

Pre-k -> 1st grade

Presentations should last 20-30 minutes.

Sit on a low chair or get to eye level. Begin with greeting and then say "let me see everyone's eyes so that I can see you are ready to listen."

Keep it Short & Sit at Eye Level



Tips for firefighter success in the classroom and the fire station:

Keep it Short

Sit at children's eye level

Speak with positive and simple language. Kids may confuse right actions with the wrong ones. Complex messages are above their cognitive capability. They do not have the ability to understand either / or decisions.

Positive and Simple Language

INSTEAD OF SAYING:

- In a fire, don't hide in the closet.
- Don't run
- Don't stand up
- Don't be afraid of firefighters
- Don't hide from firefighters
- Self-Contained Breathing Apparatus (SCBA)

SAY:

- In a fire, get out and stay out.
- Stop
- Sit on your pockets
- Firefighters are our friends
- Firefighters are helpers
- Breathing mask

COMPLEX MESSAGE

If there is smoke, crawl low under the smoke. If the exit is blocked use your second exit, usually your bedroom window. Do not ever go back in.

Have a home escape plan.

SIMPLE MESSAGE

Get outside and stay outside

Family Fire Drill with Escape Map

A scared or afraid child cannot learn or listen. Assure them you are the same friendly firefighter that they saw before you put on your PPE. You may sound and look different but you are the same person. Let kids know about any upcoming alarms or noises.

No Fear

Avoid:

- Entering the room wearing PPE
- Testing the smoke alarm without warning
- Signaling the siren without warning
- Telling horrific stories

Do this:

- Hand carry your PPE and don PPE while children watch
- Warn prior to testing alarms
- Encourage children to cover their ears
- Tell positive stories

Use only clean PPE that does not pose an exposure risk for children.



Click **Next** to continue.

Focus on one message and be repetitive with it. If they walk away with anything it should be “Get Out Stay Out” and that firefighters are your friends.

Kids this age like actual objects vs. a description of objects.

You can use storytelling and say things like “let’s pretend” to explain simple concepts.

Be sincere and honest.

How Young Children Learn



Children learn through repetition!

- Repeat and Reinforce
- Repeated exposure
- Practice makes perfect

1. A firefighter is your friend and helper.
2. Stay away from hot things that hurt.
3. Tell a grownup when you find matches and lighters - do not touch.
4. Stop, Drop and Roll ONLY when you are on fire (message is hard for pre-k to understand)
5. **Get out get out!** If you hear your smoke alarm go off get out!
6. Make and practice a home escape plan just like you practice in school! (More for 1st graders and up)

Fire Safety Messages for Young Children



1. Firefighter = helper and friend
2. Stay away
3. Tell a grown-up
4. Stop, Drop, & Roll
5. Know the sound & purpose of a smoke alarm!
6. Practice a home fire drill using your escape map, Call 911 for help

Refer to the PPE demonstration tips in the "Station Tour" section of the binder for more tips on how to do a gear demo.

Do not move towards the children but allow them to come to you for a high five once all of your gear is on. Some kids may not want to do this and it is good to not force it on them.

Demonstrating PPE

Recommended order to put the PPE on for a demonstration.

1. Boot and pants
2. Hood
3. Coat
4. Pull hood down
5. Button jacket
6. Mask
7. Pull up hood over mask
8. SCBA harness
9. Helmet
10. Gloves
11. Turn on bottle connect regulator
12. Move to hands and knees
13. Breath several breaths
14. Do not move toward the children



In this position we are inherent role models! It is important that we model appropriate actions.

Preschoolers especially learn by seeing and doing and they are watching everything we are doing.

Teach by Example

Firefighters are role models in the community.

Model appropriate actions on the job and off the job.

Use the crosswalk and look both ways

Make sure displays and equipment do not block exits

Ensure electrical cords are not a trip hazard

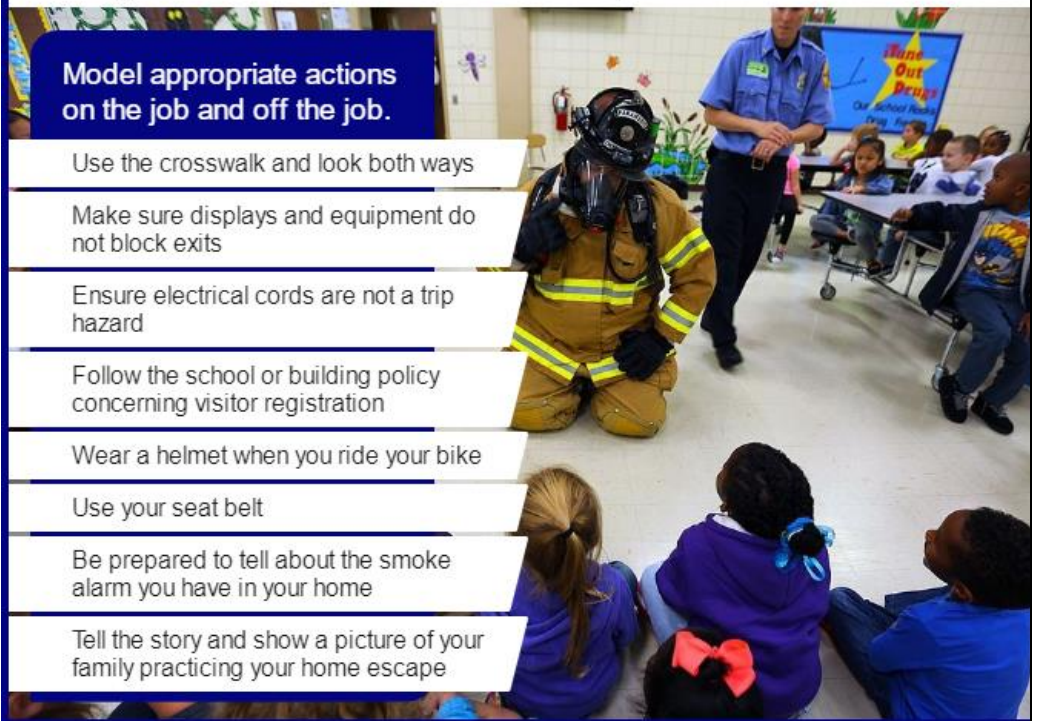
Follow the school or building policy concerning visitor registration

Wear a helmet when you ride your bike

Use your seat belt

Be prepared to tell about the smoke alarm you have in your home

Tell the story and show a picture of your family practicing your home escape



Appropriate Messages

Ages 3-4

Burn Safety

- Have a grownup check the water before you get in the bath to make sure it's not too hot.
- Stay out of the kitchen when a grownup is cooking.
- Stay away from things on the stove because they might be hot.
- Have a grownup check your food before you eat or touch it to make sure it's not too hot.
- If you touch something hot, put your burn under cool water.

General Safety

- Matches and lighters are for grownups.
- Always buckle your car seat when riding in the car and keep straps secure.
- Always wear a helmet when riding a bike or scooter.
- A firefighter is a helper and friend.

Delivery Aid Suggestions

- Firefighter are Friends- Bunker Gear demo
- Tools vs. Toys (Props can be found in CRR bin)
- What's Hot, What's Not (Flashcards can be found in CRR bin)

Appropriate Messages

Age 5

Exit Drills in the home

- Make and practice an escape plan that identifies two ways out of every room in the house.
 - Always include a meeting place so you and your family know where to go.
- If the smoke alarm sounds, get out quickly.
 - Help your parents test the smoke alarms monthly so you know what they sound like.
- Don't hide, get outside. The smoke will hurt your lungs so crawl low.
- Peek out the door to see if you see smoke or flames.
 - If there is lots of smoke or any flames, close the door and go to the window to yell for help. Throw items out if possible or wave a flashlight around so someone knows you're up there.
 - If you don't see lots of smoke or flames, then get low and go!
- Don't stop to grab things on your way out. NEVER go back into the house for anything or anyone. Go straight to your meeting place.

Bike Safety

- Wear a bike helmet and bright colored clothing every time you ride a bike or scooter.
- Only ride when and where your parents say you can ride.
- Look both ways before you cross the street and always try and cross at the crosswalk.
- Always ride with a buddy and let a grownup know where you will be riding.
- Bikes should have reflectors or reflective tape and a horn.

Burn Safety

- Have a grownup check the water before you go in the bath and make sure its not too hot.
- Stay out of the kitchen when a grownup is cooking.
- Stay away from things on the stove because they might be hot.
- Have a grownup check your food before you eat or touch it to make sure it's not too hot.
- If you touch something hot, run your burn under cool water.

Smoke Alarms Have Body Parts

- Smoke alarms have eyes.
 - They see smoke inside their lens and they know how to alert us.
- Smoke alarms are like a nose.
 - They smell for smoke all the time, even when we are sleeping and our noses don't work.
- Smoke alarms have a mouth.
 - They loudly alert us when a fire is in our homes. Some even talk like us!
- Smoke alarms have a heart.
 - This is a battery. The battery should be changed once a year.
 - Be careful, some of the new smoke alarms have 10-year lithium batteries and do not get replaced.

- Smoke alarms have a birthdate.
 - They have a date printed on the back. This is the date that they were made.
 - They are only good for 10 years, and then the entire alarm should be replaced.
- Smoke alarms have a brain.
 - This is how the smoke alarm works. They are programmed to go off when there is smoke, inform you when the batteries are dying, and some even tell you when to replace the entire unit.

Matches, Lighters and Candles

- Matches and lighters are tools, not toys.
- If your friends want to start a fire, walk away, change the subject, or tell an adult.
- Only grownups can light candles unless they give you permission and supervise.
- Good fires can easily turn into bad fires if left unattended or inappropriately used.
 - Cooking fires can turn into kitchen fires.
 - Campfires can turn into forest fires.
 - Burning candles can turn into house fires.
- Be careful with your hair and loose clothing when blowing out birthday candles.

General Safety

- Matches and lighters are for grownups.
- Always buckle your seat belt when riding in the car and keep straps secure.
- Dial 9-1-1 when you or someone else is having an emergency.
 - When someone is hurt, sick, or in bad trouble.
- A firefighter is a helper and a friend.

Child Passenger Safety

- Use a booster seat if you're under 4'9" and 80 lbs.
 - After you are out of a booster seat, always wear your seat belt.
- Buckle up every time you ride in a vehicle.
- Always ride in the back seat.
 - It is recommended until you are 13 years old because it's the safest spot.
- Make sure your friends and family members buckle up too.
- Keep heavier items in the trunk so if you get in an accident they won't move and potentially hurt you.

Fire Engine

- The engine holds up to 750 gallons of water and can flow over 1000 gallons per minute.
- The engine has 4 firefighters on at one time- one officer, one engineer, and 2 firefighter/EMTs or firefighter/paramedics.
- We send an engine with a medic unit to some medical calls so more people can assist. If the engine isn't needed, it will go right back into service from the current location.
- Fire engines are giant tool boxes that carry the tools we need to do our job.

Tower/Truck

- The Tower/Truck holds up to 300 gallons of water.
- The Tower/Truck has 4 firefighters on at one time- one officer, one engineer, and one firefighter/EMT or firefighter/paramedic.
- The ladder on the tower goes up to ___ feet. It also holds ground ladders, extrication equipment, fans, and other tools to help with search and rescue. The Tower/Truck is so much bigger than the engines because it has to support the length and weight of the ladder.

Medic

- Medic units have some of the same equipment, medicine, and medical capabilities of an emergency room.
- The paramedics and EMTs carry some firefighting equipment too.
- Medic units are 4-wheel drive, so they can travel better in poor weather conditions.
- The medic holds larger types of medications for a variety of needs.
- We can transport multiple people in the back of the medic and we even have a built-in car seat.

Brush Truck

- The brush truck can hold up to 300 gallons of water, depending on the type.
- The brush truck is used for wildfires.
- The brush truck is 4-wheel drive, so it can go off-roading to get to the fire easier.
- The brush truck is stocked with emergency food rations in case the crews are out for a long time.
- We can deploy out wildland team and brush trucks anywhere in the nation for a wildfire.

Fire Department General

- Firefighters need to stay healthy, so workouts are very important. That's why each station has a gym.
- Firefighters work 48 hours at a time, so we sleep, eat, do chores, and live at the firehouse. We are like a big family.
- Learning is very important, so we study and practice our job here a lot.
- From the time you dial 9-1-1 to the time we arrive, it takes about an average of 6 minutes.
- Our protective equipment is kept away from our living quarters to make sure there is no contamination which can make us sick.

Delivery Aid Suggestions

- Read "No Dragons for Tea"
- Have a firefighter dress in bunker gear
- Demonstrate the sound of a smoke alarm
- Have children practice "get low and go!" under a sheet
- Have children practice peeking out their bedroom door to look for smoke/flames
- "Hot or Not" flash card game

Appropriate Messages

Age 6-7 (1st Grade)

All of the appropriate messages and delivery aid suggestions listed for 5-year-olds is good for this age as well with the addition of the following messaging:

9-1-1

- Dial 9-1-1 when you or someone else is having an emergency.
 - When someone is hurt, sick, or in bad trouble.
- Memorize your address in case you ever have to tell a dispatcher where you are.
- Stay calm.
- Be specific on the phone with the dispatcher and tell them what is wrong.
- When in doubt, call 9-1-1. It's better to err on the side of caution.

Home Safety Inspections

- Make sure all escape routes are easily accessible and free of messes.
- Make sure all smoke and CO alarms are working by testing them monthly.
- Check that all electrical cords are in good condition and are not damaged.
 - Make sure they are not in a place that they can be walked on or tripped over.
- When using a portable heater, make sure it's 3 feet from anything that can burn.
 - Don't forget to turn it off when you go to sleep or leave the house.
- Help your parents and keep the dryer vent clean every time you take clothes out.

What's Hot, What's Not Lesson Plan

Activity Length: 10–15 minutes

As children explore the world around them, it is important for them to know some basic safety skills that can protect them from getting hurt. This activity is designed to encourage children to distinguish between items that are hot or can get hot, and items that are not hot.

FIRE SAFETY MESSAGES

- » Hot, hot, stay away. Hot, hot, not for play!
- » Touching something hot can hurt a lot.
- » Take three big steps away.

Materials to Bring

- » Pictures of objects and appliances that can get hot and things that stay cool- these can be found in your CRR bin in the binder.
- » Giveaways: helmets & stickers (reference IOS sheet under resources).

Before You Begin

- » Talk with children about what it means when something is hot. Ask, "What are some things that can get hot? How does it feel when you touch something hot?"
- » Say, "Now, we're going to play a game to help us find out what gets hot and what does not. In this game, I'm going to hold up an image and I want you to tell me the things that can get hot, and things that do not get hot. If you think it is hot put your hand in the air to show we don't touch! If it is not hot then put your hands on your knees."

What to Do

- » Hold up pictures of the items that can get hot and the items that stay cool, one at a time. Ask, "Does this get hot or not?" Allow children time to decide.
- » When you hold up a picture of an object that can get hot, emphasize that it's important to stay away from these objects because, "If you touch something hot, it can hurt a lot."
- » Remind children that if they do not know whether something is hot or not, stay away and don't touch.

Tools vs. Toys Lesson Plan

Activity Length: 10–15 minutes

As children explore the world around them, it is important for them to know some basic safety skills that can protect them from getting hurt. This activity is designed to encourage children to distinguish between items that are tools for adults vs. items that are toys for kids. Children can learn that matches and lighters are not toys but tools for grownups only.

FIRE SAFETY MESSAGES

- » Don't touch, tell a grownup.
- » Matches and lighters are grownup tools, not toys.

Materials to Bring

- » Pictures of tools and toys, especially of tools that are related to fire activity- these can be found in the binder in your CRR bin.
- » Giveaways: helmets & stickers (reference IOS sheet under resources)

Before You Begin

- » Talk with children about what a tool is. Ask, "Who uses tools? What is a tool?"
- » Talk with children about what a toy is. "Who plays with toys? What is an example of a toy?"
- » Say, "Now, we're going to play a game to help us find out what is a tool and what is a toy. In this game, I'm going to hold up an image and I want you to tell me the things that are tools and the things that are toys. If you think it's a tool put your hand in the air to show we don't touch! If it's a toy then put your hands on your knees."

What to Do

- » Hold up pictures of the tools and toys, one at a time. Ask, "Is this a tool for adults or a toy for kids?" Allow children time to decide.
- » When you hold up a picture of an object that is a tool, emphasize that it's important to stay away from these objects because they can hurt someone.
- » Remind children that if they do not know whether something is a tool or not, stay away and don't touch.
- » Remind them that they can be safety helpers by telling an adult where the tool is. This can help other kids from not getting hurt.

Be a Smoke Detective

Activity Length: 10–15 minutes

It's important that children learn that if there's smoke, there may be a fire somewhere near. This game will help children learn what a smoke alarm sounds like, and to get low and go, go, go to their nearest exit when they hear the smoke alarm beeping. The more children practice this important skill, the more likely they will remember what to do in case of a real fire.

SMOKE ALARM SAFETY FIRE SAFETY MESSAGES

- » Smoke alarms go BEEP, BEEP, BEEP!
- » Get low and go, go, go to your exit!
- » Exit is the way out.

Materials

- » piece of paper with the word "EXIT" written on it or find exit sign in the room.
- » working smoke alarm
- » Giveaways: helmets & stickers (reference IOS sheet under resources)

Before You Begin

- » Place the EXIT sign on the nearest way out of the room or locate the one already in the room.
- » Hold up a real smoke alarm. Say, "Here is a real smoke alarm. What does it look like? What color is it? What shape is it? What kind of things do you see on the smoke alarm?"
- » Say, "A smoke alarm is something that can tell if there is smoke nearby. For people, breathing in this smoke is very dangerous and can hurt our bodies. If there is smoke, the smoke alarm will make a very loud BEEP, BEEP, BEEP sound. This sound means to get low and go, go, go to your exit."
- » Model getting low and going to the exit by crawling on your hands and knees all the way to the closest exit.
- » Afterwards say, "We have to get low and go, go, go to our exit because when there's smoke in a building, there is 'bad' air high up in the room and 'better, cleaner air' down low near the floor."
- » Tell children that an exit is the way out of a room or building. Remind them that they will always find an exit anywhere they go—whether at home, school, grandma's house, a restaurant, a movie theater, on a bus.

What to Do

- » Line up the children on the opposite side of the room from the exit.
- » Get children excited by letting them know they are going to be "smoke detectives." Explain that to be smoke detectives, they need to keep their ears open to hear the sound of a smoke alarm.
- » Do a countdown to alert them of when you will sound and then activate the actual smoke alarm. When children hear the smoke alarm beeping, they should get low and go, go, go to the exit, one at a time.

TRY THIS!

Play "I Spy a Smoke Alarm!" as children walk through a room or building. Encourage them to look for the smoke alarms.