CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Dear children

I'm your friendly firefighter and this is my dog Max. Many children get hurt in fires every year. Here are **seven** important things that will help to protect you from fire.

Read through each of the seven messages with with your family and friends. Talk about the pictures and answer the questions at the bottom of each page.

Remember: fire and life safety starts at home. Share what you have learnt with your friends and family!

Here is how you can make a difference:

- Tell adults to keep matches and lighters in a safe place: out of sight, out of reach and out of the minds of young children.
- Learn how to 'stop, drop and roll' and crawl low under smoke. Teach this to your family and friends.
- Learn how to cool a burn.
- Get together with your whole family to plan your escape.
- Make sure you know your home address and how to call 107 for help in an emergency.

FIRE & LIFE SAFETY
SCHOOL CHECKLIST

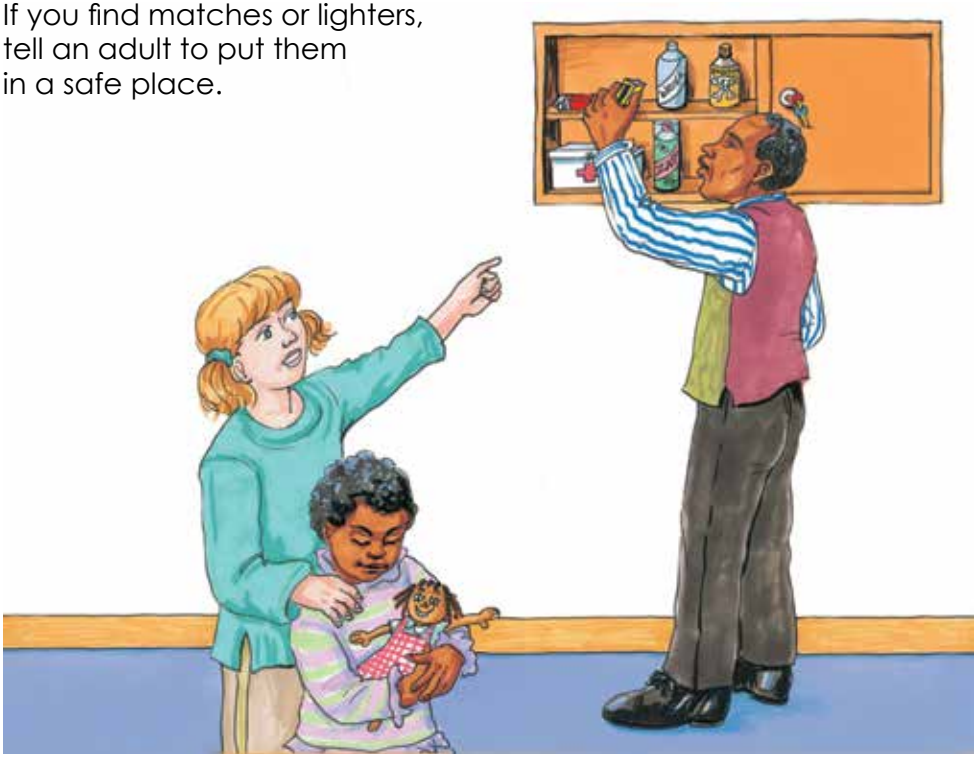
Making progress possible. Together.

KEEP MATCHES AND LIGHTERS IN A SAFE PLACE

Playing with matches and lighters is dangerous because a small fire can easily burn out of control and get big.

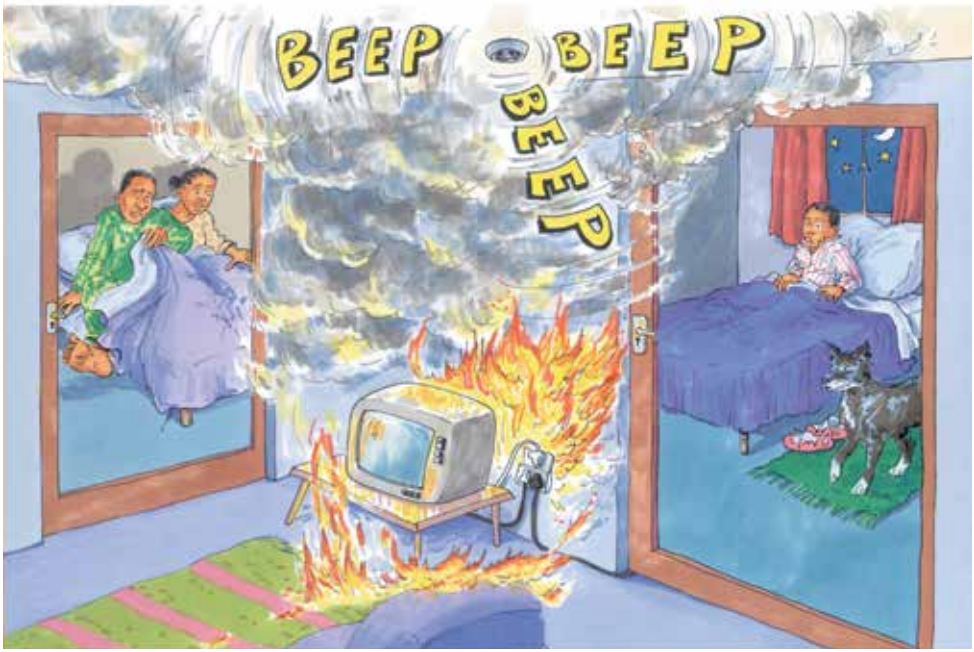
Matches and lighters should be kept safely out of sight, out of reach and out of the minds of children.

If you find matches or lighters, tell an adult to put them in a safe place.



	KEEP MATCHES AND LIGHTERS IN A SAFE PLACE	YES	NO
1.	Are matches and lighters kept out of sight, out of reach and out of the minds of children in your home?	☐	☐
2.	If not, have you told your parents to put them in a safe place?	☐	☐
3.	Will you tell an adult if you see a friend playing with matches or lighters?	☐	☐

WAKE UP! GET A SMOKE ALARM!



Most house fires start at night. A smoke alarm will wake you up before the fire burns out of control and gets big. So get a smoke alarm – it could save your life!

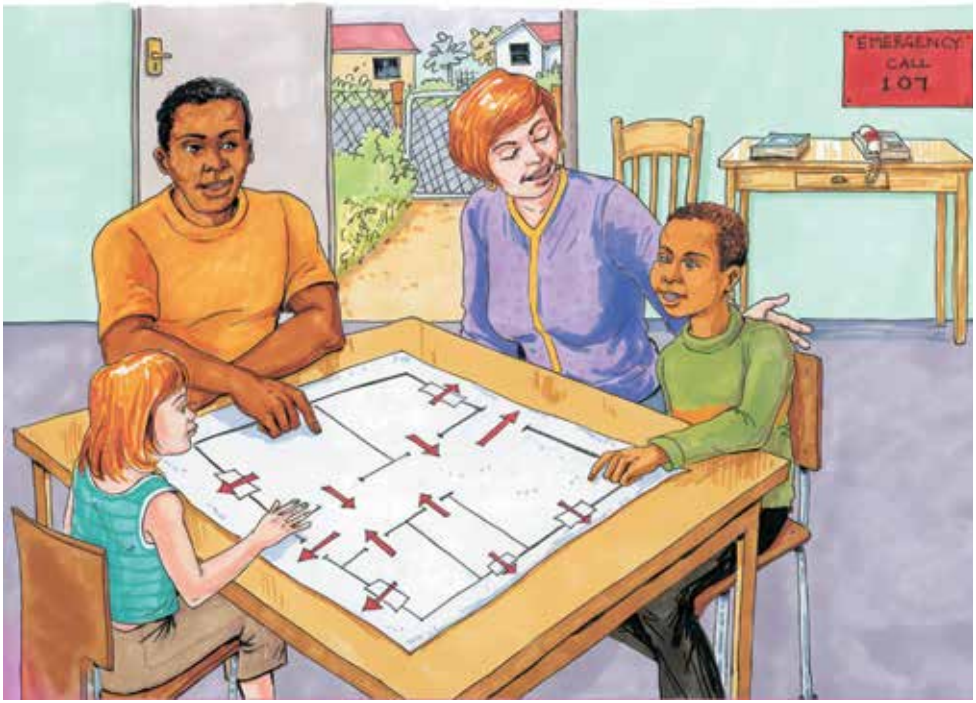
When you hear the smoke alarm, there is no time to lose.
Do not try to save your things. Get out of the house and stay out!

	WAKE UP! GET A SMOKE ALARM!	YES	NO
1.	If you hear the smoke alarm, what should you do?		
	a. Roll over and go back to sleep.	☐	☐
	b. Get out of the house and stay out.	☐	☐
	c. Save your things.	☐	☐
2.	Do you have a smoke alarm in your home?	☐	☐
	If not, have you asked your parents to buy one?	☐	☐

PLAN YOUR ESCAPE

Many people get trapped inside their homes when a fire starts.

Plan your escape. Make sure there is more than one way out of every room, so you can escape easily. Choose a safe place to meet outside your home. Practice your escape plan with your whole family.



	PLAN YOUR ESCAPE	YES	NO
1.	Have you planned how to escape from a fire in your home?	☐	☐
2.	Is there more than one way out of every room?	☐	☐
3.	Have you practised your escape plan with the whole family?	☐	☐

CRAWL LOW UNDER SMOKE

If a fire starts, you need to get out and stay out!
Smoke is hot. You can die from breathing in smoke.
So crawl low under smoke to escape the fire.
Stay low and go, go, go!

Crawl on your hands and knees.
Do not belly crawl. Poisonous gases sink down to the floor.

	CRAWL LOW UNDER SMOKE	YES	NO
1.	If a fire starts, you should:		
	a. Run outside.	☐	☐
	b. Crawl low under smoke.	☐	☐
	c. Get out of the house and stay out.	☐	☐
2.	Have you practised crawling low under smoke with your whole family?	☐	☐

STOP, DROP AND ROLL

If your clothes catch fire, act fast to put out the flames.

STOP and do not run.

DROP to the ground and cover your face with your hands.

ROLL over and over to put out the flames.

	STOP, DROP AND ROLL	YES	NO
1.	When should you stop, drop and roll:		
	a. When your clothes catch fire.	☐	☐
	b. When you burn your hand on the stove.	☐	☐
	c. When you hear the smoke alarm.	☐	☐
2.	Have you taught your whole family to stop, drop and roll?	☐	☐

COOL A BURN

Act fast to cool a burn. Splash the burn with water or put the burnt area in cool water for 20 minutes.

Tell your parents to use cool water and never put cream, butter, oil, ice or toothpaste on a burn. These things will make the burn worse.

	COOL A BURN	YES	NO
1.	What should you do if you burn your hand:		
	a. Cool the burn in cool water	☐	☐
	b. Stop, drop and roll	☐	☐
	c. Put butter on the burn	☐	☐
2.	Have you taught your parents how to cool a burn?	☐	☐

GET HELP FAST: CALL 107

Call the toll-free number 107 from a landline to get help in any emergency. Tell the operator your name and home address and answer the questions. Check to see that your house is clearly numbered so that the helpers can reach you quickly.

If you phone from a cell phone, call **021 480 7700.**

My home address is:

_____

_____

_____

	GET HELP FAST: CALL 107	YES	NO
1.	If a fire starts, who should you call for help?	☐	☐
	a. Your neighbours.	☐	☐
	b. The police.	☐	☐
	c. 107.	☐	☐
2.	Does your whole family know the emergency number 107?	☐	☐
3.	Have you written 107 next to your phone where everyone can see it?	☐	☐

This checklist was produced by the City of Cape Town Fire and Rescue Service: Fire and Life Safety Education Section.

This checklist is also available in Afrikaans and Xhosa.

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