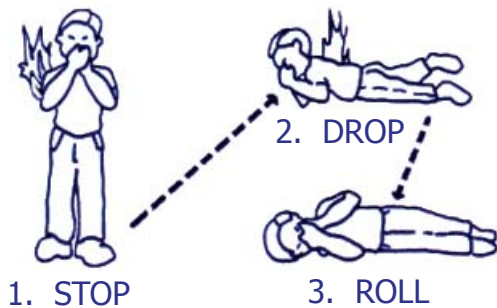


STOP, DROP, AND ROLL IF CLOTHING IS ON FIRE

A child's reaction is to run away from fire. This makes the flames grow by providing more oxygen.

- STOP - do not run.
- DROP - to the floor. Cover your face.
- ROLL - back and forth to put out the flames.
- Panic is a natural response, especially for children when their clothing catches on fire. Be prepared to refrain them if necessary and help them stop, drop, and roll.
- If a blanket, coat, or other heavy material is at hand, use it to smother the flames.
- Cut away burned clothing immediately unless it is sticking to the skin.
- Whenever using the phrase "stop, drop, and roll" (especially with children), accompany it with "when clothes are on fire."



FIREFIGHTERS HELP PEOPLE

- Visit a fire and rescue station with your children to meet the firefighters and learn about their job.
- Emphasize that firefighters and rescue personnel are helping friends.
- Give your child an opportunity to see a firefighter in uniform and the protective clothing they wear known as turn-out gear.
- When practicing your fire escape plan, explain that the firefighter's job is to rescue anyone trapped inside, so don't hide.



It is good for children to recognize firefighters in turn-out gear and in uniform. It is imperative that children not run or hide when they require assistance.



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This document is available in an alternate format upon request. Please direct our request to Public Affairs and Life Safety Education at 703-246-3801 or TTY 711.



(May 2010)

EVERY STEP OF THE WAY

Helping You Protect Your Children



Practice Your Home Escape Plan

**Fairfax County
Fire and Rescue
Department**

**Public Affairs and
Life Safety Education
4100 Chain Bridge Road
Fairfax, Virginia 22030
703-246-3801
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HOT THINGS HURT AND COOL HELPS

Hot liquids, not fire, are the most common cause of burns to young children.

- For safe bathing, set the water heater thermostat at 120 degrees Fahrenheit. (Clothes and dishes will get clean at this setting.)
- Test bath water before allowing children to climb in. Put your whole hand in the water and move it quickly back and forth for several seconds. If it feels even a little bit hot to you, it is much too hot for your child.
- Supervise children in the tub. Children often scald themselves or others by turning on the hot water.
- Keep hot liquids and foods away from the edge of a table or counter. Tablecloths that little hands can yank are also dangerous.
- Turn pot handles away from the edge of the stove. Use back burners whenever possible.
- Treat minor burns (redness of skin) with cool water. Do not apply ice. The cool water will make the burned area feel better in addition to cleaning it.
- Seek medical attention for second-degree burns (blisters), third-degree burns (white or charred skin), or any burn you are concerned about.
- Do not treat burns with ointments or creams.

MATCHES AND LIGHTERS ARE TOOLS FOR GROWN-UPS

Playing with matches and lighters accounts for one-third of all fire deaths for children under age five.

- Keep matches and lighters out of sight and reach of children.
- Use all smoking materials cautiously.
 - use ashtrays that are large and deep
 - check upholstered furniture for ashes that may have fallen between cushions
 - dispose of ashtray contents by dousing with water or placing in a metal can
 - never smoke in bed or when taking medication that may cause drowsiness
- Teach young children that:
 - matches and lighters are tools for grown-ups not toys for children
 - they should tell a grown-up right away if they find matches or a lighter
 - playing with matches or a lighter could hurt other children
- Use candles cautiously and keep them out of reach of children.



ESCAPING FROM A FIRE

A home escape plan that is shared and practiced by all family members is your best assurance of surviving a fire in the home.

- Install smoke alarms on every level of your home.
- Test the battery every month and replace it at least once-a-year.
- Clean smoke alarms monthly by gently vacuuming to remove dust and cobwebs.
- Let children listen when you test the smoke alarm so they become familiar with the sound of the alarm.
- Prepare a fire escape plan and practice it frequently.
- Plan two ways to exit every room.
- Agree on an outside meeting place (let your child offer suggestions).
- Practice an escape at night. (When most deadly fires occur.)
- Don't attempt climbing out a second-story window, but practice remaining at the window while signaling for help.
- If there is a fire, leave immediately and call 911 from a neighbor's home.