



Safe Signals

Fire and burn safety at home

Autism Speaks™
FAMILY SERVICES



*Together, we've begun to shift....
...away from exclusion, towards inclusion;
away from dependence, towards independence.*
— William Jefferson (Bill) Clinton, Former US President, 1993

Dedication

To Justin, Tommi Lee, Alissa, Seamus, Tom, and Zoe, for your courage and work on this project. We are all each other's teachers. You inspire me. —LMJ

To the families: May you find the strength to support your children as they meet life challenges, the willingness to step back as they achieve, and love for the days in between. —PC

To all the families who find this resource, learn to be safe and take care of each other by first taking care of yourself. —DM

To my family, Doug, Sarah, Adam and Lanie who believe in me and support my every endeavor. To all the wonderful burn patients I have had the privilege to work with. —RC

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Fire and burn safety at home

Getting started

Whether you live with parents, roommates, caregivers or by yourself, you need to know how to be safe inside your home. Accidental injury is a problem for everyone.

Safe Signals is a project to promote fire and burn safety for older teens and young adults. The materials were written for young adults and parents to talk about safety. The first section of the workbook gives suggestions for supporting safety. The second section gives young adults visual cues of safety room by room. The final section has fire prevention information. It is a project created by health professionals and educators who had the chance to work with, and learn from, young adults on the autism spectrum.

The *Safe Signals* video and workbook cover fire and burn safety in the kitchen, bathroom, bedroom, living areas and utility spaces. The vinyl clings reinforce these safety messages. They are the quick “signals” we hope will be a constant reminder of safety. Place the vinyl clings where you can see them.

Everyone has different safety needs, and each living space may have different safety challenges. We have highlighted many of the challenges that can lead to burns, hot water scalds, and accidental injury inside the home. There may be other skills or behaviors to learn or reinforce for safety. Do what you can to make each space safe:

- Create a safety plan for each room
- Plan and practice safety behaviors
- Have a fire escape plan
- Use *Safe Signal* messages as safety reminders
- Seek out community resources to help with safety

From our family to yours, we wish you safe living!

The Safe Signal Team



Fire and burn safety at home

Supporting safety

Talking about safety

Teens and young adults want to be independent. They strive to learn about their world and take control of their lives, but **safety is everybody's responsibility**. If you have not talked about safety recently, use these questions or statements to introduce new topics or behaviors for home safety:

- “It’s been a while since we practiced our home safety or fire escape plan. Why don’t we take a few minutes to remember what to do?”
- “When I was at the store, I bought a new can opener (or other product). How about we both learn how to use it?”
- “I was talking with (family or friend’s name) and their young adult (name) is learning how to use the microwave (or other product) safely. When you are ready, I can show you how to do this too.”
- “You’re growing up fast. I’ve watched how well you are using the dishwasher (or doing another behavior). I’d like to help you learn some other skills so that you can be safe.”
- “We already have rules or a plan of action for (name the behavior). What we need to talk about is this (safety behavior).”
- “I love you and am concerned about your safety. We need to talk about how to do (behavior) safely.”

Talk isn't cheap...

...it's priceless.

Keep talking about safety. Safety is everybody's business.

Fire and burn safety at home

Supporting safety

Preparing for safety

Young adult:

- ◆ Am I ready physically and emotionally for this responsibility?
- ◆ How well am I able handle tasks that are not routine?
- ◆ Have I already practiced this skill? How much more practice may be needed to make it part of my routine?
- ◆ Do I have the skills to learn the problem solving, predicting and sequencing to do this behavior in the order needed?
- ◆ Are there other behaviors that need time and practice first, before I am ready for these new behaviors?
- ◆ How will I react if I have trouble learning these new safety skills? What do I need to do to prepare myself if I get frustrated while learning or practicing these skills?

Parent:

- ◆ What can I do to maximize success during practice? What safe guards can be put into place for protection?
- ◆ How can I best support positive behavior if something doesn't go well? What kind of back up plan is in place so that we feel comfortable while practicing these behaviors together?
- ◆ How can I use prompts, reinforcement or role play effectively? How can I use other positive behavior techniques as he or she starts the behavior, responds to each step or finishes the task?
- ◆ Are there financial issues that need to be considered?
- ◆ Do I have the positive attitude, sense of humor, patience and persistence to work on this behavior with my child?

Supporting safety

Practicing safety skills takes time and encouragement

To build safety skills for safe living, have an action plan. Talking about safety may not be a priority for your teenager or young adult. He or she may also not be aware of your concerns. Safety skills take time to develop. Some lessons may take a few minutes but need a lifetime of reinforcement.

Here are ways to reinforce safety behaviors:

1. **Use prompts:** Cues or signals that help someone to learn a skill or behavior. They ask the person to pay attention and respond. Prompts should be specific, such as, “Turn on cold water first, and then add warm water when washing hands to avoid getting burned.”

Teach the new behavior slowly so he or she has time to process the behavior. Some young adults learn best by **starting with the first step or two and mastering them**. The other person does the rest of the steps. Over time, more steps are added until the young adult can do all of the steps him or herself.

Another way to use prompts is to **teach behaviors in reverse**. All of the steps for a safety behavior are done by one person and then the young adult completes the last step. Over time, the young adult learns the last two steps, and then the last 3 steps, until all steps are learned. Prompts are needed until the task is mastered.

2. **Use positive reinforcement:** Keep building motivation for the skill or behavior being learned. Give positive rewards for behavior that are done *correctly and in the correct order*. Learning the sequence for a behavior is very important. For example, in the event of a fire, your young adult needs to know to get out of the home *first*, and *then call 911*. *Correct mistakes* early in the learning process. The young adult may or may not master the entire task.

3 paths to safety

Patience. Patience. Patience.
Work to view my autism as a
different ability, not a disability.

—Ellen Notbohm
*Ten Things Every Child with Autism
Wishes You Knew*

Fire and burn safety at home

- 3 . Use role playing:** Reinforce specific steps of a behavior by taking turns practicing the skill. Break each behavior into a series of steps or tasks. This can be done by the young adult observing other people doing the skill first, before trying it him or herself. Role playing builds confidence while learn safety skills.

How to wash dishes without getting burned

Washing dishes is an example of how simple tasks can have a number of steps to be completed. This workbook highlights many safety skills, and encourages the guidance of parents to best meet their young adults' needs.

1. Plug the drain.
2. Squirt soap into the sink.
3. Turn on the faucet to add cold water to the sink.
4. Slowly add warm water to the sink and turn off faucet when the sink is about 1/4 full.
5. Wash silverware and drinking glasses first by putting them into the soapy water.
6. Use the sponge or cloth to wash the items.
7. Turn on the faucet starting with cold water, adding warm water to rinse the item.
8. Place items into a drying rack or dry with a clean towel.
9. Go back to step 5 to 8 to wash plates, and then pots and pans.
10. Place the dry items back into the cupboard.



Fire and burn safety at home

Support safety

Have a plan when talking about safety

Create a plan of action for the safety skills or behaviors specific to the young adult who is learning. Consider how her or she learns best and work to their strengths. Use these tips:

- ◆ **Have clear expectations.** Young adults may not recognize unhealthy or unsafe conditions. Learning to anticipate when safety is a concern can be a challenge. Be realistic with ability to learn and practice safety behaviors.
- ◆ Set aside 10 to 15 minutes to **introduce the topic.** Focus on the most important skills or behavior first. Plan to repeat these sessions over several days or weeks. Each session is a stepping stone toward independence.
- ◆ If there are fears of injury or the young adult has been injured in the past, you may need to desensitize him or her to the topic first. Young adults with sensitivity to light, touch, or sound may need extra support. Special safety products can be bought, such as smoke alarms that use voice recording instead of an alarm. Have products available when talking about safety to encourage safety behavior.
- ◆ When teaching about safety, **identify and label each step in the behavior process.** For example, when teaching how to avoid hot water scalds, practice turning on the cold water first and then adding warm water.
- ◆ **Engage multiple senses**, such as seeing, hearing, touch, and smell, to teach about safety. Use visual and sound cues, and practice how the behavior or skill feels, if appropriate. Each sensory cue strengthens the learning process.
- ◆ **Use supportive communication.** Use encouraging statements and reinforcement to balance correction when teaching or practicing safety behaviors.
- ◆ **Look and listen for changes in attention** during safety lessons. It takes time to process new safety information. Reinforce information and practice if the young adult gets stuck on a step in the process.
- ◆ **Work with local resources**, such as a fire department, to learn about safety with others. Some messages may be better received coming from safety personnel.

Safety Note

The safety behaviors in this book are to prevent the most common causes of burns and hot water scalds. There may be others safety concerns where you live that can could lead to accidental injury. Talk with family members, care providers and professional safety personnel about how to make your home safe.

Appliances pictured may look different than appliances where you live. Use the owner's manual for correct use, maintenance and repair information.



Fire and burn safety at home

Safe signals in the home

Kitchen safety

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Fire safety



Fire and burn safety at home



Kitchen safety

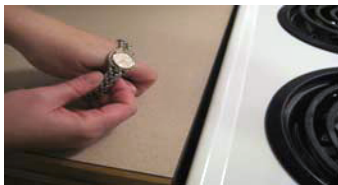
Safety Behavior



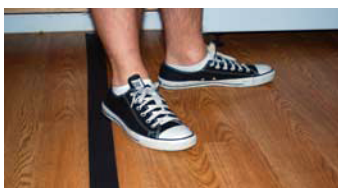
Make your kitchen a safe space. Remove clutter near the stove, oven and microwave. Keep the walkways clear.



Before cooking, roll up long sleeves on clothes that can get too close to hot surfaces.



Remove loose or dangling jewelry.



Wear non-slip, rubber soled shoes in the kitchen. If you spill food or drink and the floor gets slippery, this will protect you from a slip and fall.



Each month, check appliances to see if they work. Look for frayed cords or broken parts. Throw away unsafe appliances in the trash.

Fire and burn safety at home

Kitchen safety

Safety Behavior



Use special electrical outlets called **Ground Fault Circuit Interrupters (GFCI's)** near sinks or showers. They may look different from other outlets. These outlets protect you from getting a shock. Water and electricity do not mix.



Plug in only as many cords that can fit into an outlet safely. Do not overload outlets. Use power strips if more electric access is needed.



Clean the area you use for food preparation or cooking. Use a product safe for your counters. You may want to wear gloves to protect your hands.



Wash your hands well with soap and water before touching food for eating or cooking. Turn the water faucet away from your hands. Turn on the **cold water first**, then **add warm water**. Check the temperature before washing.

Add soap to your hands. Wash 15 to 20 seconds. Rinse your hands. When turning the water off, **turn the warm water off first**, then the cold water. Dry your hands with a towel. *Go to page 24 for more help on Hand washing.*

Kitchen safety

Stove and oven

Safety Behavior



Create a 3 foot area of safety. This can be done by holding your arms out wide in every direction. You may also want to mark the floor with tape, as shown in this picture. If others want to help cook, they need your permission to enter the space.



Wear something to protect your hands, such as oven mitts, gloves, potholders or a towel when using the oven. Pots and pans, including the handles and lids, can get hot quickly.



Keep the oven in good working order. Turn the oven on to the setting needed. Use only oven safe pots and pans for cooking. Some cookware should only be used on the stove.



Wearing protection on your hands, open the oven door. Avoid contact with the oven door. It can get hot quickly. Then pick up the pan and place it into the oven. Close the door. **Turn off the oven when finished cooking.**



When food is cooked, put it on a heat safe surface. Place the pot or pan on the stove top or use a pad to protect the surface. Open lids away from you to prevent steam burns. Allow hot foods to cool before eating.

Fire and burn safety at home

Kitchen safety

Stove

Safety Behavior



When cooking on the stove, use lids on pots and pans to protect yourself from hot foods. Protect your hands by wearing mitts, gloves or using a towel. Open lids away from you. This protects your face and hands from hot steam.



Follow the directions on the food label for cook times and temperatures. Use a thermometer safe for food to check that food is cooked. Go to www.foodsafety.gov for a safe food temperature guide.



Use the back burner of the stove when cooking. This keeps the heat further away from your body. If you have to reach too far, move the pan back to the front burner. Protect your hands when moving hot pots and pans.



When using the stove, cook foods at a slightly lower temperature. Your food is less likely to overcook or get burned. Cooking at a lower temperature may take longer, so adjust cooking time accordingly.



When **adding food to a pot or pan**, use cooking utensils. Add food to the pot or pan slowly.

Kitchen safety

Stove

Safety Behavior



When done adding food, do not leave the utensil in the pan. Place it on a plate near the food, but away from the heat.



When finished adding food to a pot or pan, put a lid on top. This will protect you from hot food splatters. **Open the lid away from your face when taking it off.**



Turn off the stove when finished cooking.



If **draining hot liquids** from a pot or pan, get a colander. Place the colander into the sink. Slowly pour the food and liquid into the colander. The liquid will drain out. Shake the colander a few times to remove the rest of the liquid.

Fire and burn safety at home

Kitchen safety

Cooking with fats or oils

Safety Behavior



Use butter, oil or other fats safely when cooking. Use a **low heat** setting to slowly heat oils. **Never leave a pan that has butter, oil or other fats unattended when cooking. Oils heat quickly and can start a fire.**



Use a lid to protect yourself from grease splatters. Hot grease spreads over a wide area when hot.



If adding food to a pot, use heat resistant utensils. Add food to the pot or pan slowly.



If the oils in the pan begin to smoke:

- **Turn off the heat source.**
- **Put a lid on the pan.** Allow the pan to cool completely before opening the lid.



If grease catches fire:

- **Put a lid on the pan. Do not move it.**
- **Turn off the heat source.**
- **Do not lift the lid.** Lifting the lid adds oxygen and this can restart the fire. Keep the lid on until the pan is cool.
- **Do not add water.** Water spreads fire to other surfaces.
- **Get out of your home and call 911.**

Kitchen safety

Knife storage and garbage disposal

Safety Behavior



When using knives, keep the blade side down at all time. Keep fingers away from the blade. Use a downward motion to cut food.



Store knives with the sharp blade side down in a drawer so that when you reach into a drawer you are less likely to get cut. Keep knives in a section apart from other silverware.



Keep your garbage disposal working. Avoid putting these items into the drain:

- Meat or meat bones
- Grease
- Fruit pits
- Vegetable skins

Never put your hands or kitchen utensils into the garbage disposal. Use water only.

Fire and burn safety at home

Kitchen safety

Microwave cooking

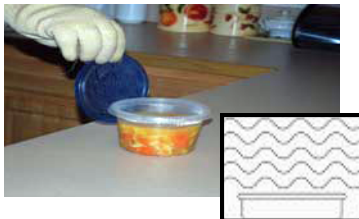
Safety Behavior



Microwave cooking can help to make meals quick and easy. For safety, make sure the appliance works. **Do not place aluminum foil or metal in a microwave. This can start a fire.**



Follow the directions on the food label for cook times and temperatures. Use a thermometer safe for food to check that food is cooked. Go to www.foodsafety.gov for a safe food temperature guide.



Use only microwave safe bowls, plates or pans. Heat proof glass, such as pyrex, some ceramics and some plastics are safe. Check for the **microwave safe label** before using. If there is no label, do not use it in the microwave. Some plastics may melt and start a fire.



Most microwaves cook foods on high power. If you can adjust the power level, lower it to medium power. Each microwave does this differently so use the appliance manual for help.



If using a microwave without a turn table that automatically rotates food for even cooking, set the time for 1/2 the cook time.

Kitchen safety

Microwave cooking

Safety Behavior



Stopping cooking food every 3 minutes to rotate or stir the food, if there is not a turn table. This will reduce uneven cooking. Protect your hands when touching hot foods.



Stirring food is another way to reduce uneven cooking. Stir the food 1/2 way through cooking or when rotating food. Use heat resistant utensils when stirring. **Do not leave the utensil in the microwave after stirring.**



Restart the microwave to finish cooking the food.

- You may need to reset and lower the power to finish cooking.
- You may need to adjust cooking times when the power level is lower so that food is cooked.

Go to www.foodsafety.gov for a safe food temperature guide.



When taking hot foods out of the microwave, use hot pads or mitts to protect your hands.

Allow time for food to rest. Open lids away from your face to avoid steam burns.

Fire and burn safety at home



Bathroom safety

Safety Behavior



Make your bathroom a safe space. Keep the shower, tub, toilet and sink in working order. Keep all electric appliances away from water.



Make sure the bathroom has enough light during the day and at night.



Install nightlights so that if you need to use the bathroom when it is dark, you can see where to walk safely.



Use special electrical outlets called **Ground Fault Circuit Interrupters (GFCI's)** near sinks or showers. They may look different from other outlets. They protect you from a shock if water gets too close. Water and electricity do not mix.



Keep appliances and cords away from water. Use appliances with an automatic shut off. If they get too hot, they will turn off. Avoid burns by letting appliances cool for 15 to 30 minutes before putting them away.

Bathroom safety

Safety Behavior



To avoid a slip and fall in the bathroom:

- Keep the floor free of clutter.
- Remove floor rugs or only use rugs with a no slip surface.
- Wear non-slip, rubber soled shoes.



For safe showering, place a chair in the shower. Sit in the chair to soap and rinse. This can help to prevent a slip and fall. You can also use the chair to hold onto when getting into and out of the bathtub or shower.



For showers or baths, use adhesive strips or a bath mat to make the surface less slippery. This can also help to prevent a slip and fall.

Fire and burn safety at home

Bathroom safety

Hand washing

Safety Behavior



When washing hands, start with the faucet away from your hands. **Turn on the cold water first.** **Slowly add warm water** until the temperature is comfortable. Then run your hands under water.



When the hands are wet, add soap. Wash hands with soap for 15 to 20 seconds.

Rinse hands well with water. When finished washing, **turn off the warm water first, and then turn off the cold water.**



If you have a single faucet handle, slide the faucet handle to the cold side **before** turning it on and off. Slowly add warm water until the temperature is comfortable. Wash your hands with soap. Rinse with water. Dry your hands with a clean towel.

Always start with the cold water and end with the cold water. You will avoid getting burned.

Use this skill also when:

- Washing dishes
- Taking a shower or bath

Bathroom safety

Bath and shower

Safety Behavior



For showers or baths, protect yourself from hot water scalds. **Turn on the cold water first. Then add warm water** until the temperature is comfortable.

Fill the bathtub 1/4 to 1/3 of the way full for bathing. When turning off the water, **turn the warm water off first, and then the cold water.**



If using a shower, check the water temperature coming out of the shower head, instead of the bathtub faucet before getting in. **If the water temperature gets too hot when bathing, get out of the shower!** Your skin can get burned from hot water.

From outside the shower or tub, you can add more cold water. Test the temperature again and then get back in to finish showering.



To check water temperature in a shower or bathtub, buy a thermometer. They can be found in pool supply or home repair stores. Some float in bath water, and other types attach to the side of a shower.

Fire and burn safety at home

Bathroom safety

Medicine safety

Safety Behavior



Keep medicines out of the bathroom. Heat, light and moisture in a bathroom are not good for your medicines.



Place medicines in a hall closet or another room. Use a shelf where it is easy to reach and read the medicine labels. Check the medicine label each time before use for the expiration date.



Throw medicines away in the trash when they are past their expiration date.

- Do not put medicines down the drain.
- Do not flush medicines down the toilet.
- Call a pharmacist to ask question about how to get rid of old or unused medicines.
- If you are not sure how to dispose of the medicines, call your trash pickup company for help.

If you still need a medicine that has expired,

- **Go to the store** to buy new over the counter medicines.
- **Call your pharmacist** if you have a prescription that allows for refills.
- **Call your doctor or health care provider.** You may need an exam before a new prescription will be given.

Bathroom safety

Toilet problems

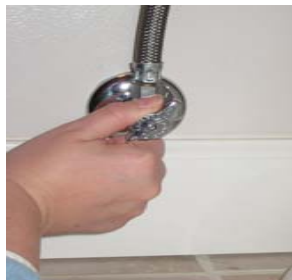
Safety Behavior



Make sure the toilet is working in the bathroom. If you hear water running after the water tank has filled from flushing, or see water leaking from the toilet, call a handyman for repair.



If a toilet gets clogged, allow contents to sit for 5 to 10 minutes. Try a second flush. If toilet is still clogged, call a handyman for help. **Do not keep flushing the toilet or it may overflow.**



If a toilet overflows, know where the shut off valve is located. It will be at the back of the toilet.

- If it is a knob, keep turning to the right until you hear the water turn off.
- If it is a lever, make one 1/4 turn to the right to shut off the water.
- Call a handyman for help.

Fire and burn safety at home

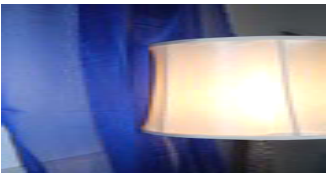


Bedroom safety

Safety Behavior



Make your bedroom a safe place by keeping the floors free of clutter.



Keep curtains, blankets and other fabrics at least 3 feet away from heat sources, such as lamps. Fabrics can get hot quickly and this can cause a fire.



Use regular or thermal blankets for sleeping. Avoid using electric blankets.



Avoid using space heaters. If you get cold, add more blankets, wear more clothing, or turn up the heat on your home's thermostat.



Plug appliances into power strips. Power strips have a built in surge protector. When too much electricity goes through a power strip, the surge protector will cut off the electricity to the appliance. This can prevent an electrical fire.

Bedroom safety

Safety Behavior



Plug in only as many cords that can fit into an outlet safely. Do not overload outlets. Use power strips if more electric access is needed.



Avoid using candles. Candles burn very hot and can easily tip over to start a fire.



Use spray air freshener to make a room smell better. Avoid use of air fresheners that are plugged into an electrical outlet. This can prevent an electrical fire.



If using a laptop computer, protect your body from heat. Use a computer desk or tray to keep it off of your lap. A laptop computer can get very hot after an hour or more of constant use.

Fire and burn safety at home



Living area safety

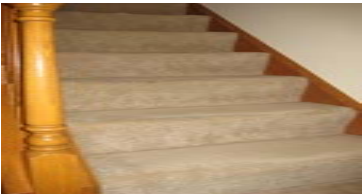
Safety Behavior



Make your living areas safe spaces. Living areas are the gathering rooms where you and others spend a lot of time. They also include walkways in your home.



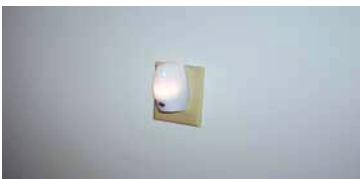
Keep walkways clear of clutter to avoid a slip and fall.



Keep stairs clear to avoid a slip and fall. Do not put items on the stair steps.



Make sure all rooms have enough light during the day and at night.



Install nightlights. If you need to get out of bed at night, you can see where to walk safely.

Living area safety

Safety Behavior



When fans or air conditioners are used, turn them off every few hours to rest and cool down. These appliances can get hot and overheat.



Avoid using space heaters. If you get cold, add more blankets, wear more clothing or turn up the heat on your home's thermostat.



Use spray air freshener to make a room smell better. Avoid use of air fresheners that are plugged into an electrical outlet. This can prevent an electrical fire.



Plug appliances into power strips. Power strips have a built in surge protector. When too much electricity goes through a power strip, the surge protector will cut off the electricity to the appliance. This can prevent an electrical fire.



Avoid using candles. Candles burn very hot and can easily tip over to start a fire.

Fire and burn safety at home



Storage or utility safety

Safety Behavior



The hot water heater should be set below 120 degrees Fahrenheit for safety. This will prevent hot water burns when bathing or washing hands.



To prevent hot water scalds, install a thermal valve that will reduce water flow above a certain temperature. The are also called **anti-scald valves**.



Wrap exposed hot water pipes with insulation covers. Hot water heaters can be wrapped with a special insulation blanket. Products can be found at a local home repair store.



Label the electrical panel. The electrical panel shows where each appliance is connected to electricity where you live.



If using a clothes dryer when doing laundry, remove the filter and clean off the lint after each load. Throw the lint away in the trash. Keeping the filter free of lint will help to prevent a fire in the dryer.

Storage or utility safety

Safety Behavior



Chemicals should be stored in a cabinet and kept out of sight. Product expiration dates should be clearly labeled.

- **Do not pour expired chemicals down the drain.**
- **Do not flush chemicals down the toilet.**
- **Some chemicals can be thrown out in the trash.**
- **Some products may need to go to a drop off site for hazardous waste. If you are not sure, call your trash pick up company for help.**



Have a fire extinguisher in the kitchen where you cook. Under the sink is a good place.

Keep a fire extinguisher near stored chemicals.

To use a fire extinguisher:

- **Pull the pin**
- **Aim at the fire**
- **Squeeze the trigger**
- **Sweep from side to side**

If you do not know how to use it, get out of the home and then call 911. Do not go back inside until it is safe.

Fire and burn safety at home

Smoke and carbon monoxide detectors

Safety Behavior



Smoke detectors alert you to heat and smoke.

You need a smoke detector:

- Near the bedroom
- Near the main living area
- Near the kitchen but away from the stove
- In the basement
- Inside a garage if attached to where you live

Test the smoke detector every month to make sure it works. Press the button to hear the alarm.

Some are wired into the electric lines with battery backup, others are battery only detectors. **Change smoke detector batteries every 6 months.**

Some smoke alarms use a voice instead of an alarm. **If an alarm sounds, get out of the home and call 911. Do not go back inside.**



Carbon monoxide detectors alert you to a colorless gas called carbon monoxide. You can not see or smell this gas. Place a detector:

- Near the bedroom
- In the basement
- Inside a garage if attached to where you live

Test the carbon monoxide detector every month to make sure it works.

Some are wired into the electric lines with battery back up, others are battery only detectors. **Change carbon monoxide detector batteries every 6 months. If an alarm sounds, get out of the home and call 911! Do not go back inside.**

Doors and windows

Safety Behavior



Home safety includes doors and windows. Before opening the door to someone, find out who it is. **Install a door viewer or look out a window and if you know them, you can let them in.**



Windows should have safety locks on them. Check the locks to make sure they work. Get locks repaired when they break. Keep windows locked when you are not home or if you are in other parts of your home.



Doors that give entry to the outside, such as the front and back door, should have one or more locks on them. Most have a door handle lock. Some have a special deadbolt lock. This is a separate lock above the handle and it goes deep into the door. Use both locks when going out or at night.



Fire safety

While this workbook focuses on how to prevent fires, should a fire occur you need to know how to get out safely.

1. **Identify at least 2 fire exits** for where you live.
2. **Practice leaving** each room of your home and getting to a fire exit.
3. **Identify a meeting place outside the home** in the event of a fire.
4. **Review your plan every 6 months** to keep it current.

Get out of the home first, then call 911. Do not go back inside!

If you can get out right away:

- **Leave your home using one of your fire exits.**
- **Alert others to the fire. Get out safely. DO NOT GO BACK IN.**
- **Go to the meeting place.**
- **CALL 911 and wait for help to arrive.**

If you are in a room with a closed door:

- **Feel the door.** If it is cool to the touch, slowly open the door. Look for smoke or flames. Get to a fire exit if you can.
- **If the door is hot, keep it closed. Keep smoke out of the room by putting a towel, blanket or clothing at the bottom of the door.**
- If there is a window in your room, and you are on the ground floor, unlock it. Open the window. Push out the screen if you can. Climb out the window.
- If there is a window in your room but you are not on the ground floor, hang a blanket out the window so fire personnel can see you quickly.
- **CALL 911 if you have a phone or shout to someone else to call.** Tell them your name, address and where you are located inside the house.

**Stay calm and do not panic. Do not hide from safety personnel.
They want to help you!**

Fire safety



My Home Safety Pledge

I, _____, promise to take my safety and the safety of others where I live seriously. I promise to:

- Keep a list of important phone numbers near the phone in case I need help.
- Practice safety behaviors to protect myself and others from burns and scalds.
- Remind others where I live to also practice safety behaviors. Safety is everyone's responsibility.
- Tell someone who can help me or ask for help if I notice a safety problem where I live.
- Work on a fire safety plan and practice it with everyone who lives with me. The plan will be reviewed every 6 months to keep it current.

Your name: _____

Parent or adult name: _____

Date: _____

