

FIRE SAFETY TRAINING FOR KIDS

**FREE RESOURCE
PACK FOR PARENTS**





Fire Safety Training for Kids

- Free Resource Pack -

Teaching kids about fire safety and what to do in an emergency is one of the most important life skills we can give them. This printable pack teaches the 6 Rules of what to do in the event of a fire, and with practice, will hopefully keep kids safe and help to get them out of danger quicker.

This resource pack also teaches the concept of the “fire triangle”, showing what causes fires to start and how to put fires out. It can be helpful to use practical teaching methods which allow kids an opportunity under good, safe supervision, to light and extinguish a small controlled fire.

By understanding more about fire, such as the benefits as well as the dangers, this will hopefully take out some of the “intrigue” of fire and allow kids to make informed choices.

We suggest all parents, teachers and caregivers educate themselves in fire safety first. We also advise implementing a fire protocol at home, at school, in the workplace or when travelling, so that everyone knows what to do, fast.

The resource pack also includes very basic First Aid treatment for burns that kids can follow. We strongly advise you attend a full First Aid training course and have a well stocked First Aid Kit available, to ensure you have the knowledge and equipment to treat more severe burns.

Fire Safety Teaching Guide

How to present the programme to kids with practical examples and suggestions.

INTRO TO FIRE SAFETY FOR KIDS

Open with a discussion about how fire helps us cook, stay warm, and see in the dark. Then explain that fire and smoke can also be very dangerous. It can spread fast and hurt people, animals, homes, and nature. Learning fire safety helps keep everyone safe and can save lives.

RULES ON WHAT TO DO IN A FIRE

Teach the simple fire safety rules and rhymes for emergencies. Once kids understand the rules, practise:

- Crawling low to escape ("Get Low and Go")
- Run a drill shouting "Fire! Fire! Fire!"
- What to do if trapped - block door gaps, check handles for heat, and call for help.
- "Stop, Drop and Roll" while covering faces.
- Plan an escape route and safe meeting spot.

FIRST AID FOR BURNS

Teach kids how to do basic First Aid for burns. If you have old supplies in a First Aid kit, you could do a practical session on cooling burns under running water, covering a burn with a dressing and bandaging it.

THE FIRE TRIANGLE - STARTING A FIRE

Explain the 3 components of the fire triangle. Show them pictures as examples and then move into a practical activity that they can participate in.

- Demonstrate firelighting in a fire-pit, explaining that heat, oxygen and fuel are needed to start a fire.
- Show how adding more of any of the 3 components can make it burn stronger (eg. blowing the fire)

THE FIRE TRIANGLE - PUTTING A FIRE OUT

Once fire is going, teach the 3 methods of putting out a fire. (Choose one method to extinguish their fire.)

- **Remove oxygen** - put a steel bucket over fire and hold it down OR pour sand on the fire.
- **Remove heat** - pour water on fire (NEVER on oil or electrical fire) OR use fire extinguisher (let kids try!)
- **Remove fuel** - pull untouched fuel away from flames OR make a firebreak in a sawdust fire demo.

HAVE ALL THE DEMONSTRATION ITEMS READY BEFORE STARTING - SAFETY FIRST!!

RULE 1

**Lighting fires can seem like fun,
But can be dangerous for
everyone!**



DO NOT PLAY WITH MATCHES, CANDLES, STOVES ETC.
FIRES CAN START VERY QUICKLY AND CAN BE HARD TO STOP.

RULE 2

A big fire has lots of smoke!
So make sure you....
GET LOW AND GO!!!



DO NOT HIDE, GO OUTSIDE!!
STAY OUTSIDE AND CALL FOR HELP!!

IF YOU SEE A FIRE, YOU MUST SHOUT “HELP, HELP”,
BUT YOU MUST ALSO SHOUT “FIRE, FIRE, FIRE”!!

RULE 3

**If you are trapped, close the door,
Block gaps with wet towels on the floor.**

**Climb out of a window,
or find another way out,
or signal for help and
SHOUT, SHOUT, SHOUT!!**



SMOKE CAN COME THROUGH THE SIDES OF THE DOOR. TRY TO
BLOCK THE GAPS AS BEST YOU CAN AND MOVE AWAY.

RULE 4

If your clothes catch fire here is the goal,
Straight away
STOP, DROP and ROLL!!!

Stop.



Drop.



Roll.



DO NOT RUN! MOVING AIR MAKES FIRES GROW BIGGER.
LIE DOWN, COVER YOUR FACE WITH YOUR HANDS AND ROLL.

RULE 5

**"Practice your plan, know where to go,
To stay safe in fire - ready, set, go!"**



Assembly point



Fire Extinguisher



Flammable



Emergency Exit



No Open Flames

LEARN TO RECOGNISE FIRE SAFETY SIGNS AND WARNINGS. AS A FAMILY, PRACTICE FIRE DRILLS TOGETHER AND AGREE ON A SAFE ASSEMBLY POINT OUTSIDE WHERE EVERYONE MEETS.



First Aid For Burns

If you or someone else gets burned
you can help them by:

- Move away from what's burning you (fire, hot water, or steam).



- Cool the burn under cold running water for 20 minutes.



- Gently take off tight clothes or jewellery, but don't pull off anything stuck to the skin.



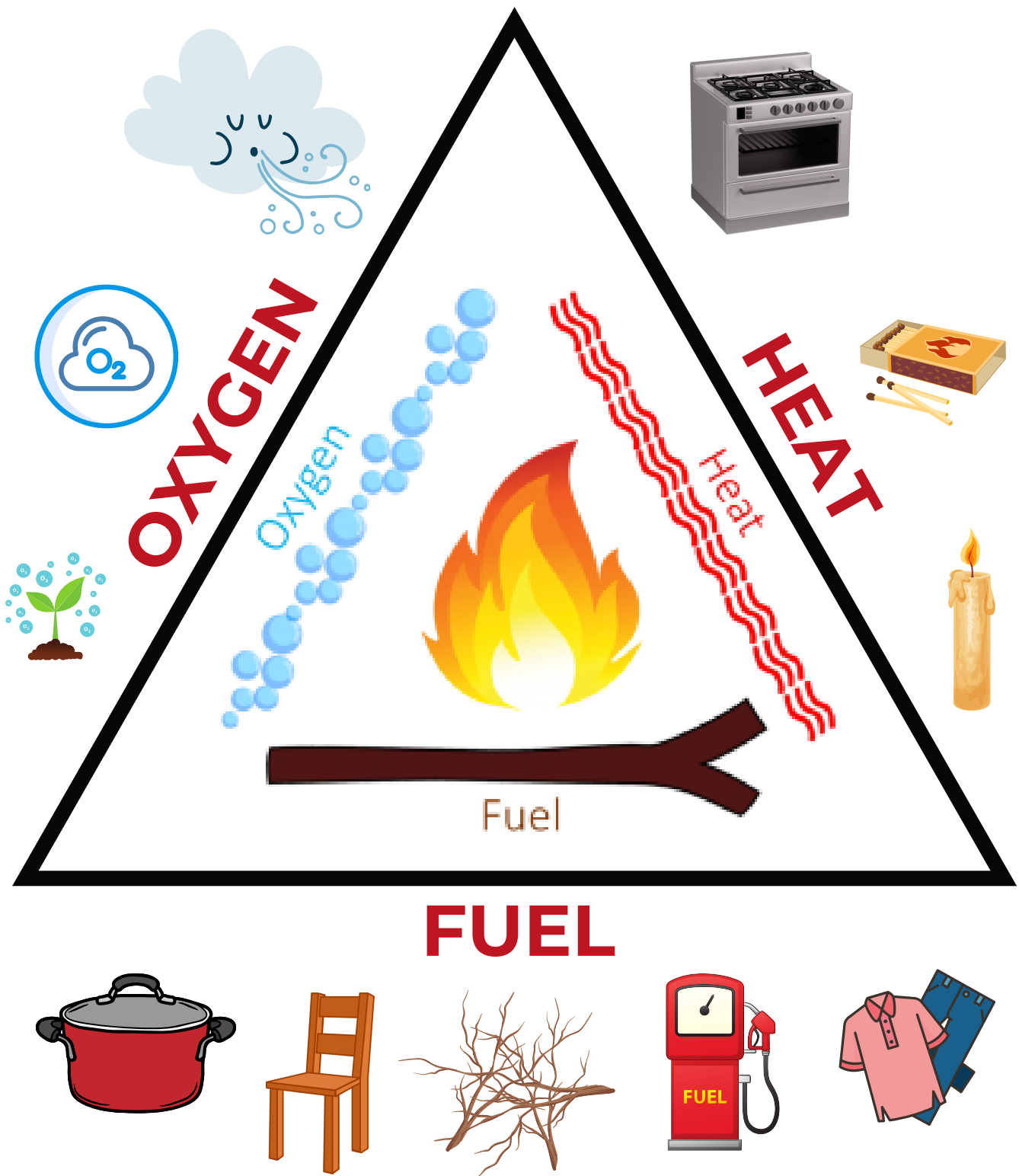
- Cover the burn with clean cling film or a special burn dressing.



IF THE BURN AREA IS DEEP OR BIGGER THAN YOUR PALM, THE
CASUALTY MUST GO TO HOSPITAL.

The Fire Triangle

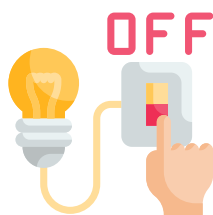
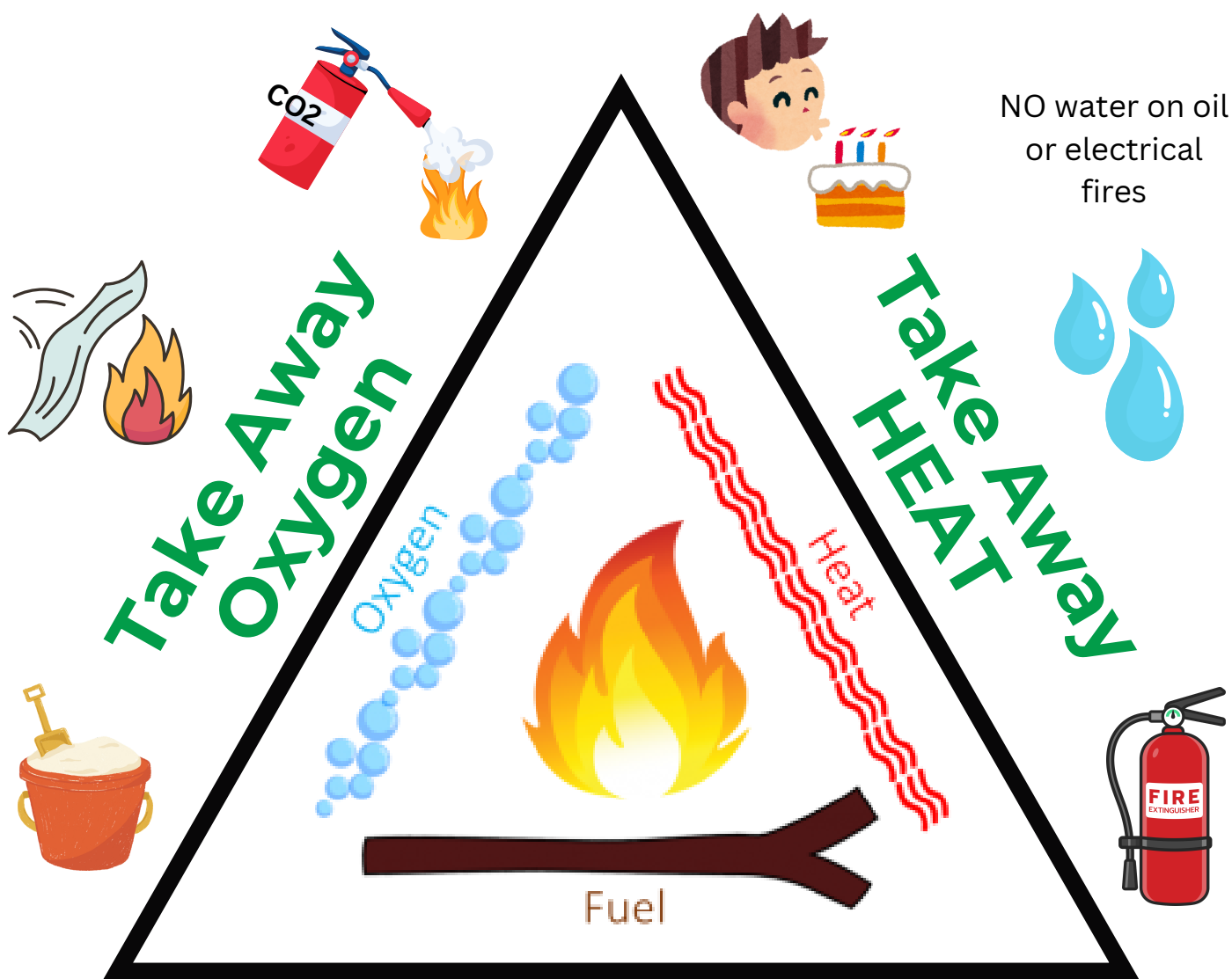
Starting a fire



YOU NEED ALL 3 FOR A FIRE TO START

The Fire Triangle

Putting out a fire



TAKE ONE AWAY TO PUT OUT A FIRE



THANK YOU FOR PARTICIPATING IN OUR FIRE SAFETY INITIATIVE, WE HOPE IT WAS INFORMATIVE AND ENJOYABLE FOR EVERYONE INVOLVED.

PLEASE SHARE THIS FREE RESOURCE WITH FRIENDS, FAMILY AND COLLEAGUES, SO THAT WE CAN ALL WORK TOGETHER TO KEEP OUR COMMUNITIES SAFE.

WHO ARE WE?

We are Vital First Aid International, a team of dedicated individuals led by Sandy Swanepoel, an internationally qualified First Aid trainer and Nurse. Our aim is to ensure there are First Aid trained individuals and premium quality First Aid kits in every home, workplace and community in Zimbabwe, while our vision is to reduce preventable deaths through education and practical First Aid skills, always driven by our motto... HELPING SAVE LIVES.

We run fully UK accredited First Aid courses for many different sectors of our society, including Domestic Staff and Childminders, Basic and Advanced Paediatric First Aid Courses, Basic and Advanced First Aid at Work Courses and many more. Each course is based on the most up-to-date information provided by the Resuscitation Council of the UK and has been adapted to be as relevant to our lives in Zimbabwe and Africa as possible.

Vital First Aid International also sells high quality First Aid kits that are specifically selected to deal with the unique emergencies we can face on a daily basis. From everyday minor injuries at home, to traumatic, life threatening injuries, situations and encounters in remote bush locations, our kits ensure you are always prepared to offer help when needed. Together, we can take steps necessary to save lives and make a positive impact in Zimbabwe and beyond.

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION ON FIRST AID COURSES AND QUALITY FIRST AID KITS