

4. HELPING PEOPLE AFFECTED BY FIRE

If there are people inside a burning building:

Sound the alarm by blowing your whistle and warn them to get out as fast as possible by shouting instructions loudly and clearly.



Inhaling smoke makes you cough and choke - it can kill you!

- Crawl below the smoke in the room to get out.
- Hold a wet cloth over your nose and mouth.



An unconscious person can be dragged out by using a curtain, blanket or carpet.



Help other people to get out while you can - and then stay out.

Do not go back!
Many people get hurt or even die because they try to rescue belongings – it is not worth it!

If your clothing has caught fire – stop, drop and roll on the ground. Do not run as it will make it worse!

Emergency contact numbers:



or



021 480 7700

DEMONSTRATE AND ROLE PLAY

- Calming breathing techniques
- Issuing warnings and instructions to people without communicating panic
- Crawling below the smoke in the room
- Rescuing someone that is unconscious
- Dousing of clothes that caught fire
- Demonstrate: stop - drop - roll



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