



Fire Safety Rules for Children

- Never play with matches, lighters or a lighted candle
- Do not play near a fire or heater or leave toys near a fire or heater
- Do not put anything on top of heaters or lights
- Do not touch electric sockets or electric appliances or pull on electric cords
- Never turn on the stove or put anything on top of the stove
- Do not touch pans or skillets on the stove
- If you find matches or a lighter, tell an adult

Fire Instructions for Children

- If you see fire or smoke, find an adult immediately
- Get out of the house
- Get to a phone and call the fire department (you may need to ask a neighbor to help)
- Never go back into the house
- Crawl along the floor if you are in the house and smoke fills the air
- Never hide under the bed or in a closet
- If you cannot get out of the house, go to a room with a window, put something under the door to keep the smoke out, open the window and call for help

Fire Safety Tips for Parents

- Install smoke alarms and regularly check them
- Have an escape plan in case of fire and make sure everyone knows how to get out (keep escape route open and unobstructed)
- Keep matches, lighters and lit candles out of the reach of children
- Never leave a lit candle unattended (blow it out when you go to bed)
- Be extra careful in the kitchen (cooking accidents cause 59% of house fires)
- Use caution when cooking with hot oil (use a thermostat controlled pan)

- Keep clothes and toys away from heaters and keep heaters in a safe place when being used and when they are stored (turn heaters off at night)
- With small children, use a child proof guard in front of a fireplace or heater
- Use plug guards and unplug appliances so children won't trip over cords
- Use childproof locks on cabinets containing anything that could be used to start a fire
- If you smoke make sure cigarettes are completely out and never smoke in bed
- Warn teens about the danger of fire from smoking in case they are around other people who smoke
- If you are tired or have been drinking, use extra caution (half of all deaths occur between 10pm and 8am in household fires)
- Do not leave children alone at home (children can start a fire in minutes if they have access to any material that can start a fire)
- Make sure your house number is easy to see from the street in case you have to call the fire department
- Store flammable liquids outside the house in sturdy containers in ventilated garage or storage room

Fire Safety in the Kitchen

- Keep the oven and stove top clean (fat and food buildup can catch fire)
- Turn pan handles toward the back of the stove and do not leave pan unattended
- Keep electrical cords out of water and do not drape cords over the stove
- Do not hang towels or cloths over the stove
- Don't get distracted while cooking (if you have to go to the door take the pan off the eye)
- Make sure ventilation is working (especially with gas) and keep oven door shut
- When cooking, keep children away from the stove
- Keep the toaster clean and away from curtains
- Do not overload circuits in the kitchen
- Never fill pan more than one third full
- If oil smokes do not add food (turn off heat and let it cool)
- If a pan catches fire do not move it, do not throw water on it, turn off heat if possible (wet a cloth, wring it out and put it over the pan or use a fire blanket if you have one) leave the pan to cool completely
- You can smother a fire with a fire blanket or use a dry powder or a carbon dioxide extinguisher (do not use a fire extinguisher if pan is filled with oil)

- Pull the plug or switch off the power if you have an electrical fire
- Do not cook if you are having strong effects from prescription drugs or alcohol
- Never put metallic items in microwave and never use it to dry clothes
- Do not leave appliances on (stove, dishwasher, washing machine or dryer) if you leave home or when you go to bed
- If there is a fire and you don't think you can handle it, get out, close the door and call the fire department.

Family Escape Plan

- Include the entire family when making an escape plan from a fire and give older family members a smaller member to be responsible for in case of fire
- Pick the easiest way to get out of the house and make sure everyone knows the importance of keeping the escape clear
- Make sure everyone knows what the smoke alarm sounds like and what to do if they hear it
- Discuss openly what to do in case of fire (get out of the house, do not hide)
- Keys to doors and windows should be kept in the same place and make sure everyone in the family (even small children) know where they are
- Everyone should know how to call the fire department (keep the number by the phone) children should know the number and their address
- If you have to escape a fire, decide on a family meeting place outside
- Decide which room in the house would be the safest to get to if there is a fire and you can't get out
- Make sure babysitters know your family escape plan