

BABYSITTER'S GUIDE TO FIRE SAFETY

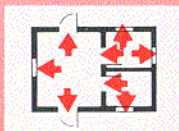
As the babysitter, you're responsible for both routine care and for handling emergencies. Do you know what to do if there's a fire emergency in the home where you babysit? This guide will help you.

Before You Begin



Upon arrival, write down phone numbers for the fire, police and ambulance services, a neighbor and where the parents can be reached. Also write down the complete address of the place where you are babysitting. Keep this information in your pocket in case you must leave the home in a hurry and need the phone numbers or information.

Plan Your Escape



If there's a fire while you're in charge, it's up to you to know what to do. Ask parents if a fire escape plan has already been prepared. If not, suggest that you will make one. Plan how you and the children will escape to safety. Walk through the home and around the outside of the house and find all the escape routes. Plan at least two ways (door and window) out from each room. Decide on a meeting place outside the home. Mentally review how you would handle infants or other children who could not escape on their own. Ask for a demonstration of what the smoke alarm sounds like.

Emergency Numbers

Fire

Police

Ambulance

Prevent Fires and Burns



The best way to prevent fire emergencies is by being watchful and careful. This includes:

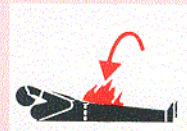
- Never leave children unsupervised.
- Keep matches and lighters away from children.
- Keep children away from electric lamps, hot liquids, space heaters, and open flames such as candles or fireplaces.
- Keep space heaters at least 1 metre (40 inches) from drapes, furniture or bedding.
- Don't smoke on the job.
- Supervise children closely while they are in the kitchen.
- Cook only if you have permission and only if you can do so safely.
- Turn pot handles in so children can't pull them down.
- Smother a pan fire with a lid. Never use water.
- Make sure you know what can and cannot go into a microwave. Yes to paper, glass and microwave proof dishes; no to metals and aluminum foil.
- Test hot foods and liquids before feeding.
- Cool burns in cold water. If skin is already blistered, dead white or charred, get emergency help immediately.

Hospital

Neighbor

This address

Where parents can be reached



- If clothes catch fire, STOP, DROP and ROLL on the floor to smother the flames.

Respond to Fire

At the first sign of fire (see flames, smell smoke or hear alarm) get everybody out of the house quickly. Don't delay. Fire spreads fast. Keep the children at a safe distance from the house and make sure they don't go back in for ANY reason.

Here are some tips that can help you escape from a fire.



- Open doors slowly and cautiously. If there is fire or smoke, use another exit.
- Crawl low under smoke. Air near the floor is safer to breathe.
- Smoke kills. Shut doors to stop it from advancing.
- If in a high-rise building, never use the elevators. Use the stairs instead.
- Go to the prearranged meeting place and make sure everyone is there.
- Take the children to a neighbor and call the Fire Department. Give them the complete address and describe the problem clearly. Inform if anyone is left inside. Stay on the phone until the fire department says you can hang up.
- If you cannot escape, close the door and seal around it with tape or cloth to prevent smoke from entering the room. Wave from a window for rescue.