

Growing Healthy in Third Grade

By Schoolhouse Writers

Chapter One: Fire Safety

What do making s'mores while camping, cooking on a gas stove, grilling with charcoal, and lighting candles for a birthday cake all have in common? If you said they all use fire, then you are correct. We can use fire for things that are good, but if we are not careful, these good uses can turn to something that could harm you. Today, we are going to learn about fire safety and the fire hazards that can result from misuse of fire.

It is very important to know what to do with fire so that you can keep yourself and others safe. Home fires can start and spread quickly, which is why we all need to be educated when it comes to fire safety. If you take time to plan and practice what you are about to learn, it can make a big difference for you and your family.

Fire Facts

- Fire is fast! A small flame can become big quickly. It can take only a few minutes for smoke to fill your house.
- Fire is dangerous! The temperature of fire is very hot.
- Fire is dark! When a fire first starts, it is bright, but as the fire continues to burn, it will release smoke. The smoke will make a room very dark, and you might not be able to see where anything or anyone is.
- Fire is deadly! Inhaling (breathing in) smoke can be harmful to you. Inhaling too much can cause you to die.



Fire Hazards

When you misuse fire or objects that use fire, you can cause damage or harm to yourself or someone else. To keep that from happening, this is what you should do to avoid fire hazards:

- Never play with matches or lighters.
- Use common sense in the kitchen. If you are allowed to cook, limit distractions when cooking, and don't leave a hot oven or stovetop unattended. Don't put anything on the stove except pots, pans, and other designated cooking vessels. If you are not allowed to cook, stay away from the stove or oven.
- Don't overplug. Avoid plugging several appliance cords into the same electrical socket or extension cord. Better yet, use a surge protector plug.
- Blow out candles before you leave a room or before you go to sleep.



What if a Smoke Alarm Sounds?

Do you know what to do if you hear a smoke detector alarm? Here are some steps to keep you safe:

1. If there is smoke, get low and go to your exit. You should know two ways out of every room and two ways out of your home. If you can leave safely, do so through one of the exits. If you cannot safely exit, keep smoke out of the room by covering vents and cracks around the door. If you can get to a window safely, use a flashlight to try to get the attention of someone outside.
2. Go to your family's outside meeting place. *
3. Call the fire department or 911.
4. Stay outside. Once you are outside, do not go back inside unless a firefighter says it is okay.



*In the event of a fire emergency, your family should have what is called a “safe place.” A safe place is a special location right outside of your home where you and your family will meet if there is a fire emergency and you need to leave your house quickly. It should be away from your house but where emergency workers can see you.

Activities

- Draw a map of your home. Mark the exits and remember where they are. You can hang this up after you decorate it.
- Print this worksheet to practice a family plan:
https://www.safekids.org/sites/default/files/Images/SafetyTips/fire_escape_plan_grid_2014.pdf
- Make a poster to show what you have learned about fire safety.

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