



LESSON PLAN

Fire and Life Safety House



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The Fire and Life Safety House is a unique and fun way to teach fire prevention and home escape planning.

Lesson Overview

This lesson is intended for fire departments with access to a Fire and Life Safety House, a portable classroom where firefighters teach fire safety and home escape planning. Time constraints and physical space limitations require creativity in delivering this lesson. To effectively teach inside the Fire and Life Safety House, two instructors are required, with a third adult acting as a spotter. It is up to the presenting fire safety personnel and the fire department to know the capacity of their Fire and Life Safety House prior to scheduling the lesson.

The Fire and Life Safety House can be setup at schools or community events. Ensure that you arrive early to the event site to prepare the Fire and Life Safety House for the lesson. Place a mat at the base of the escape ladder to accommodate any awkward descents. Determine what area or prop will be used as the outdoor meeting place. Ensure the site has access to power and shelter from bad weather. Consider the setup requirements for your Fire and Life Safety House, which can vary depending on the type, such as mobile trailers or inflatable houses.

Note: For information about different kinds of Fire and Life Safety Houses, as well as building, converting and using Fire and Life Safety Houses, contact your regional Fire Services Advisor within the Office of the Fire Commissioner.

Lesson Objectives

- Know the sounds of smoke alarms.
- Know that you should leave the building and stay out when the smoke alarm sounds.
- Identify two ways out of a room and a meeting place outside.
- Practice a fire escape drill.
- Practice stop, drop and roll if their clothes are on fire (optional Topic 4).
- Review the procedure for treating minor burns and strategies to prevent burns in the kitchen. (optional Topic 5).

Resource List

Instructor Materials

- Crawl Low Under Smoke picture and questions
- Optional Topic 4 – Stop, Drop and Roll picture and questions
- Optional Topic 5 – Cool a Burn picture and questions

Fire Department Materials

- Fire and Life Safety House
- Smoke alarm or visual smoke alert

Optional Materials

- Mats or blankets
- Certificates, stickers, ribbons

Take-home Handouts

- Our Home is Fire Safe package

Teaching Tips

- Tell the group that rules are in effect when inside the Fire and Life Safety House, including raising their hand before asking or answering questions.
- Establish clear guidelines for moving within the Fire and Life Safety House. Children's safety is a priority. Ensure adequate supervision. Place a soft mat or blanket at the base of the ladder to cushion any awkward descents.
- Provide the group with an overview of the lesson and approximate timelines. Children and adults will want to know what to expect.
- Deliver the lesson in an exciting and fun manner.
- Ensure children enter and leave the Fire and Life Safety House slowly and calmly.
- Explain the benefit of learning each fire safety behaviour. Describe the behaviour, demonstrate it, then have the group perform the behaviour.
- Remember to repeat key messages at the conclusion of the lesson and be positive in your interactions with the group.
- Determine what things are safe for children to touch or hold while in the Fire and Life Safety House.
- Encourage participation and positively reinforce correct responses to questions. If you get an incorrect response, reinforce their effort, then redirect to another participant. Do not put a child on the spot.
- Encourage the group to share what they have learned with the people they live with, including parents, grandparents, caregivers, Elders or siblings.

Agenda

Total lesson time: 15 minutes (25 minutes if including optional topics)

Lesson Topics	Time
Introduction	1 min
Topic 1: Smoke alarms	3 min
Topic 2: Home escape planning	5 min
Topic 3: Fire drill practice	5 min
(Optional) Topic 4: Stop, drop and roll	5 min
(Optional) Topic 5: Burn prevention and treatment	5 min
Conclusion	1 min

Lesson Plan


Introduction

Time: 1 minute

Outline	Time	Resources
<p>Fire and Life Safety House Introduction</p> <ul style="list-style-type: none">• Introduce yourself and welcome the group inside the Fire and Life Safety House.• Remind everyone that rules are in place when inside the Fire and Life Safety House, such as:<ul style="list-style-type: none">– Respect others by keeping hands to yourself– Raise your hand to ask/answer questions• Provide an overview of activities to follow. <p>SAY! “Today we are going to look at some important things for you to know and practice in your home to help you and the people you live with stay safe from fires.”</p> <ul style="list-style-type: none">• Ensure supervision is available as you proceed with the tour.	1 min	

Topic 1: Smoke alarms


Time: 3 minutes

Outline	Time	Resources
<p>Smoke Alarms</p> <ul style="list-style-type: none"> Using a prop smoke alarm or visual smoke alert, explain in simple terms the function of smoke alarms. Explain that a smoke alarm warns people of smoke or fire by smelling for smoke. Explain that when the smoke alarm sounds “beep, beep, beep!” or it flashes bright lights, it means to GET OUT of the building they are in and STAY OUT. Explain that every home should have working smoke alarms. Explain that there should be a smoke alarm where they sleep to protect them. 	2 min 30 sec	Smoke alarm or visual smoke alert
<p> Topic Close Out</p> <p>Say these key messages:</p> <ul style="list-style-type: none"> A smoke alarm in your home helps keep you and the people you live with safe. When you hear a smoke alarm beep, get outside, stay outside and wait there until a grown-up says it’s safe. <ul style="list-style-type: none"> – Note for deaf or hard of hearing group members: When you see smoke alarm lights or feel a shaker, get outside, stay outside and wait there until a grown-up says it’s safe. Every home should have working smoke alarms. 	30 sec	

Topic 2: Home escape planning


Time: 5 minutes

Outline	Time	Resources
<p>Two Ways Out</p> <ul style="list-style-type: none"> Explain to the group that they must know two ways out of each room in their home. Ask them to point to two ways out of the room in the Fire and Life Safety House. Point to a door and a window. <p>Escape Behaviours</p> <ul style="list-style-type: none"> Explain to the group that if there is smoke, they must roll out of bed, stay low and crawl to the nearest exit. Using the Crawl Low Under Smoke picture provided, explain that the dangerous smoky air is up and the safer, cleaner air is close to the ground. Demonstrate to the group that they must check the door before opening it because fire and smoke may be on the other side. Direct them to check the door for heat by staying low and feeling the doorknob and then the door. If the door feels cool, they should put their shoulder against it and SLOWLY open it a crack and leave the building if it's safe. If the door feels warm or if they see smoke or flames on the other side of the door, they should close the door and go to their second exit. Explain to the group that if they are unable to go out either exit, they should place a towel or blanket at the base of the door and signal for help at the window with a flashlight or by waving a light-coloured cloth. If they have a phone, they should dial their local emergency number and report where they are. <p>Outside Meeting Place</p> <ul style="list-style-type: none"> Explain to the group that after they get outside, they should gather at a meeting place and stay there until a grown-up says it's safe. Ask the group to identify a good meeting place outside their home, such as a tree, a neighbour's home, a street sign or mailbox. <p>Reporting Emergencies</p> <ul style="list-style-type: none"> Explain to the group that once they are outside, they need to call the fire department using a cell phone or a phone outside the building, such as at a neighbour's home. After reporting the fire, they should wait for the fire department at their meeting place. Ask the group to recite the emergency phone number for their community. Note: Although many communities have access to the 9-1-1 system, some still do not. Identify the emergency phone number within the community you are presenting to. 	<p>4 min 30 sec</p>	<p>Crawl Low Under Smoke picture and questions</p>

Outline	Time	Resources
<ul style="list-style-type: none"> • Explain that when reporting an emergency, they must clearly state the following: <ul style="list-style-type: none"> – The type of emergency they are reporting – Their name – Their address – Their phone number 		
 <p>Topic Close Out</p> <p>Say these key messages:</p> <ul style="list-style-type: none"> • Identify two ways out of each room. Look for doors and windows. • Crawl low under smoke. • Have a meeting place outside. • In a fire emergency, call 9-1-1 or your local emergency number. 	30 sec	


Topic 3: Fire drill practice

Time: 5 minutes

Outline	Time	Resources
<p>Escape Practice</p> <ul style="list-style-type: none"> • Allow the group an opportunity to practice a fire drill escaping from the bedroom of the Fire and Life Safety House. For safety, station the adult supervisor outside the house where the group participants are exiting. The instructor should remain in the bedroom area to assist the group with their exit practice. • If using a smoke alarm as part of the drill, mention that the alarm is very loud and/or bright. The group may want to cover their ears to muffle the sound. • Tell the group you will now practice a fire drill. Give them the choice to exit the house from the door or the window. Sound the smoke alarm and have group members, one at a time, complete these actions: <ul style="list-style-type: none"> – Roll out of the bed – Crawl low to the door – Check the door – Go to their second exit (the window) – Climb carefully down the ladder to the supervisor below • Once they have exited, they must go to the prearranged outside meeting place. 	<p>4 min 30 sec</p>	<p>Smoke alarm or visual smoke alert</p>
<p> Topic Close Out</p> <p>Say these key messages:</p> <ul style="list-style-type: none"> • To survive a fire, these are actions everyone needs to know. These actions need to become second nature. • It is important to practice a fire drill calmly and safely twice a year with the people you live with. 	<p>30 sec</p>	


(Optional) Topic 4: Stop, drop and roll

Time: 5 minutes

Outline	Time	Resources
<ul style="list-style-type: none"> • Using the Stop, Drop and Roll picture provided, explain that the stop, drop and roll procedure is used when clothing catches fire. To enhance discussion, use the prompts on the back of the picture. • Explain that rolling puts the fire out by taking away the air and that covering the face with hands prevents burns. Demonstrate stop, drop and roll and ensure the following key points are covered: <ul style="list-style-type: none"> – Stop do not run. – Drop to the ground immediately where you are (whether indoors or out) and cover your face with your hands. – Roll over and over to smother the flames. • State that everyone, no matter what age, needs to know how and when to stop, drop and roll. • Emphasize that children should stay away from things that are hot and always have an adult present when they are around fire or hot things. • Ask one participant (preferably a child) to demonstrate the procedure. 	4 min 30 sec	Stop, Drop and Roll picture and questions
 <p>Topic Close Out</p> <p>Say these key messages:</p> <ul style="list-style-type: none"> • Know when to stop, drop and roll. • If your clothes catch fire, stop where you are, drop to the ground, cover your face with your hands and roll back and forth until the flames are out. 	30 sec	

(Optional) Topic 5: Burn prevention and treatment

Time: 5 minutes

Outline	Time	Resources
<p>Cool a Burn</p> <ul style="list-style-type: none"> • Using the Cool a Burn picture provided, review the cool a burn procedure. To enhance discussion, use the prompts on the back of the picture. • Ensure that the following key points are covered: <ul style="list-style-type: none"> – Children should stay away from things that are hot or could get hot to avoid getting burned. – Burns hurt but cooling the burn by running cool water over the burned area for at least 10 to 15 minutes can stop the skin from burning further and help ease the pain. – If a burn is severe, call your local emergency number or a doctor right away. • Ask the group members to raise their hand and share something in a home that is HOT and NOT HOT. Discuss ways to stay safe around hot things in the kitchen. Responses should include: <ul style="list-style-type: none"> – Staying alert while cooking and never leaving cooking items unattended. – Using potholders or oven mitts when handling hot pots, pans or baking trays. – Maintaining a clear cooking zone (no children or pets). – Being careful around hot food or water. 	<p>4 min 30 sec</p>	<p>Cool a Burn picture and questions</p>
<p> Topic Close Out</p> <p>Say these key messages:</p> <ul style="list-style-type: none"> • Treat a burn right away. Cool a burn by running cool water over it for 10 to 15 minutes. • Call 9-1-1 or call a doctor if the burn is severe. 	<p>30 sec</p>	

Conclusion

Time: 1 minute

Outline	Time	Resources
<p>Conclusion</p> <ul style="list-style-type: none"> Briefly review the topics covered. Emphasize to the group the importance of sharing the knowledge they have gained with their parents, grandparents, caregivers, Elders or siblings. Preventing fires before they start is everyone’s responsibility. Encourage the group to apply their new knowledge to other situations where home escape planning is important, such as apartment buildings, hotels and other friends and family members’ homes. Tell the group that although they learned about fire safety at home, there is more to learn about outdoor fires. For more information and resources on wildfires and how to keep the outside of their homes fire safe, they can visit the FireSmart BC website (firesmartbc.ca). Answer any questions the group may have. Thank the group for their attention and participation. Distribute any department certificates, stickers or ribbons. Share appropriate handout material with the teacher or the group, including the Our Home is Fire Safe package. If using Evaluation Form: Emphasize the importance of teacher or group feedback and ask that they complete the Evaluation Form. 	<p>1 min</p>	<p>Certificates, stickers, ribbons</p> <p>Take-home handouts</p> <p>Our Home is Fire Safe package</p> <p>Evaluation Form</p>

Materials and Handouts

Instructor Materials

To be used during the lesson in support of the topics listed below.

- Crawl Low Under Smoke picture and questions (Topic 2)
- Stop, Drop and Roll picture and questions (optional Topic 4)
- Cool a Burn picture and questions (optional Topic 5)

Take-home Handouts

To be provided after the lesson. Handouts can be assigned as homework or completed after the lesson.

- Our Home is Fire Safe package



Crawl Low Under Smoke





Crawl Low Under Smoke

Here are some questions to ask the children. Encourage them to tell you the correct answers.

Q: What should you do if there is smoke in the room?

A: Crawl low under the smoke.

Q: Why should you crawl low under smoke?

A: The dangerous smoky air is up, and the safer, cleaner air is close to the ground.

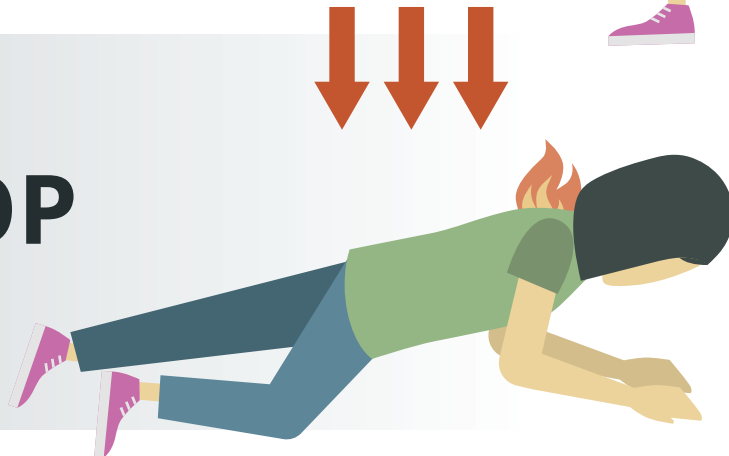


Stop, Drop and Roll

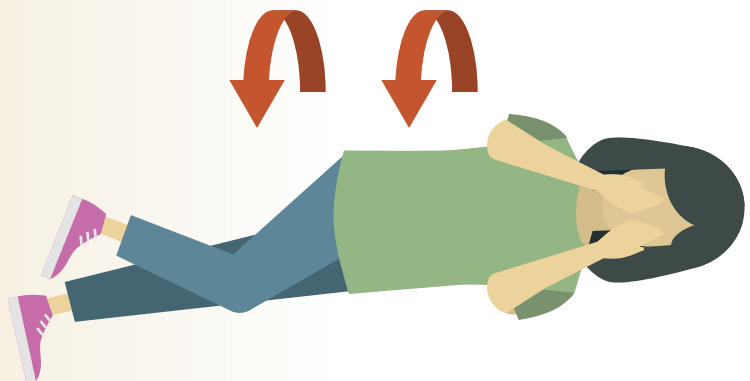
1. STOP



2. DROP



3. ROLL





Stop, Drop and Roll

Here are some questions to ask the children. Encourage them to tell you the correct answers.

Q: What should you do if your clothes catch on fire?

A: STOP, do not run. DROP immediately to the ground where you are (whether indoors or out). Cover your face with your hands and ROLL over and over.

Q: Why perform Stop, Drop and Roll?

A: Running makes the flames bigger. Covering your face with your hands prevents burns. Rolling over and over smothers the flames by taking the air out of the fire.

Q: How can you avoid catching your clothes on fire?

A: Always stay away from hot things that could catch your clothes on fire.

A: Always have an adult present when you are around fire.



Cool a Burn





Cool a Burn

Here are some questions to ask the children. Encourage them to tell you the correct answers.

Q: What can you do so you do not get burned?

A: Stay away from things that are hot or can get hot.

Q: Do burns hurt?

A: Yes, burns hurt!

Q: What should you do if you get burned?

A: Cool the burned area by running cool water over it. Never use ice, butter or creams that can make the burn worse. The cool water can be from any source, including a sink, bathtub or even your dog's water bowl!

A: Always tell a grown-up.

Q: How long should you cool a burn?

A: At least 10-15 minutes.