but to lessen their fear of firefighters. This way they'll realize that firefighters are just people who are there to help. It will help them realize that a person dressed up like a



firefighter isn't that scary. If they aren't scared of us then it's hoped that they won't hide from us in a fire.

Demonstration: SCBA

- Put on your SCBA to show them what firefighters sound like wearing it.
- This is the most important piece of firefighting gear we have. Do you know why? It's so we can breathe, and not have hot smoky air in our lungs, which could hurt us very badly.
- The SCBA in fact is the reason why firefighters can enter a smoky building. More people are actually hurt in fires by the smoke in a fire, than by the heat and fire itself.
- Now what I want you to do is close your eyes. In a fire the smoke is so thick that you may not be able to see at all, and that the sound you hear from the SCBA, that sound is a good one. It means your friend the firefighter is coming to rescue you, and take you to your parents.
- You know when you see fires on TV and in movies, you usually see lots of flame, but very little smoke. Have you ever noticed that?
- Well that's so you can see the actors. In a real fire though, you'd never be able to see the actors because there's a lot more smoke than flame.
- That makes it very difficult to find your way around.
- If you're ever involved in a fire never hide. In fact you should do the complete opposite. You should make it easy for firefighters to find you.
- If you can't get out, close the door and go to the window. Signal firefighters by waving a towel, and make lots of noise to get their attention.

CLOSING: QUESTION TIME

- Does anyone have any questions about what we learned today?
- Thanks for having me out today. I enjoyed visiting with you all today.
- By the way, if you're on your computer at home, check out stayingalive.ca. They have all sorts of great fire safety tips for you and your family, and lots of fun games for you to play.
- Before I go I have some handouts to share with you as well. Thanks again!



MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Staying Alive Coloring Pages
- Staying Alive Room to Room Safety Sheets
- Staying Alive Word Search Game



MODULE 4

GRADE 4

Lesson Plan:	Fire Safety Home and School
Audience:	Grade 4
Time:	60 minutes
Materials:	Smoke alarm
Background:	This section reviews Room-to- Room Safety from Module 3, adding several kitchen safety tips, and introduces the Fireside Chat to familiarize students with the power of fire.
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- "We're going to talk about fire safety today. We're going to learn all sorts of fire safety skills, so that you'll know what to do if you're ever involved in a fire."

Discussion: SMOKE ALARMS

(Show the class a smoke alarm.)

- This is a smoke alarm.
- This is what it sounds like. *(Press test button)*
- *(question)* Do you have a smoke alarm at home?
- *(optional question)* *Ask students individually, where do you have one?
- You should have a smoke alarm right outside, and even one inside your bedroom.
- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.
- When you go home ask your Mom or Dad to test your smoke alarm.



- This is how you test it. They need to be tested once every month to be sure they're ready to work when you need them to. (*Press test button*)
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.
- If you have a working smoke alarm in your home, then you are twice as likely to survive a fire than someone who doesn't.

Discussion: HOME ESCAPE PLANS

- As you know by now, your school has regular fire drills. A fire drill being a practice run. It's a great way to practice where to go and what to do if there is ever a fire.
- (*question*) Has everybody here been involved in a fire drill?
- (*question*) Has anyone done a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- (*question*) How many of you have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like us firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down. So the safest, coolest, freshest air is closest to the floor. So the lower you are, the better the air is to breathe.
- Get to your meeting place outside and stay there.
- A meeting place is a landmark in front of your house, like a big tree, or a fire hydrant, anything that your family agrees on as your meeting place.
- That way your parents will know that everyone got out alright, and the firefighters will know whether they need to search for people or not.
- (*question*) Now do you think that if you forgot a pet, or a favorite toy inside, you should go back in and get it?
- No! Let the firefighters get it, we have the special clothing to keep us safe, we're dressed to enter a building that's on fire.



Discussion: ROOM-TO-ROOM SAFETY

- Now we're going to take a look around the house to see what you guys can do to make your home a safe place to live.
- Let's start with the kitchen.

GIVE MOM AND DAD SPACE

- When Mom or Dad are cooking in the kitchen, give them room to work. Don't play in the kitchen while they are cooking.
- Why? If they bump into you, or trip over you, they could spill hot food or boiling hot liquids on you.
- Did you know that scalds are a leading cause of burns in children? A scald is a burn from hot water. Think of all the hot water sources in a kitchen. The hot water tap, a boiling kettle, a pot cooking spaghetti or Kraft Dinner.
- When the stove or oven is on, it's hot! The food cooking is hot, the element on the stove is hot, and the door on the oven is hot. Bump into them or touch them, and you could be burned.

ARE YOU LEARNING TO COOK?

- Only cook food when an adult is there to supervise you.
- Never leave the kitchen while cooking; not to answer the door, or to get the phone. Always stay with your food until it's cooked.
- Pots of food cooking on the stove can be knocked over easily. Pot handles should always be aimed toward the back or middle of the stove, to avoid being upset.
- Never wear long sleeves or loose fitting clothes while cooking. Your shirt could touch an element and start on fire or hook a pot handle and pull it over.
- Always remember to turn off the stove, burner elements, or any other appliances when you're finished cooking.

WHAT IF THERE'S A FIRE?

- If food catches fire in a pot, don't move it.
- Instead try sliding a lid over it slowly. It will snuff the fire out by taking away the oxygen it needs to breathe.



- Then turn off the element under the pot.
- Never throw water on a pot of food. It could make the fire spread, especially if any oil or grease is present.
- If the fire is too big to quickly extinguish this way, get out of the house right away. Call 911 from a neighbor's home.

LET'S MOVE ON TO THE BEDROOM

- Always sleep with your bedroom door closed. The door will keep heat and smoke out of your room, while you make your escape.
- You should never burn candles in your bedroom, or play with matches and lighters.
- If your bedroom is on the second floor, ask your Mom or Dad about buying an escape ladder, so that you can safely leave your room if there's a fire.
- Space heaters need space! Don't put anything near them, or they could catch fire and burn.
- No one should ever smoke in bed. If your parents or older brothers and sisters smoke in bed, remind them how dangerous it is, and how you don't want to see them hurt.

HOW ABOUT THE BATHROOM?

- If you're big enough to run the tub or shower without an adult, be sure to run the cold water first, to avoid getting burned by hot water. Mix the water with your hand to get rid of hot spots.
- Once the tub is full, don't sit or play near the taps where you could accidentally bump them open.
- If you have a bath mat, place it just outside the tub or shower so that you don't slip when you go to get out.
- Use a non-slip pad in the tub or shower to keep you from falling down.
- If there are any items plugged in near the bath or shower like a hair dryer, curling iron, or radio, unplug them before running the water.
- Drain the tub as soon as you're finished bathing.



WE'RE ALMOST DONE, NOW LET'S CHECK OUT THE LIVING ROOM

- As a child you should never be left alone in a room with a burning candle, or a fire burning in a fireplace. There should always be an adult there to supervise.
- If there is a fire burning in a fireplace or woodstove, remind Mom or Dad to close the glass doors, or to put up a screen.
- It's a good idea to stay a safe distance from a fireplace, in case a spark does manage to jump out.
- Don't play near a fireplace or woodstove. They are extremely hot, and if you touch them, or fall into them, you could burn yourself.
- Space heaters need space! Don't put anything near them, or they could catch fire and burn.
- If you find matches or a lighter's left lying around, tell a grown up. Never play with them.

ONE MORE AREA TO GO, THE BASEMENT

- Is your bedroom in the basement? Can you reach the window, and crawl out if you had to? Talk to your Mom or Dad about ways to get out if there's ever a fire.
- Are there bars on your basement windows? You'll need to know how to open them. If they need a key to open, be sure the key is easy for you to get to.
- Remind Mom or Dad to clean out the lint trap in the dryer after every load. Fires can start in dryers.
- Never store gas, paint products, or any flammable liquids indoors. They should only be stored in a shed, or detached garage.
- Is there a smoke alarm in the basement? Every level of the house needs one, including the basement.
- The furnace, hot water heater, and dryer need room to breathe. Never store any boxes, papers, or any other clutter near them.
- Never store items under the stairs. If they ever caught fire, you wouldn't be able to use the stairs to escape.



STRETCH AND/OR QUESTION BREAK

Discussion: FIRESIDE CHAT

(in conjunction with the Mrs. About-Fire handout)

- The big reason why I'm here today is that I want to get across that fire should be respected. As a firefighter I've seen how fire behaves, how hot and smoky it is in a fire, how quickly it can spread, and how destructive it can be, and I want to share that with you.

FIRE IS RED HOT

- Fires burn incredibly hot. Depending on circumstances, fires can burn above even 1,200 degrees Fahrenheit at the ceiling. If you think of it, that's 10 times hotter than the hottest day of the year, and 3 times hotter than the oven cooking your supper.

FIRE IS SMOKY

- Fires are very smoky. It's not like in the movies or on television where you'll see a fire here, a fire there, and another one over there in a room, and very little smoke. That's not how it is at all.
- A fire usually starts in one area, and then spreads. As it spreads it gives off a huge amount of smoke, and if it's in a home or building, that smoke is often trapped, and builds up.
- So when we go into a building that's on fire, most times we can't see at all. We go in totally blind. But the Hollywood movie makers, well if they showed how it really is, you wouldn't be able to see anything, not the room, or the actors, so that's why they show fires the way they do.

FIRE IS FAST MOVING

- Fires burn fast. Let's say there's a fire in a wastepaper basket. That could soon spread to a couch, the couch will get hotter as the fire builds, then sets the drapes behind it on fire. Soon the whole room is on fire, and within a matter of only a couple of minutes the whole home could be on fire.



FIRE DOESN'T STOP....

- Until it's put out, or it runs out of fuel to burn.

FIRE NEEDS....

- 3 elements to burn; oxygen, heat, and fuel. Take away any of those elements and the fire won't burn. Here's an example for each.
- If there's a pot of food burning in a pot on the stove, and you carefully slide a pot lid overtop of it, you take away the oxygen, and the fire goes out.
- If there's a campfire burning and you take a garden hose and start spraying water on it, the water absorbs the heat, and the fire goes out.
- If you have a gas barbecue cooking your food, and you turn off the propane, you take away the fuel, and the fire again goes out.

FIRE IS \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

- Fires do an incredible amount of damage. Billions of dollars of damage are caused by fire each year, but what's worse is the number of serious injuries, and loss of life that accompany fire.

FIRE IS DEADLY

- Fire doesn't just give off smoke, it gives off poisonous gases as well. Deadly carbon monoxide is only one of the many poisonous gases that a fire gives off when it burns. Synthetic materials in furniture, carpets, plastics from TV sets, c.d.'s, and toys, they don't give off wood smoke, they give off plastic smoke. That's the stuff that you don't want to breath in.

How Do We Do It?

- Ever wonder how firefighters are able to go into fires? It's our equipment that allows us to go into that hazardous environment. The main reason why we can go in is because of our masks. They allow us to breathe normal air, and avoid being poisoned by the hot, smoky air.
- Also when we go into a fire, we always stay low. That's because just like with a campfire, the flames, heat, and smoke all travel up. When they reach the ceiling they only start to come back down when there's not enough room for the heat and smoke. So all the harmful smoke goes up, and then starts traveling down, and the last place it gets to is the floor.



DO LIKE WE DO

- If you're in a fire, do like firefighters do, crawl on your hands and knees near the floor. Stay low where the air is the coolest, where there's the least amount of smoke, and where it's the easiest to breathe.

BUT DON'T EVER!

- Don't play with fire, it could hurt you, and it could hurt the ones you love. Remember a small fire can become a big fire in only a matter of seconds.

QUESTION TIME

- That concludes my visit with you guys today, but before I go, does anyone have any questions?
- Thanks for your time today, and remember our lesson, respect fire. It can be your friend when it's cooking your food, or lighting your birthday cake, but it can be very dangerous.
- By the way, if you're on your computer at home, check out stayingalive.ca. They have all sorts of great fire safety tips for you and your family, and lots of fun games for you to play.
- I have some handouts to share with you as well. Thanks again!

MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Staying Alive Mrs. About-Fire
- Staying Alive Word Search



MODULE 5

GRADE 5

Lesson Plan:	Fire Safety Home and School
Audience:	Grade 5
Time:	60 minutes
Materials:	Smoke Alarm, Arson Pictures (optional)
Background:	This section reviews the Fireside Chat from Module 4 and introduces a discussion on Arson.
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- Today I'm going to talk to you about fire safety. I'll also be talking to you about what fire is really like, and how it behaves, and then I'd like to talk to you for a bit about arson.

Discussion: SMOKE ALARMS

- *(Show the class a smoke alarm.)*
- This is a smoke alarm.
- This is what a smoke alarm sounds like. *(Press test button)*
- When you hear that sound, it means that it's time to put your home escape plan into action. We'll be talking all about home escape plans shortly.
- *(question)* Do you have a smoke alarm at home?
- *(optional question)* Where are your smoke alarms located?
- You should have a smoke alarm right outside, and even one inside your bedroom.
- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.



- Here's an important question. Does your smoke alarm work?
- Do your parents test them? Your parents should test them once every month to be sure they're ready to work when you need them to.
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.
- If you have a working smoke alarm in your home, then you are twice as likely to survive a fire than someone who doesn't.

Discussion: HOME ESCAPE PLANS

- As you know by now, your school has regular fire drills. A fire drill being a practice run. It's a great way to practice where to go and what to do if there is ever a fire.
- *(question)* Has everybody here been involved in a fire drill?
- *(question)* Has anyone done a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- *(question)* How many of you have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down.
- So the safest, coolest, freshest air is the closest to the floor. The lower you are, the better the air is to breathe.
- Once you're outside, get to your meeting place and stay there.

Discussion: FIRESIDE CHAT

(in conjunction with the Mrs. About-Fire handout)

- The big reason why I'm here today is that I want to get across that fire should be respected. As a firefighter I've seen how fire behaves, how hot and smoky it is in



a fire, how quickly it can spread, and how destructive it can be, and I want to share that with you.

- *(****If you wish, this would be an appropriate time to discuss a personal experience that you had as a firefighter. You could relate that story to each of the points in the lesson plan below.)*

FIRE IS RED HOT

- Fires burn incredibly hot. Depending on circumstances fires can burn above even 1,200 degrees Fahrenheit at the ceiling! If you think of it, that's 10 times hotter than the hottest day of the year, and 3 times hotter than the oven cooking your supper.

FIRE IS SMOKY

- Fires are very smoky. It's not like in the movies or on television where you'll see a fire here, a fire there, and another one over there in a room, and very little smoke. That's not how it is at all.
- A fire usually starts in one area, and then spreads. As it spreads it gives off a huge amount of smoke, and if it's in a home or building, that smoke is often trapped, and builds up.
- So when we go into a building that's on fire, most times we can't see at all. We go in totally blind. But the Hollywood movie makers, well if they showed how it really is, you wouldn't be able to see anything, not the room, or the actors, so that's why they show fires the way they do.

FIRE IS FAST MOVING

- Let's say there's a fire in a wastepaper basket. Well that could soon spread to a couch, the couch gets hotter as the fire builds, and it then sets the drapes behind it on fire. Soon the whole room is on fire, and within a matter of only a couple of minutes the whole home could be on fire.

FIRE DOESN'T STOP....

- Until it's put out, or it runs out of fuel to burn.



FIRE NEEDS....

- 3 elements to burn; oxygen, heat, and fuel. Take away any of those elements and the fire won't burn. Here's an example for each.
- If there's a pot of food burning in a pot on the stove, and you carefully slide a pot lid overtop of it, you take away the oxygen, and the fire goes out.
- If there's a campfire burning and you take a garden hose and start spraying water on it, the water absorbs the heat, and the fire goes out.
- If you have a gas barbecue cooking your food, and you turn off the propane, you take away the fuel, and the fire again goes out.

FIRE IS \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

- Fires do an incredible amount of damage. Billions of dollars of damage are caused by fire each year, but what's worse is the number of serious injuries, and loss of life that accompany fire.

FIRE IS DEADLY

- Fire doesn't just give off smoke, it gives off poisonous gases as well. Deadly carbon monoxide is only one of the many poisonous gases that a fire gives off when it burns. Synthetic materials in furniture, carpets, plastics from TV sets, c.d.'s, and toys, they don't give off wood smoke, they give off plastic smoke. That's the stuff that you don't want to breath in.

How Do We Do It?

- So you're probably wondering how are firefighters able to go into fires? Well it's our equipment that allows us to go into that hazardous environment.
- The main reason why we can go in is because of our masks. They allow us to breathe normal air, and avoid being poisoned by the hot, smoky air.
- Also when we go into a fire, we always stay low. That's because just like with a campfire, the flames, heat, and smoke all travel up. When they reach the ceiling they only start to come back down when there's not enough room for the heat and smoke.
- So all the harmful smoke goes up, and then starts traveling down, and the last place it gets to is the floor.



DO LIKE WE DO

- So if you're in a fire, do like firefighters do, crawl on your hands and knees near the floor. Stay low where the air is the coolest, where there's the least amount of smoke, and where it's the easiest to breathe.

BUT DON'T EVER!

- Play with fire, it could hurt you, and it could hurt the ones you love. Remember a small fire can become a big fire in only a matter of seconds. Say no to playing with fire.

QUESTION BREAK

Discussion: ARSON

- Does anyone have any questions about the video?
- *(question)* If someone started a garbage container on fire, do you think that would be a problem? Would anyone get hurt? *(*****use an example the class can see or relate to, ex. garbage bin in the parking lot)*

LET'S SPEND A MINUTE TALKING ABOUT WHAT WOULD HAPPEN

- A fire truck will have to be called to put out the fire. That fire could tie them up for over half an hour. During that time their fire station could get another call. It could be a much more serious call. Someone's life could be in danger. But the fire truck that should be responding is busy putting out that senseless garbage fire.
- A fire truck from the next closest fire station has to now be dispatched. It could take that fire truck an extra 5 minutes or more to get there.

THE CLOCK IS TICKING!

- Firefighters need to respond in the first 5 minutes, if they hope to put the fire out before it gets too big. *(Remember in the video how fast fire spreads?)*
- If someone is inside the house, the firefighters have to get that person out as quickly as possible to save their life. Anyone inside that house is being exposed to incredible heat, and smoke. They can't breathe. Seconds count!



BUT THERE'S STILL MORE TO CONSIDER

- What if that garbage bin fire spreads to a nearby garage?
- What if a fire in the garage spread to a home? That little fire is now a big fire.
- What if someone is in that garage, or in that home?
- What if a homeless person, or homeless family were living in a vacant house or building that was lit on fire?
- What if a firefighter was injured or lost his life fighting that fire?

THE PEOPLE AFFECTED COULD BE SOMEONE YOU KNOW

- They could be someone you love. But no matter who the person is, if they get hurt because of a fire you set, the result is the same. It could be a serious one!
- You'll not only regret setting that fire, but you'll be haunted by that horrible memory for the rest of your life. It's something that will be very difficult to live with.
- Before your friends try to get you involved in lighting a fire, think of all the consequences. Think of all the damage, think of all the hurt you could cause. Think of how that could affect you for the rest of your life.
- When friends want you to do something you know you shouldn't do, walk away. That voice in your head that says, "This is a bad idea" is the voice of reason. Listen to it.

DID YOU KNOW THAT YOU'RE A LEADER?

- *(question)* Do any of you have younger brothers or sisters?
- Did you know that they look up to you? Not just your brothers and sisters but your cousins, the young kids in your neighborhood.
- You're a hero to these kids.
- They look at the way you behave, the choices you make, the friends you choose, and they want to grow up to be just like you. That's why they will often copy what you do.
- If you start lighting fires, they're going to think that it's ok to light fires, and they'll do it too.
- They could get hurt, very hurt. You wouldn't want to see them hurt, or see them get in trouble with the police would you?
- Set a good example for them. Say no to fire.



CONCLUSION

- Well that concludes my visit with you guys today, but before I go, does anyone have any questions?
- By the way, if you're on your computer at home, check out stayingalive.ca. They have all sorts of great fire safety tips for you and your family, and lots of fun games for you to play.
- Thanks for your time today, and remember our lesson, fire is deadly, respect it, don't play with it.

MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Staying Alive Word Search Game
- Staying Alive Mrs. About-Fire's Fire Facts
- Arson Page



MODULE 6

GRADE 6

Lesson Plan:	Fire Safety Home and School
Audience:	Grade 6
Time:	60 minutes
Materials:	Smoke Alarm, Arson Pictures
Background:	This section reviews arson from Module 5, and also focuses its attention on Babysitting Safety.
Introduction:	Firefighter introduces himself and gives a brief overview of the lesson plan.

- *(Introduce yourself, where you work, and what you do.)*
- I'm here today to talk about fire safety around the house. I'd also like to share some thoughts on arson, and the consequences that it carries with you, and since you're either 12 years old, or soon will be, we'll be talking about babysitting safety as well.

Discussion: SMOKE ALARMS

- First I'd like to talk about home fire safety.
- *(Hold up smoke alarm)*
- I'm sure everybody knows what this is.
- But it's interesting to note that not everyone knows what a smoke alarm sounds like? *(Press test button)*
- When you hear that sound, it means that it's time to put your home escape plan into action. We'll be talking all about home escape plans shortly.
- *(question)* Do you have a smoke alarm at home?
- *(optional question)* Where are your smoke alarms located?



- Well you should have a smoke alarm right outside, and even one inside your bedroom.
- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.
- Here's an important question. Does your smoke alarm work?
- Do your parents test them? Your parents should test them once every month to be sure they're ready to work when you need them to.
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.
- If you have a working smoke alarm in your home, then you are twice as likely to survive a fire than someone who doesn't.

Discussion: HOME ESCAPE PLANS

- *(question)* Everybody here has been involved in a fire drill right? Probably right here at school.
- *(question)* But has everyone done a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- *(question)* How many of you have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down. So the safest, coolest, freshest air is closest to the floor. So the lower you are, the better the air is to breathe.
- Get to your meeting place outside and stay there.

Discussion: ARSON

- *(question)* If someone started a garbage container on fire, do you think that would be a problem? Would anyone get hurt? *(*****use an example the class can see or relate to, ex. garbage bin in the parking lot)*



LET'S SPEND A MINUTE TALKING ABOUT WHAT WOULD HAPPEN

- A fire truck will have to be called to put out the fire. That fire could tie them up for over half an hour. During that time their fire station could get another call. It could be a much more serious call. Someone's life could be in danger. But the fire truck that should be responding is busy putting out that senseless garbage fire.
- A fire truck from the next closest fire station has to now be dispatched. It could take that fire truck an extra 5 minutes or more to get there.

THE CLOCK IS TICKING!

- Firefighters need to respond in the first 5 minutes, if they hope to put the fire out before it gets too big.
- If someone is inside the house, the firefighters have to get that person out as quickly as possible to save their life. Anyone inside that house is being exposed to incredible heat, and smoke. They can't breathe. Seconds count!

BUT THERE'S STILL MORE TO CONSIDER

- What if that garbage bin fire spreads to a nearby garage?
- What if a fire in the garage spread to a home? That little fire is now a big fire.
- What if someone is in that garage, or in that home?
- What if a homeless person, or homeless family were living in a vacant house or building that was lit on fire?
- What if a firefighter was injured or lost his life fighting that fire?

THE PEOPLE AFFECTED COULD BE SOMEONE YOU KNOW

- They could be someone you love. But no matter who the person is, if they get hurt because of a fire you set, the result is the same. It could be a serious one!
- You'll not only regret setting that fire, but you'll be haunted by that horrible memory for the rest of your life. It's something that will be very difficult to live with.
- So before your friends try to get you involved in lighting a fire, think of all the consequences. Think of all the damage, think of all the hurt you could cause. Think of how that could affect you for the rest of your life.



- When friends want you to do something you know you shouldn't do, walk away. That voice in your head that says, "This is a bad idea" is the voice of reason. Listen to it.

DID YOU KNOW THAT YOU'RE A LEADER?

- (*question*) Do any of you have younger brothers or sisters?
- Did you know that they look up to you? Not just your brothers and sisters but your cousins, the young kids in your neighborhood.
- You're a hero to these kids.
- They look at the way you behave, the choices you make, the friends you choose, and they want to grow up to be just like you. That's why they'll often copy what you do.
- If you start lighting fires, they're going to think that it's ok to light fires, and they'll do it too.
- They could get hurt, very hurt. You wouldn't want to see them hurt, or see them get in trouble with the police would you?
- Set a good example for them. Say no to fire.

Discussion: BABYSITTING

- Now that you're in Grade 6, many of you will be taking the babysitting course, as you can start babysitting once you turn 12.
- I thought I'd conclude today's session with a short look at how you should prepare yourself when babysitting.
- Remember when you're babysitting, you are the parent, so you're responsible for the safety of everyone in the house.

WHEN YOU START YOUR BABYSITTING JOB

- Take a walk through the house. Check for any special locks, windows that can't be climbed out of, or anything that would be a problem in case of an emergency.
- During the walk through, check for hazards and things that the children could get into, such as matches, lighter fluid, electrical chords, plastic bags, medication, or anything else that could be dangerous.



- Ask the parents questions, if you have any. Find out what neighbors you can contact if there's an emergency.

HAVE A MENTAL FIRE DRILL

- Ask the parents if their family has a home escape plan.
- Plan on more ways than one to get yourself and the children out of the house in case of fire. Remember each room has two ways out.
- Make sure all the doors and windows are locked from the inside, and lock the front door after the parents leave.

ONCE THE PARENTS HAVE LEFT

- Turn on the porch/outside light.
- If the children are asleep, check on them about every 15 minutes.
- If the children are up, know their location at all times and never leave them alone too long.
- If for any reason you must leave the house, TAKE THE CHILDREN WITH YOU!

IF THERE'S A FIRE

- Sound the alarm -- Yell FIRE as loud as possible!
- If possible, close the door to the area where the fire is. That will hold the fire and smoke at bay while you get everyone out.
- DON'T attempt to put the fire out! That's not your job. Your job is ensuring that the children are safe.
- Get everyone out of the house immediately, and don't go back in for any reason.
- Keep all the children together, and go to an approved neighbor's home.
- Call the Fire Department at 911, or get them to make the call.
- Leave the children with the neighbors, then go back outside to direct the firefighters to the fire if you need to. They'll want to know that everyone is out of the home.



CONCLUSION

- Well that concludes my visit with you guys today, but before I go, does anyone have any questions?
- Thanks for having me out today. Be safe everyone, and before I go I have some handouts for you.

HANDOUTS

- Staying Alive Home Escape Plans
- Staying Alive Word Search Game
- Arson Page
- Staying Alive Babysitting Guide



MODULE 7

GRADE 7 & 8

Lesson Plan:	Fire Safety Home and School
Audience:	Grade 7 & 8
Time:	60 minutes
Materials:	Smoke Alarm, Arson Pictures
Background:	This module expands on the introduction of arson in Modules 5 and 6. Since this is the focus of the discussion any pictures, movies, or visual aids with regards to the destructive power of fire and/or arson would be of great benefit.
Introduction:	Introduce yourself, where you work, & what you do.

- Today I'd like to talk to you about fire safety and fire starting.

Discussion: SMOKE ALARMS

- First I'd like to talk about home fire safety.
- *(Hold up smoke alarm)*
- I'm sure everybody knows what this is.
- But it's interesting to note that not everyone knows what a smoke alarm sounds like? *(Press test button)*
- When you hear that sound, it means that it's time to put your home escape plan into action. We'll be talking all about home escape plans shortly.
- *(question)* Do you have a smoke alarm at home?
- *(optional question)* Where are your smoke alarms located?
- Well you should have a smoke alarm right outside, and even one inside your bedroom.
- There should be a smoke alarm on every level of your house, so that you can be warned about a fire early, and get out as quickly as possible.



- Here's an important question. Does your smoke alarm work?
- Do your parents test them? Your parents should test them once every month to be sure they're ready to work when you need them to.
- If batteries power your smoke alarm, the batteries must be changed at least once a year, or whenever your smoke alarm makes a little chirping noise. That noise means that your smoke alarm is running low on power, and the battery needs replacing.
- If you have a working smoke alarm in your home, then you are twice as likely to survive a fire than someone who doesn't.

Discussion: HOME ESCAPE PLANS

- Everybody here has been involved in a fire drill right? Probably right here at school.
- Has everyone done a fire drill at home?
- As a family you should sit down together and make a home escape plan, and practice it often.
- How many of you have a home escape plan?
- One of the most important things in a home escape plan is to always know 2 ways out of every room. That way if your door is blocked by heat or smoke, you can take the second way out. In most cases that would be a window.
- If you're ever in a fire, do like firefighters do. Stay down low, when you go. You see in a fire heat and smoke rises to the ceiling, and then starts to come down. So the safest, coolest, freshest air is closest to the floor. So the lower you are, the better the air is to breathe.
- Get to your meeting place outside and stay there.

Discussion: BASEMENT BEDROOMS

- *(Question)* Does anyone have a bedroom in the basement?
- *(If anyone does continue)* Can you reach the window, and crawl out if you had to?
- If you CAN'T, talk to your Mom or Dad about ways to get out if there's ever a fire. Move a piece of furniture under the window so that you can climb up on it and reach the window.



- Are there bars on your basement windows? You'll need to know how to open them. If they need a key to open, be sure the key is easy for you to get to.
- Have a fire drill at home with your parents involvement. Practice getting out of your bedroom window, just as you would if the basement stairs were blocked by fire or smoke.
- Since you do have a room in the basement be sure that there aren't any gas, paint products, or any flammable liquids stored indoors. They should only be stored in a shed, or detached garage.
- Is there a smoke alarm the basement? Every level of the house needs one, including the basement. In fact it's recommended that in the basement especially, you should have a smoke alarm in the main living area of the basement, and one inside every basement bedroom.

Discussion: ARSON

- If someone started a garbage container on fire, do you think that would be a problem? Would anyone get hurt? (******Use an example the class can see or relate to, ex. Garbage bin in the parking lot.*)

LET'S TALK ABOUT WHAT COULD HAPPEN

- A fire truck will have to be called to put out the fire. That fire could tie them up for over half an hour. During that time their fire station could get another call. It could be a much more serious call. Someone's life could be in danger. But the fire truck that should be responding is busy putting out that senseless garbage fire.
- A fire truck from the next closest fire station has to now be dispatched. It could take that fire truck an extra 5 minutes or more to get there.

LET'S SAY THE CALL IS FOR A HEART ATTACK

- The firefighters have to be there in the first 5 minutes to save that person's life. The human brain can only survive 4-6 minutes without oxygen.
- The oxygen that person needs for life is on the fire truck. So is the defibrillator to restart their heart. But the firefighters and their equipment could get there too late.
- What if that person having the heart attack was your Grandfather, your Grandmother, Uncle, Dad, or friend?



WHAT IF THE CALL IS FOR A FIRE?

- Firefighters need to respond in the first 5 minutes, if they hope to put the fire out before it gets too big.
- The clock is ticking, and ticking fast.
- If someone is inside the house, the firefighters have to get that person out as quickly as possible to save their life. Anyone inside that house is being exposed to incredible heat, and smoke. They can't breathe. Seconds count!

THERE'S STILL MORE TO CONSIDER

- What if that garbage bin fire spreads to a nearby garage?
- What if a fire in the garage spread to a home? That little fire is now a big fire.
- What if someone is in that garage, or in that home?
- What if a homeless person, or homeless family were living in a vacant house or building that was lit on fire?
- What if a firefighter was injured or lost his life fighting that fire?

THE PEOPLE AFFECTED COULD BE SOMEONE YOU KNOW

- They could be someone you love, your uncle, cousin, grandparent, a good friend. But no matter who the person is, if they get hurt because of a fire you set, the result is the same. It could be a serious one!
- You'll not only regret setting that fire, but you'll be haunted by that horrible memory for the rest of your life. It's something that will be very difficult to live with.
- So before your friends try to get you involved in lighting a fire, think of all the consequences. Think of all the damage, think of all the hurt you could cause. Think of how that could affect you for the rest of your life.
- When friends want you to do something you know you shouldn't do, walk away. That voice in your head that says, "This is a bad idea" is the voice of reason. Listen to it.

DID YOU KNOW THAT YOU'RE A LEADER?

- (*question*) Do any of you have younger brothers or sisters?
- Well did you know that they look up to you? Not just your brothers and sisters but your cousins, the young kids in your neighborhood.



- You're a hero to these kids.
- They look at the way you behave, the choices you make, the friends you choose, and they want to grow up to be just like you. That's why they'll often copy what you do.
- If you start lighting fires, they're going to think that it's ok to light fires, and they'll do it too.
- You know what? They could get hurt, very hurt. You wouldn't want to see them hurt, or see them get in trouble with the police would you?
- So set a good example for them. Say no to fire.

NOW LET'S LOOK AT THIS FROM ANOTHER PERSPECTIVE

- I'd like to hear a few names. Who's your favorite actor, or favorite rock star?
- Well would those people be around today if they'd been caught in a house that someone set on fire?
- If they were together with their buddies and they were trying to set a fire, and they accidentally dripped gasoline on their jeans, and without knowing it, lit the fire, and lit their own pants on fire at the same time, would they be the person they are today?
- What about your favorite teacher? A favorite person in your neighborhood? If they made the choice to set fires, would they be the person they are today?

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

- Give me some occupations that you'd like to be.
- Well if you were to get into trouble with the police for lighting fires, do you still think you'd still have the same opportunities in life?
- Would people be willing to hire you for even a part time job if they knew that you'd had a run in with the police?
- You're at the age now where you make the choices in life.
- The thing is, you have to live with the consequences of those choices.

SO WHAT HAPPENS TO ARSONISTS?

- *(Check out local laws for applicability)*
- In Winnipeg, teenagers that are caught setting fires, go before the court, and could end up spending time in the Youth Center.



- At a minimum, they are under curfew. That means that as soon as school is over, they're expected to go home, and stay there. No going out with your friends, no activities. The Arson Strike Force, and the police do checks to make sure you're at home. It's like house arrest.
- Now if someone were to die in a fire that you set, whether someone in the home or building, or a firefighter fighting the fire, you could be charged with manslaughter.
- Yes, there are many consequences, but one thing's for sure; setting fires will change your life forever.

QUESTIONS

- Does anyone have any questions about our discussion on Arson? Any observations, stories you have from your own experiences to share?

****(depending on how long your discussion about Arson goes, you may want to consider having babysitting safety from Module 6)*

CONCLUSION

- Well that concludes my visit with you guys today. But before I go I have some handouts for you.
- Thanks very much for having me. Let's be safe out there.

MATERIALS AND PAMPHLETS

- Staying Alive Home Escape Plans
- Arson Page
- Staying Alive Babysitting Guide