

## Fire Safety for Families

A fire in your home is a scary event, and children are at great risk for injury in a home fire. You can teach your child about the dangers of fire and what to do in an emergency so they stay safe.

Starting at about age 4, help your child learn how, when, and why to call 911.

- Explain that 911 is a special phone number to call when there's an emergency. Give them some examples of when they'd need to call 911, such as if there's a fire or if a family member is sick or hurt and needs help right away.
- Kids should make sure they're safe before calling 911. For example, if there's a fire in your home, they should know to leave the house before calling 911.
- With your child, practice finding a phone and going through the steps to make an emergency call.
- Teach your child their first and last name and the names of everyone who lives with them. Help them learn their phone number and street address.



- Role play calling 911. You can pretend to need help and ask your child to call 911 using a toy phone.
- Read books, watch videos, and talk about who will come if they call 911 or have an emergency.

Firefighters dressed in their heavy gear, with coats, masks, and oxygen tanks, can be frightening to young children. Talk with your child about firefighters and other emergency helpers to help them learn that these helpers aren't people to fear.

- Look at pictures, watch videos, and visit your local fire station so your child knows what a firefighter looks like in their full gear and won't be afraid of them.
- Teach your child that when a firefighter or emergency helper calls to them or gives an instruction, they should listen and do as they are told. This will help keep everyone safe.

# Smoke Alarms at Home

**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



## SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

## FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE  
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on fire, electrical and related hazards



Explain to your child that some fires make lots of smoke, which is dangerous to breathe. Smoke alarms make a loud sound to let you know there is danger before you see the fire.

- Make sure your child knows the sound of the smoke alarm and what to do when it sounds.
- Show them what to do if a room fills with smoke. Get down on your hands and knees, keep your head up, and crawl outside.
- Install a smoke alarm in every sleeping room and on every level of your home, including the basement.
- Test the smoke alarms monthly to check that they are working. This will also help children become familiar with the sound of the alarm.
- A chirping smoke alarm needs attention. Replace the batteries or the entire alarm if it is older than ten years old. If you don't remember how old it is, replace it.



Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds. Have an escape plan and practice it at least twice a year so everyone knows what to do in an emergency.

- With your child, practice finding two ways out of each room. This can be a door or a window that leads to a safe place.
- Have a clear path to your exits
- Have an outside meeting place at a safe distance from your home where everyone should meet.
- Once everyone is outside, tell your children never to go back into a burning building. Only firefighters should go back inside to help anyone who is still inside.

**Knowing two ways out of every room is an important piece of your home fire escape plan. Fire won't wait. Plan your escape at [fpw.org](http://fpw.org).**



Many home fires start in the kitchen. Keep your kids safe in the kitchen by following these safety tips:

- Use common sense in the kitchen. Limit distractions when cooking, and don't leave a hot oven or stove top unattended.
- Keep anything that can catch fire, such as dish towels, wooden spoons, or curtains, away from your stove top.
- Make sure any lighters you use have child-resistant features and are stored in a cabinet out of kids' reach or in a locked drawer. Keep children and pets safe by creating a three-foot "kid-free zone" around the stove.
- Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works.

## Resources



### [Video Tours from Albany Fire Department](#)

Take a virtual tour of an ambulance and the fire station and meet some local firefighters.

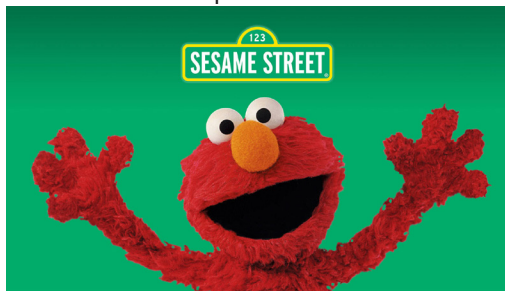


### [Virtual Station Tours from Lebanon Fire District](#)

Take a virtual tour of Lebanon Fire Station 21 in Lebanon and Station 32 in Lacomb.



[Sesame Street: Elmo Visits the Firehouse](#) After a fire on Sesame Street gives Elmo a scare, he and Maria visit a real New York City firehouse. Finding out about all the protective clothes firefighters wear and



practicing how to "Get Low and Go" helps Elmo feel

safe again. And he even gets to slide down a real pole! Then a special Elmo's World all about firefighters helps kids understand much more about what to do if there is a fire. Original air date September 3, 2002

[Sesame Street: Emergency Helpers](#) A short video to remind kids that there's always someone helping.



[Pedro's Fire Challenge by the American Red Cross on Amazon Alexa](#) This interactive game is designed to help educate children ages 4-8 about home fire safety and coping skills.

[Prepare with Pedro: Home Fire Video](#) Join Pedro the Penguin as he learns how to be prepared for and take action during a fire in the home along with his friend Mia. This video goes with the Prepare with Pedro: Home Fire digital storybook and song, available at <http://redcross.org/pedro>



[Sparky, the fire dog, has a FREE interactive storybook app](#) about fire safety. Kids will learn important fire safety skills while joining the excitement of preparing for a surprise birthday party. Available in English and Spanish and can

be downloaded via the App Store, Google Play, and Amazon.



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