

In North America, hundreds of children die or are seriously injured in fires each year. Children are much more likely than adults to be injured in a fire. Teach your children the importance of fire safety at an early age.

### **Matches and lighters**

Don't let your children play with fire. Children are fascinated by fire. They don't understand the danger of playing with matches and lighters. Always keep matches and lighters away from children. Store them up high, preferably in a locked cabinet. Keep matches and lighters out of the reach of children.

Tell your children that matches and lighters are TOOLS, not toys, and as children shouldn't play with tools, they should:

- not to touch them, and
- call an adult/grown-up right away.

Teach your children that:

- fire can hurt them and destroy things;
- once a fire starts it is difficult to control;
- matches and lighters should only be used by adults.

### **Plan to get out alive**

When children see smoke or fire they often respond by trying to hide, for example, in a closet or under a bed. Tell your children that they cannot hide from fire but they must escape immediately by following a few simple rules:

- Prepare and practice a home fire escape plan with your children.
- Plan two ways to get out of every room.
- Practice fire drills at least twice a year with your children.
- In an apartment fire, your children need to know which stairways will get them out of the building.
- Tell your children never to take an elevator during a fire.
- Decide on a planned meeting area outside the home as part of your fire escape plan.
- Tell your children never to go back into a burning building!

### **Stop, drop and roll**

Practice the Stop, Drop and Roll movements with your children. This could save their lives if their clothes ever catch on fire. Have your children pretend that their clothes are on fire. Then tell them to:

- **Stop** - Get them to stop where they are, and stop what they are doing. Don't run!
- **Drop** - Get them to drop to the floor as quickly as possible.
- **Roll** - Have them cover their face with their hands, then roll over and over until the flames are out.

### **Get out, stay out and stay alive!**

- Teach your children the emergency Toronto Fire Services phone number, 9-1-1.
- Call the Fire Services from a neighbour's phone.

### **Crawl low under smoke**

Teach your children:

- smoke is dangerous;
- smoke rises, so cleaner, cooler air is near the floor;

- to get down on their hands and knees and crawl low under the smoke to the nearest exit.

### **Smoke alarms**

Make sure children know what a smoke alarm is. Children must know:

- smoke alarms warn them if a fire starts;
- to get out of the house immediately when they hear the sound of the smoke alarm;
- show your child how important smoke alarms are by testing all your smoke alarms every month and changing their batteries at least once a year.



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**In case of fire or an emergency, call 9-1-1.**

**Source: City of Toronto Fire Services Website / Copyright City of Toronto**