



REFERENCE GUIDE

For Fire Safety Educators

FIRE SAFETY SKILLS STATIONS KEY MESSAGES

General Audience



VERMONT DEPARTMENT OF PUBLIC SAFETY
DIVISION OF FIRE SAFETY
Public Education & Information Section

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firesafety.vermont.gov



The Vermont Essentials of Fire Prevention



Prevention

- **Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.**
- **Routinely perform a simple visual home safety inspection and repair any problems.**
- **Be careful when using candles or any open fire.**
- **Follow manufacturer's instructions and any code requirements for equipment and use the equipment properly. Check electrical cords for cracks, breaks, damage, or overheating. Repair or replace when needed.**



Detection

- **Install photoelectric smoke alarms that are electrically wired, with a battery back-up, in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement.**
- **Install carbon monoxide alarms close to where you sleep.**
- **Interconnect all smoke alarms throughout the home.**
- **Maintain alarms by regular testing, cleaning and replace the batteries twice a year.**



Escape

- **Identify at least two ways out of every room, if possible. Make sure all doors and windows that lead outside open easily.**
- **Make a home escape plan. Draw a floor plan of each level of the home. Discuss and practice it with all members of your household.**
- **Have a plan for anyone who may need assistance in your home, such as young children, older adults and people with disabilities.**



Suppression

- **For small fires keep a fire extinguisher handy and know how to use it.**
- **If you are building or remodeling your home, install a home fire sprinkler system.**
- **If you live in a rural area, locate the closest reliable water supplies like a dry hydrant, pond or river. Provide clear year-round access to water supplies that might be required for firefighting.**

FIRE SAFETY SKILLS STATIONS

KEY MESSAGES for a General Audience

- To prevent cooking fires, you must be alert. You will not be alert if you are sleepy, have consumed alcohol, or have taken medicine or drugs that make you drowsy.
- Never leave cooking unattended, Stay in the kitchen when you are frying, boiling, grilling, or broiling food.
- Kids need to stay away from hot things. Keep a kid free zone of 3' around the stove.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
- Keep anything that can catch fire oven mitts, wooden utensils, food packaging, towels, curtains—away from your stovetop.
- Handles of pots and pans should be turned inside, so no one can bump them and spill hot food that can cause burns.
- Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire.
- Use microwave safely. Do not put metal objects in the microwave
- Plug microwave ovens or other cooking appliances directly into a wall outlet. Never use an extension cord. Unplug small appliances when not in use.
- Make sure ground fault circuit interrupters (GFCIs) are installed in bathrooms, basements, garages, outdoors, and kitchen counters. Test GFCIs once a month by pushing the test button.
- If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan. Leave the lid on until the pan has cooled. Get out and call the fire dept. Never pour water on a cooking pan grease fire.



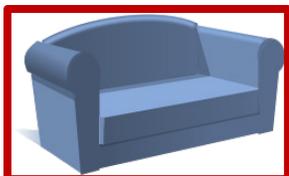
For additional details, information and optional teaching activities please refer to the fire safety house skill station lesson plan or visit firesafety.vermont.gov

FIRE SAFETY SKILLS STATIONS

KEY MESSAGES for a General Audience

LIVING ROOM

- **Keep matches and lighters in proper places. Explain the difference between tools and toys to kids. Lighters that look like toys can confuse children and cause fires, injuries, and death. Do not buy or use them.**
- **All heaters need space. Keep anything that can burn at least 3 feet (1 meter) away from heating equipment.**
- **Trash should not be burned in the fireplace or woodstove.**
- **Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet (3 meters) away from the home and any other nearby buildings. Never empty the ash directly into a trash can. Douse and saturate the ashes with water.**
- **Chimneys and vents need to be cleaned and inspected by a qualified professional at least once a year.**
- **Consider using battery-operated flameless candles. When using candles, place them in sturdy, safe candleholders that will not burn or tip over. Keep candles away from anything that can burn. Do not leave a burning candle un-attended.**
- **Toys and other materials should not be left in halls or on stairways as they can cause you to trip and fall.**
- **Gasoline, kerosene, propane and other flammable liquids should not be stored in the house.**
- **Install CO alarms inside your home in a central location outside each separate sleeping area and on every level of the home. (NOTE >> Vermont Law requires one to be installed close to the bedroom areas)**



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FIRE SAFETY SKILLS STATIONS

KEY MESSAGES for a General Audience

BED ROOM

- **Smoke alarms save lives. Every home needs smoke alarms. Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may require additional smoke alarms to provide a minimum level of protection. (NOTE >> Vermont Law requires photoelectric only smoke alarms.**
- **When the smoke alarm sounds, get out and stay out. Go to the outside meeting place. Call 9-1-1.**
- **Make a home escape plan. Draw a map of each level of the home. Show all doors and windows. Know two ways out of every room. Mark them on the map.**
- **Practice the Home Fire Drill. Discuss the plan with everyone in your household, including visitors.**
- **Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them.**
- **Smoke is poisonous. If you must escape through smoke, get low and go under the smoke to your way out.**
- **Before opening a door, feel the doorknob with the back of your hand and then the door. If either is hot, leave the door closed and use your second way out.**
- **All Portable Electric Space Heaters need space. Keep anything that can burn at least 3 feet (1 meter) away from heating equipment. Turn heaters off when you go to bed or leave the room.**
- **Check electrical cords often. Replace cracked, damaged, and loose electrical or extension cords. Do not try to repair them. Avoid putting cords where they can be damaged or pinched by furniture, under rugs and carpets, or across doorways.**



➤ HOME FIRE SPRINKLERS

Home fire sprinklers protect lives by keeping fires small. Because of the quick reaction of the sprinkler system, it can reduce the heat, flames, and smoke produced in a fire, allowing people more time to escape.

Home fire sprinklers activate on an individual basis. Only the sprinkler closest to the fire will activate, spraying water on the fire and not the rest of the home.

➤ IF YOU ARE ON FIRE

If your clothes catch fire, stop, drop, and roll. Stop, drop to the ground and cover your face with your hands. Roll over and over or back and forth until the fire is out.

If you cannot stop, drop, and roll, keep a blanket or towel nearby to help you or others smother flames.

➤ CALLING FOR HELP

Call 9 1 1 in a true emergency from a safe place, provide the 911 operator with:

- Your name
- The location of the emergency Where are you calling from? (Where do you live?)
- Tell them what the problem is (house is on fire) Who needs help? Is the person awake and breathing?
- Give them the number of the telephone you are calling from.

➤ DON'T FEAR A FIREFIGHTER IN GEAR

The firefighter is a community helper who protects people from fire and keeps them safe. Firefighters are our friends.

Firefighters wear special gear (clothes and equipment) to help them stay safe from fire and smoke. We do not need to be afraid of firefighters even though their equipment can look and sound funny.

➤ FIRE DRILLS AT SCHOOL

Students should know the sound of the fire alarm and respond immediately. Stop everything. Listen for instructions. Go quickly and quietly out of the classroom to the assigned meeting place outside the school for roll call.



OTHER TOPICS

➤ COOL A BURN

If someone gets burned, immediately place the wound in cool water for 10 to 15 minutes to ease the pain. Do not use butter on a burn, as this could prolong the heat and further damage the skin. Seek medical assistance immediately.

➤ PORTABLE FIRE EXTINGUISHERS AND FIRE FIGHTING

As a general rule, firefighting should be left to the fire department. Only adults who know how to use portable fire extinguishers should use them.

Before trying to fight a fire, be sure that:

- You know how to use the fire extinguisher and it is the correct type.
- Everyone else has left the home and someone is calling the fire department.
- The fire is small, confined, and not spreading.
- You have a clear escape route.

If the fire does not go out after using one extinguisher, back out of the room and get outside.

➤ SUMMER FIRE SAFETY

Because of the danger, All fireworks, NOT including sparklers and novelty devices, are illegal in Vermont except for permitted, supervised public fireworks displays.

Leave fireworks to the professionals, attending a public display is the smartest and safest way to enjoy fireworks.

Camp Fires need to be at least 25 feet away from anything that can burn. All outdoor fires must be constantly attended and closely supervised. Make sure the fire is out before leaving. Fire extinguishing equipment must be readily available nearby.

Gas and charcoal grills should be used out doors and placed well away from the home and other activities. Keep children and pets 3 feet away.

When using a lawnmower, never fuel it while it is still hot. Give it a few minutes to cool down.

When checking in at a hotel, B&B, motel or renting a seasonal property, do not forget to consider the fire safety of the place. Examine if there are fire exits, firefighting equipment, working smoke detectors and clear signage of the escape route.



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MAKE EVERY DAY A FIRE SAFE DAY



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