**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 restrain 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.

**Helping You Protect Your Children**

_2. DROP_  _1. STOP_  _3. ROLL_

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.
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

- 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.