

FIRE FIGHTER'S

SAFETY GUIDE 2019

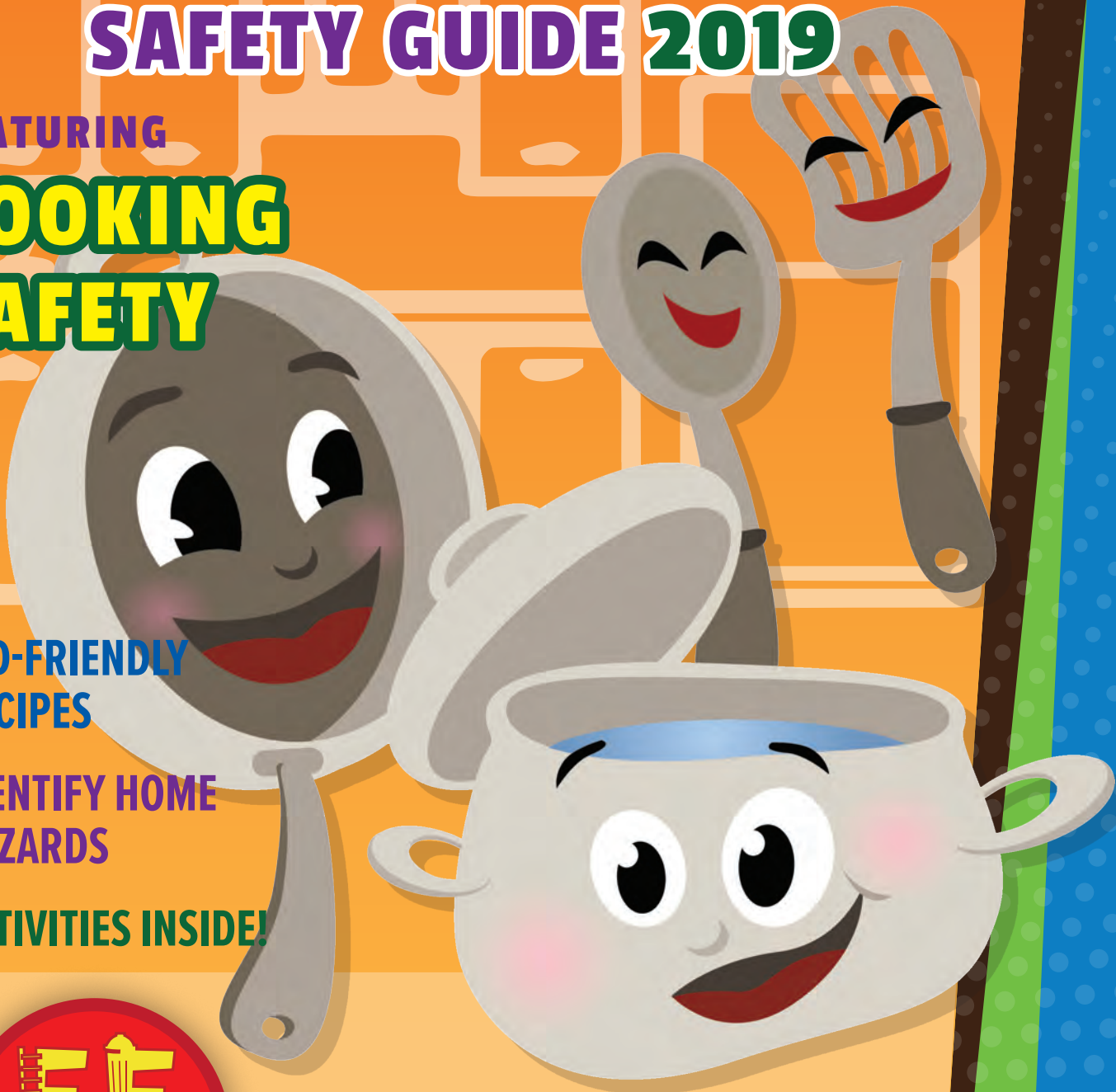
FEATURING

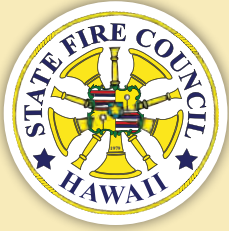
**COOKING
SAFETY**

**KID-FRIENDLY
RECIPES**

**IDENTIFY HOME
HAZARDS**

ACTIVITIES INSIDE!





NOT EVERY HERO WEARS A CAPE. PLAN AND PRACTICE YOUR ESCAPE!

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MESSAGE FROM THE HAWAII STATE FIRE COUNCIL (SFC)

Aloha! The SFC, which is comprised of the four county Fire Chiefs, is pleased to announce the 34th edition of the Fire Fighter's Safety Guide (FFSG).

This year's FFSG promotes the NFPA's 2019 FPW theme, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

According to the NFPA, no matter where you are, at home or a public building, it is important to think about your safety from fire. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out. Learn two ways out of every room. Ensure doors and windows leading outside open easily and are free of clutter. Go to your outside meeting place, which should be a safe distance from the home, where everyone should meet. Home is the place where fires happen most often, but fires can happen other places as well. Look for places fire could start. Take a good look around your home. Identify fire hazards and address them. If necessary, have qualified professionals correct hazards.

The FFSG is distributed to elementary school students statewide through a collaboration of Hawaii's four county fire departments. This effort is unique to Hawaii and contributes toward our state having among the lowest rates of fire deaths and injuries in the nation.

The FFSG was designed with the entire family in mind. Please participate with your child and family by completing the activities and lessons together. This will help prepare for emergencies through prevention and preparedness. The completed activities should be returned to your child's teacher.



Manuel P. Neves

MANUEL P. NEVES
Chair

Honolulu Fire Department
Fire Chief



Darren J. Rosario

DARREN J. ROSARIO
Member

Hawaii Fire Department
Fire Chief



David Thyne

DAVID THYNE
Member

Maui Fire Department
Fire Chief



Kilipaki Vaughan

KILIPAKI VAUGHAN

Kauai Fire Department
Acting Fire Chief

Mahalo for your participation.



Aloha Junior Fire Fighter,

This year's FFSG teaches the importance of cooking safety. Cooking is the leading cause of fires in homes. Safe practices help our families to prevent fires and burn injuries. Share this guide and learn ways to be smart in the kitchen to keep your family and home safe. Here are just a few kitchen safety tips:

- Keep the stove area clean
- Never place paper towels or pot holders on the stove.
- Never play in the kitchen.
- There should always be adult supervision in the kitchen.

Complete the activities in the FFSG and keep your ohana safe by practicing fire safety every day. Try some of our fire-safe recipes. I hope you enjoy them as much as I do.

POKI



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COOKING SAFETY

Cooking fires are the number one cause of home fires and injuries.

- Stay in the kitchen while you are cooking. If you leave the kitchen, turn off the stove.
- Keep items, such as oven mitts, wooden utensils, towels, etc., away from the stovetop, as they can catch on fire.
- Keep a lid nearby to smother small grease fires. Smother the fire by sliding the lid over the pan.
- For an oven fire, turn the oven off and keep the door closed.
- Plug in one heat-producing appliance, such as a coffee maker, toaster, etc., into an outlet at a time.



BE A SAFE COOK

- Keep an eye on what you fry. Never leave the kitchen if you are frying or cooking food at a high temperature.
- Wear short sleeves or roll them up so they don't catch on fire.

BE PREPARED WHEN COOKING, AND CREATE A SAFE WORKING AREA

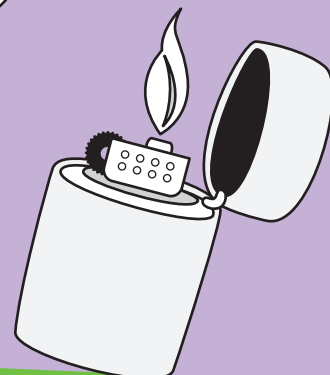
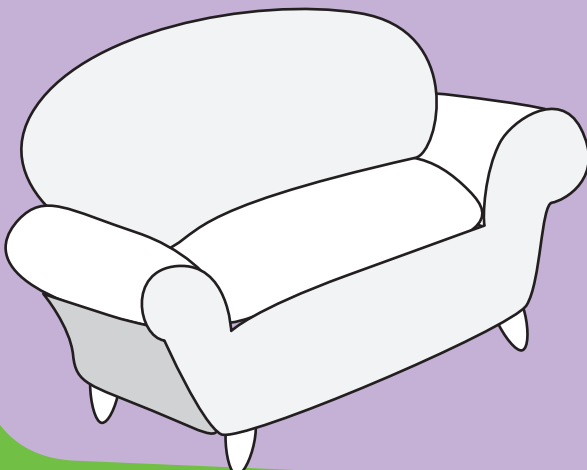
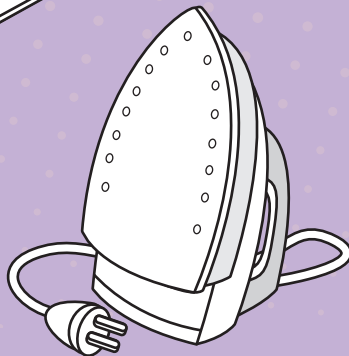
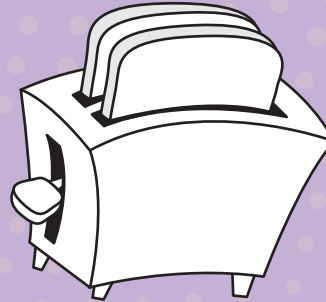
- Children and pets should stay at least three feet away from a hot oven or stove.
- Children should not touch things that are hot or can get hot. Touching something hot can hurt and cause a burn.



HOME HAZARDS

ACTIVITY

Put an X on the items that could cause a burn.
Circle and color the items that don't cause a burn.





Automatic fire sprinklers detect heat and control the fire.

FIRE

ACTIVITY

Choose from the list of words below and fill in the blanks to see an important message.

BUILDINGS LIVES SPRINKLERS FIRE

Fire _____ **put out** _____,
protect _____, **and save** _____

Fire sprinklers activate independently; only the sprinkler closest to the fire will activate.

Fire sprinklers are the first line of defense against fires!

It's like having a fire fighter in your home 24/7.

Newer buildings that contain large open spaces, lightweight construction, or furniture stuffed with flammable material, contribute to the spread of fire and lead to homes burning quicker than ever before. These factors place the homeowner and fire fighters at risk.

Parents should consider installing an automatic fire sprinkler system when building a new home or remodeling an existing home.

SPRINKLERS

FACTS



High-rise buildings are more likely to have fire sprinklers and smoke alarm systems than nonhigh-rise buildings.

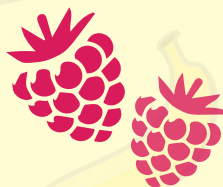
A fire sprinkler's job is to extinguish and suppress the fire before fire fighters arrive to minimize damage and save lives.

RECIPE 1

BREAKFAST BANANA SPLIT

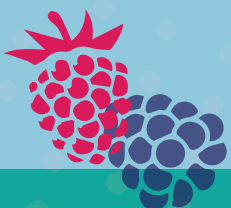
INGREDIENTS

1 banana
½ cup greek yogurt
¼ cup blackberries
¼ cup raspberries
½ cup granola
Mini chocolate chips for garnish



INSTRUCTIONS

1. Freeze the yogurt until firm, but not frozen.
2. When firm, scoop two scoops of yogurt and place each scoop in a separate paper muffin liner.
3. Place in the freezer until ready to use.
4. Peel and split the banana in half lengthwise.
5. Add the frozen yogurt.
6. Add berries, granola, and chocolate chips.
7. Serve immediately.



To detect a fire, smoke alarms are essential in every home.

SMOKE

Your home should have smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement.

Test your smoke alarm every month.

WHAT DOES IT SOUND LIKE?

Smoke alarms warn you of smoke and fire with a very loud **BEEP, BEEP, BEEP** before you see, hear, or smell the fire. Smoke is poisonous, and breathing it in can be very dangerous. Smoke will rise to the ceiling leaving fresh air closer to the floor. This is why we teach children to crawl to safety by telling them to **get low and go, go, go to your exit**. It is also important for children to remember to quickly **get outside and stay outside** if there is a fire.

WHAT SHOULD YOU DO? PRACTICE TOGETHER AT HOME!

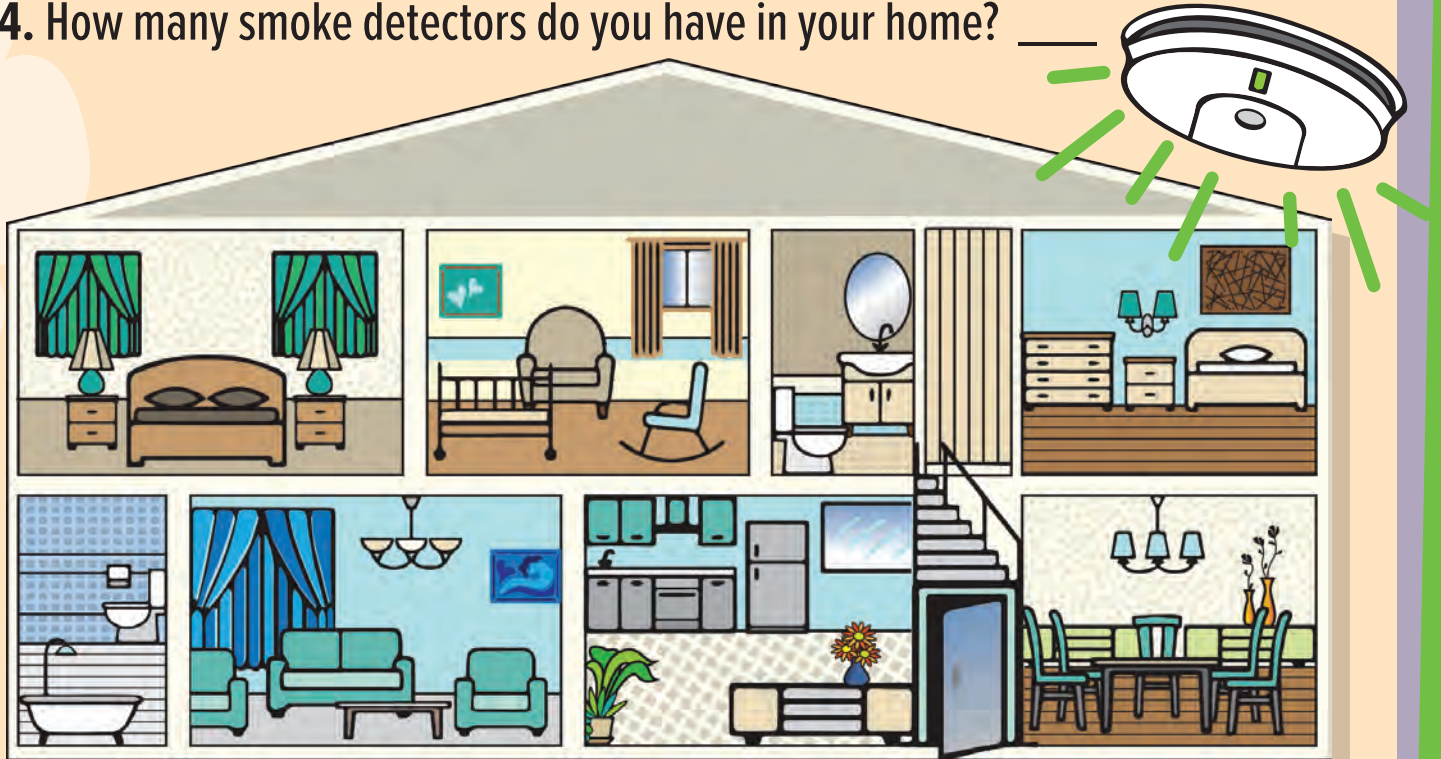
Pretend to be a smoke alarm, and each time you say **BEEP, BEEP, BEEP**, your child has to **get low and go, go, go** to the nearest exit. Take turns being the smoke alarm. You can also play this game with a real smoke alarm when you test your alarm each month. Press the button to hear the beeping sound.

Smoke spreads fast, and working smoke alarms allow you time to escape if there is a fire in your home. If you hear a smoke alarm, get out and stay out using your home escape plan.

ALARMS

ACTIVITY

1. How many levels are there in this house? ____
2. How many smoke detectors does this house need? ____
3. How many levels do you have in your home? ____
4. How many smoke detectors do you have in your home? ____



Answers found at www.honolulu.gov/hfd/ffsg

homefiresprinkler.org

RECIPE 2

NUT BUTTER PIE

INGREDIENTS

- 2 8oz. packages of softened cream cheese
- 1 cup sugar
- $\frac{2}{3}$ cup creamy nut butter
- $\frac{2}{3}$ cup whipped topping
- 14 nut butter cups, divided
- 1 chocolate crumb/oreo crust 9 inches

DIRECTIONS

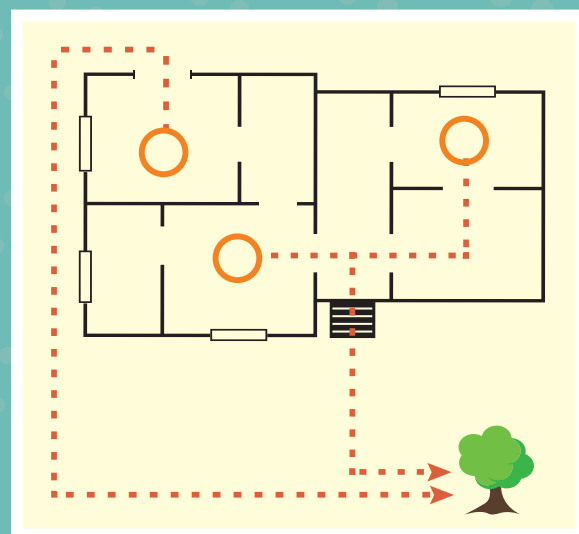
1. In a small bowl, beat the cream cheese, sugar, and nut butter until light and fluffy.
2. Fold in the whipped topping.
3. Coarsely chop half of the nut butter cups and stir into cream cheese mixture.
4. Spoon cream cheese mixture into the crust.
5. Quarter the remaining nut butter cups and arrange over the top of the pie.

PLAN TWO WAYS OUT

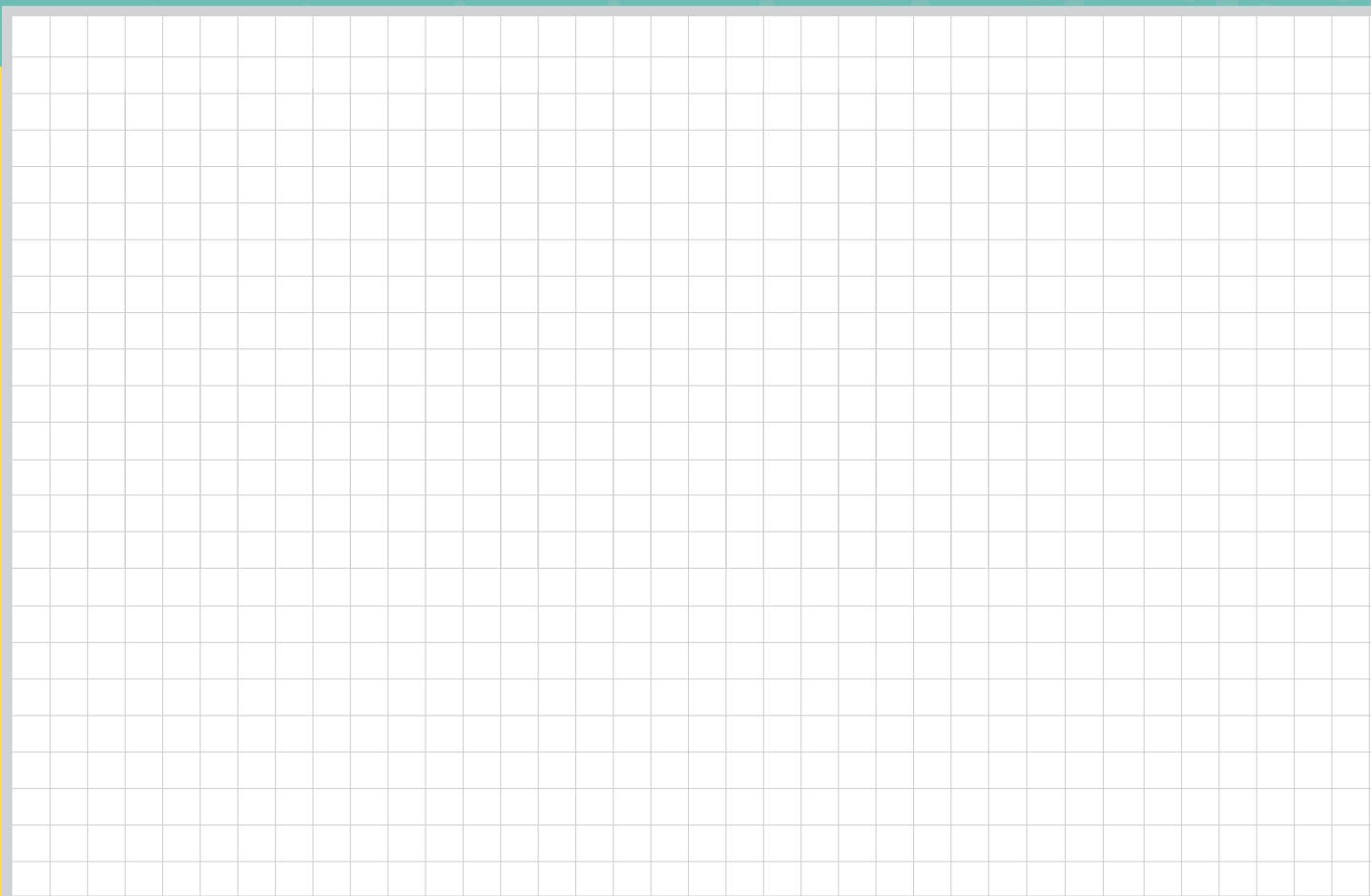
Use the grid below to draw a map of your home showing all doors and windows. Use arrows to show your escape routes. Show at least two ways out of every home. Include an outside meeting place (like a tree, light pole, or mailbox) a safe distance from your home where everyone can meet.

Mark all of the smoke alarms with a circle. Smoke alarms should be in every bedroom, outside each sleeping area, and on every level of your home.

Practice your escape plan at least twice a year by having a family fire drill. Conduct a drill at night so you know how to get out safely in the dark.



ACTIVITY



ACTIVITY

Identify Exit Signs and Know Two Ways Out of Buildings Other Than Your Home

DIRECTIONS: Using the words below, choose the word to complete each sentence. Use each word only once. Write it in the blank.

safety

exit

alarm

smoke

Leilani and Kimo were on the tenth floor when they heard the fire _____. They remained calm and walked to the _____. There was no _____ in the stairway. They quickly went down the stairs and out of the building to _____.

Answers found at www.honolulu.gov/hfd/ffsg

RECIPE 3

NO-BAKE MONSTER COOKIE BITES

INGREDIENTS

- 3 cups old-fashioned oats
- 1 cup peanut butter
- $\frac{1}{2}$ cup pure maple syrup
- $\frac{1}{3}$ cup mini M&Ms
- $\frac{1}{4}$ tsp salt

INSTRUCTIONS

1. Combine all ingredients in a large bowl and stir until well mixed.
2. Scoop $1\frac{1}{2}$ -2 tablespoons of mixture at a time. Press mixture between your hands, roll into a ball, and place on a cookie sheet.
3. Repeat with remaining mixture.
4. Refrigerate the monster cookie bites for at least 30 minutes before serving.
5. Serve at room temperature and enjoy!

STAY LOW AND GO!

If you see or smell smoke or hear a smoke alarm, **STAY LOW AND GO!** When you stay low to the ground and crawl, you can see and breathe better.

meeting place

ACTIVITY

DIRECTIONS: There is a fire in the house! Poki must crawl low, away from smoke and fire to safety.

Draw a path to help him escape to his meeting place.



Answers found at www.honolulu.gov/hfd/ffsg

GET OUT AND STAY OUT!

Once outside, **DO NOT** go back in for anything.

Call 911 only if there is a life-threatening emergency.

Never call to practice, as a joke, or for any nonemergency reason. Examples of emergencies are a fire, a medical emergency, a car accident, or stranger danger.

From a smartphone

Know how to find the keypad. If you do not know the passcode, call 911 by pressing the Emergency button.

DON'T STALL,

CALL 911



When there is an emergency, **DON'T STALL, CALL 911**, and give the operator your information. If there is a fire in your house, **DO NOT** call from your home. Get out and stay out! Once you are outside, **DO NOT** go back in for anything. Go to your family's safe meeting place.

WHO

Give the operator your first and last name.

WHAT

Explain what is wrong and what type of help you need.

WHERE

Know your full address and location.

DO NOT HANG UP UNTIL THE OPERATOR SAYS YOU CAN.

Calling 9-1-1

It's important to know how to call 9-1-1. When you call for help, you will be asked if you need police, fire, or ambulance. If you are calling for help because someone is sick or unresponsive, you must ask for an ambulance. You must give them some information. Ask your parents if you need help to complete the form below:



My Name:

Our Address:

Phone Number:



STOP, DROP, AND ROLL



STOP where you are.

DROP to the ground and cover your eyes and mouth with your hands.



ROLL over and over and back and forth until the flames are out.

RECIPE 4

HAM AND CHEESE ROLL-UPS

INGREDIENTS

- 2 8oz. packages of softened cream cheese
- 1 envelope ranch dressing mix
- 3 green onions, chopped
- 11 8" flour tortillas
- 22 thin slices deli ham

DIRECTIONS

1. In a small bowl, mix cream cheese and ranch dressing until smooth. Stir in onions.
2. Spread about 3 tablespoons over each tortilla; top each with two ham slices
3. Roll up tightly and wrap in plastic wrap. Refrigerate until firm.
4. Unwrap and cut into $\frac{3}{4}$ " slices.

WORD SEARCH

ACTIVITY

Be sure to check up, down, left, and right.

H	C	N	M	S	T	A	T	I	O	N
Y	W	R	I	P	G	C	S	B	R	W
D	Z	D	K	I	D	H	C	V	E	Z
R	K	P	I	M	Y	I	Q	B	L	G
A	X	Q	T	C	G	E	D	L	K	C
N	Z	R	C	A	A	F	F	E	N	A
T	B	E	H	L	R	T	I	H	I	P
A	L	D	E	E	A	O	R	V	R	T
L	I	J	N	P	G	R	E	E	P	A
X	V	R	E	W	E	I	F	H	S	I
F	M	D	R	O	N	M	I	A	D	N
P	R	E	P	A	R	E	G	C	P	Y
O	I	H	S	I	X	A	H	E	W	M
D	Z	E	S	A	F	E	T	Y	M	R
I	A	H	C	V	E	Z	E	I	J	T
X	L	P	E	E	P	A	R	B	E	G

CAPTAIN
CHIEF

FIRE FIGHTER
STATION

HYDRANT
SAFETY

PREPARE
SPRINKLER

GARAGE
KITCHEN

JUNIOR FIRE FIGHTER

PLEDGE

I, _____ (print name)

will be a responsible Junior Fire Fighter and practice what I have learned in this Fire Fighter's Safety Guide with my family.

Junior Fire Fighter's Signature

PARENT CHECKLIST

- ☐ I reviewed this Fire Fighter's Safety Guide with my child.
- ☐ We completed all activities in the guide as a family.
- ☐ I completed the online survey at <https://surveymonkey.com/r/hawaiifiresafety>

Parent Signature

MAHALO TO OUR PARTNERS

Bay View Mini-Putt and Zipline
Bishop Museum
Dole Plantation
Gunstock Ranch
Island Popper
Jack in the Box
Jamba Hawaii

Kailua Round Table Pizza
Pizza Hut®, TD Food group Inc.
7-Eleven® Hawaii Inc.
Taco Bell
Waikiki Aquarium
Waikiki Beach Marriott Resort & Spa
Zippy's Restaurants

