

Fire Safety for the BABYSITTER

As the babysitter, you are responsible for the children in your care. Planning and prevention are the keys to fire safety. Protect yourself and the children you're watching against fire by taking simple precautions. Here are some important tips you need to know if there's a fire emergency in the home where you babysit.

Tip #1

Before the parents leave:

Write down the following important information and have it handy in case of an emergency:

Address and phone number of the house _____

Fire, Police, Ambulance & Emergency Services: 9-1-1 or _____

Phone number where the parents can be reached _____

Neighbor(s) Name and Phone number _____

Tip #2

Be prepared for a fire emergency:

If there is a fire while you are in charge, you need to know what to do. Ask the adults who hired you to go over the family escape plan so you know all the details. It will also be a helpful reminder for the family to plan ahead for emergencies. With the parents and kids, make sure you:

- ✓ Learn **ALL** escape routes.
- ✓ Learn **WHERE** all the windows and doors are and if you can open them.
- ✓ Know at least **TWO** ways out of each room.
- ✓ **PLAN** how you and the children will escape safely.
- ✓ Know where the **OUTSIDE MEETING PLACE** is.
- ✓ Ask to test the smoke alarm.

Tip #3

If there's a fire:

Stay calm. Your first job is to get yourself and the children outside as quickly and safely as possible and go to the family meeting place.

- ✓ Once outside, **STAY OUT**. Never go back inside.
- ✓ Call the fire department (**9-1-1**) from a cell phone or a neighbor's house. Give the exact address of the fire and stay on the phone until they tell you to hang up.
- ✓ Then you can call the **ADULTS** and let them know about the emergency.
- ✓ If you can't get out, close the door and cover vents and cracks around doors with cloth or tape to keep smoke out. Call 9-1-1 and tell the operator where you are in the house. Once help arrives, signal for help at the window.

Reminders:

- ✓ Get down and **CRAWL LOW** under smoke.
- ✓ Feel the door with the **BACK OF YOUR HAND**; open it slowly if it's not hot.
- ✓ Always **USE THE STAIRS**—never elevators in a fire.
- ✓ If smoke or fire is blocking you from getting to the children, **LEAVE THE HOUSE** and call the fire department from a cell phone or neighbor's house and tell them where the children are trapped.
- ✓ If fire gets on your clothes, **STOP, DROP, AND ROLL** until the flames are out.

Tip #4

Fire Prevention Tips:

- ✓ **NEVER** leave children alone & check on sleeping children regularly.
- ✓ Keep matches and lighters **OUT OF THE REACH** of children.
- ✓ Do **NOT** light candles while babysitting. Know where flashlights are in case of a power outage.
- ✓ **DON'T SMOKE.**
- ✓ Keep children **AWAY** from the stove, hot liquids, electric lamps, and space heaters.
- ✓ Keep space heaters **AWAY** from drapes, furniture, and bedding.
- ✓ Cook safely and **ONLY** if you have permission.
- ✓ Turn pot handles **IN** to avoid children knocking them over or pulling them down.
- ✓ **SMOTHER** a pan fire with a lid. Never use water or a fire extinguisher.
- ✓ Make sure you know what cooking materials **CAN** be used for the microwave. **NEVER** use metal or aluminum foil.

Sample Escape Map

