

The image shows two firefighters in the foreground, one on the left and one on the right, both wearing dark blue shirts and tan pants. They are standing in front of a fire truck with yellow and red diagonal stripes. A large, diamond-shaped logo with a black border and a white diamond pattern is centered over the image. The logo contains the text "THE H.E.A.T. TEAM" in a stylized font. The word "THE" is in yellow, "H.E.A.T." is in red with a black outline, and "TEAM" is in yellow. The background is slightly blurred, showing the side of the fire truck with the number "119" visible.

THE  
**H.E.A.T.**  
TEAM

The mission of the H.E.A.T. (Healing Education And Training) Team is to educate people of all ages on the dangers of fire, teaching them to take a personal responsibility for themselves, their families, their homes, and their surroundings.



# WHEN YOUR CLOTHES CATCH FIRE...



**STOP**



**DROP**



**ROLL**

When a person's clothes catch fire it is very important to act **quickly** and **appropriately**. A person must immediately **stop** where they are and **drop** onto the ground. Covering their face with their hands, they must **roll back and forth**, making sure all parts of their body come in contact with the ground. This is the best way to extinguish the flames quickly and efficiently.

**DO NOT RUN.** If someone attempts to run for help or water before extinguishing the flame, the fire will grow with the added oxygen from running. Should someone else you are with have their clothing catch fire, encourage that person to perform the **stop, drop, and roll** procedure. If someone is unable to perform the procedure due to a disability or other reasons, a blanket or other large piece of heavy cloth may be used to smother the fire.

Protect yourself from fire by keeping a **safe distance** from ignition sources such as BBQ grills, campfires and fireplaces, and ignition devices such as lighters and matches.

# IF YOU MUST ESCAPE THROUGH SMOKE...

**CRAWL  
LOW...**

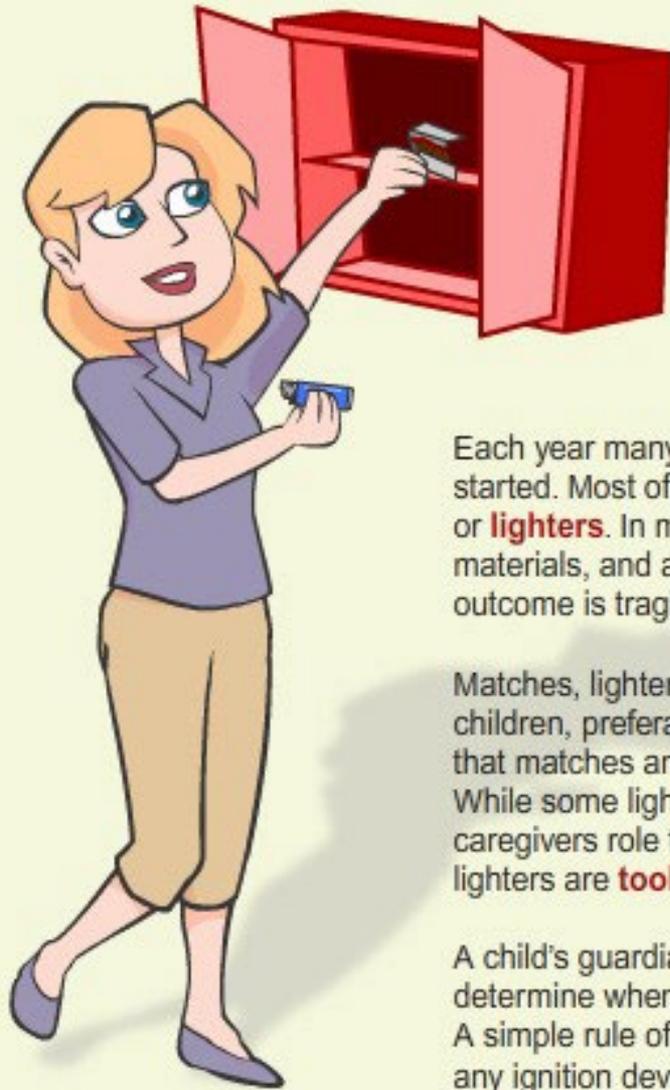


**...UNDER  
THE SMOKE**

One of the by-products of combustion is **smoke**. Depending on what is burning, this smoke may contain highly **toxic chemicals** that can cause one to choke and cough, consequently inhaling more toxic gases. Many people who would have been able to escape from a fire by staying below the smoke, have died as a result of breathing **only a breath or two** of these toxic gases.

Smoke is also very dense and **difficult to see through**, and can be **extremely hot**.

As the heated smoke rises to the ceiling, the best path to **escape** is between 12" and 24" off of the floor. This will be below the super-heated toxic gases in the smoke, and above the heavier than air toxins that have settled to the floor. Therefore, **crawling on your hands and knees** will put you in just the right place to exit with the minimal amount of inhaled toxins.



# MATCHES & LIGHTERS SHOULD BE KEPT OUT OF REACH OF CHILDREN

Each year many young people die in fires that either they or other children started. Most of these fires were set by children who were playing with **matches** or **lighters**. In many cases, this was out of curiosity, access to the ignition materials, and a **lack of supervision**. No matter what factors were present, the outcome is tragic.

Matches, lighters and all ignition devices should be kept **up and out of reach** of children, preferably locked up. Children should be taught as young as 2 years old that matches and lighters are tools for adults, and not to be touched by children. While some lighters today are designed to be attractive to young people, it is the caregivers role to teach the child the message is still the same ...matches and lighters are **tools, not toys**.

A child's guardian is the best judge of their ability and maturity, and they must determine when it is the **appropriate time to teach** the proper use of these tools. A simple rule of thumb is for children under the age of 7 to report the finding of any ignition devices to an adult, and children over 7 can be instructed to give any ignition devices they find to an adult.

**IF YOU DO  
GET BURNED...**



**...RUN UNDER  
COLD WATER  
FOR AT LEAST  
3 MINUTES**

**All children** must be taught the things that can harm them starting **as soon as they can crawl**. Space heaters, fireplaces, curling irons, coffee pots, and even hot water from the tap are all typical hazards that burn children every day. Children must know these dangers and be directed not to touch them.

**Supervision** of children may not be an easy task, but it is **vitaly important** to prevent unthinkable injuries. While your water heater should be set to have an outlet temperature of 120 degrees or less, the need for testing water is still important. Always turn on the **cold water first**, then add the hot, whenever running water for washing or bathing. Use a special water thermometer to test the temperature, or submerge your entire forearm in the water to determine it is safe for children before placing them in it.

In the event of a burn injury, immediately flush with cool water for **at least 3 minutes**. Any burn that causes blisters should be seen by a doctor.

# REPORTING AN EMERGENCY...

All people should know how to report an emergency. If the **911 system** is not available in your area, you should have **police**, **fire** and **ambulance** phone numbers available at the phone. In a fire emergency, **leave the building immediately**, alerting others in the building of the fire condition, and call the fire department from a neighbor's phone or a cell phone.

## ONCE AN EMERGENCY DISPATCHER IS REACHED...

- \* Give them the type of emergency.
- \* Give your name and address.
- \* State where the emergency is, and where you are.
- \* Stay on the phone until the dispatcher tells you to hang up.



# RESPONDING CORRECTLY...

**STOP**



**LISTEN**



**GO**



Fire drills in school are **very important lessons** in life, and the lessons learned should carry over to other times and places that you may be alerted to a dangerous condition. With this in mind, **all drills should be taken seriously** and everyone should participate as if the alarm were an actual emergency. React quickly but not hastily, and remain quiet and orderly as you exit. It is important for everyone to **hear directions clearly**, and **remain calm** during the evacuation.

## **YOUR FIRE EVACUATION PLAN SHOULD INCLUDE:**

- An escape plan posted in your classroom
- Knowledge of sound of alarm
- When alarm sounds, **STOP** everything, and **LISTEN** for instructions
- **GO** quickly, quietly, and orderly to your assigned exit, and then on to your meeting place. **STAY** at your meeting place until directed by your teacher



**ALWAYS KNOW  
TWO WAYS  
OUT...**

**STAY CALM**

**LOOK FOR  
EXIT SIGNS**

No matter where you are, it is important to **know the location of exits** and how to evacuate properly. In unfamiliar surroundings, you will not have time to make a plan when the alarm sounds. Make it a habit to **locate stairways** and **exits**, and develop a plan in your head so that when the alarm does sound, you can make a **quick** and **orderly** escape. **Never include elevators in your plan**, they may not work when you need them. This applies to shopping malls, theatres, hotels, office buildings, and anywhere you work, play, or worship.

Always make sure you have **two ways out** in your plan. This may include **doors**, **windows**, and **stairways**. If you think there is a fire, immediately report it to a responsible adult and evacuate the building. Do not attempt to put a fire out yourself.

# SMOKE AND CO ALARMS...

...SHOULD BE ON EACH LEVEL OF YOUR HOME

...NEED TO BE TESTED MONTHLY

Minnesota state **law requires** that every home must have at least one smoke alarm on each level of your home, and one located in the hallway outside the sleeping area. For homes built after 1993, the requirement includes hardwired, interconnected alarms with a battery backup in all sleeping rooms.

Working **smoke alarms double your chances of survival**, but they can only accomplish this if they are installed and maintained properly. They should be installed to code and manufacturers directions. They should also be **tested monthly** and the batteries should be replaced at least once a year, such as the day we change our clocks back to standard time. A quick remembering tool is "change your clock, change your battery".

Smoke alarms have an effective life of **10 years**. Any alarms that are more than ten years old, or you are not sure how old they are, should be replaced. **Never tamper with or remove batteries** from a smoke alarm. If you are having false alarms, replace the alarm with a new working alarm.

Carbon monoxide (CO) is a by-product of combustion of fossil fuels. Fumes from automobiles contain high levels of CO. Appliances such as **furnaces, space heaters, clothes dryers, ranges, ovens, water heaters, charcoal grills, fireplaces** and **wood-burning stoves** produce CO.

**Carbon monoxide is a deadly gas.** It can kill you before you know it, because you can't see it, taste it or smell it. At lower levels of exposure, it can cause health problems. Some are very vulnerable to CO poisoning, including fetuses, infants, children, senior citizens and those with heart or lung problems.



# HOME HAZARD INSPECTIONS...



Go through the **Check it Out Home Hazard Inspection** checklist often with the whole family. Take **personal responsibility** for identifying and reducing the hazards in your home.

All windows and doors should be able to be opened by small children, and be accessible without moving anything out of the way. Hallways should be **clear from clutter**. Careless smoking is the leading cause of fire deaths. Smokers should never smoke in bed or when tired. Flammable liquids should be **stored in original containers** and kept in the garage, **out of reach of children**.

Place childproof plugs in unused power outlets. Replace all cracked, frayed or damaged cords. Never run cords under rugs or carpets. Use **Ground Fault Circuit Interrupters** in bathroom and kitchen outlets. Keep stovetop and counters free of grease and clutter. Place potholders and other combustibles **3 feet** from stovetops and space heaters. Unplug all small appliances when not in use, and keep cords up and out of reach of children.

Change your furnace filter regularly and have the heating system cleaned and **inspected by an industry professional** annually. Sweep away lint and debris from around and under your washer and dryer, and empty the dryer lint screen with each load. Store household cleaners on a shelf **away from heat sources**, pets, and children.

# OUTDOOR FIRE SAFETY

One of the tools of camping and survival in the woods is a **campfire**. It provides us with opportunities for cooking, warmth, and light. Of course with any tool there must be **rules** regarding its safe and appropriate use. We are all responsible for managing the environment around us. This includes **ensuring the safety of our friends and family** while we enjoy the outdoors. Buy a tent that is flame retardant, and be cautious of objects in a tent that can burn, such as sleeping bags and clothing. Tents and all combustibles should be placed upwind from campfires.

If you know that it is **legal** to have a campfire where you are, here are some safety tips:

- \* Circle your pit with rocks and clear a five-foot area.
- \* Closely **supervise children** at a campfire.
- \* Establish an **action plan** in the event a fire spreads.
- \* Use kindling and tinder. Don't use flammable liquids.
- \* Keep water and a shovel nearby, **just in case**.
- \* **Never** leave a campfire unattended.
- \* Extinguish a fire **before** going to sleep or leaving.

To properly extinguish a fire, **douse** with water or sand, **break up** the coals, **add more** water or sand, **stir** debris with a stick and **cover dead embers** with dirt.



# FIREWORKS!



The sale, possession and use of some non-explosive and non-aerial consumer fireworks are **permitted** in Minnesota. Examples include **sparklers**, cones and tubes that emit sparks, and **novelty items** like snakes and party poppers.

These fireworks **may not be used on public property** (parks, roads, alleys, schools, government property, etc.). **You must be at least eighteen years old** to purchase, and retailers are required to check photo ID.

Explosive and aerial fireworks are **prohibited** for public sale, possession and use in Minnesota. Prohibited fireworks include, but are not limited to, **firecrackers**, bottle rockets, missiles, **roman candles**, mortars and shells.

- \* Use fireworks with close adult supervision. Eye protection is recommended.
- \* Fireworks should only be ignited outdoors, away from animals, buildings, storage tanks, or combustibles.
- \* Do not carry fireworks in your pocket.
- \* Cigarettes, cigars, pipes or open flames should be kept away from fireworks.
- \* Never ignite fireworks inside another container, like a bottle or can.
- \* Never throw fireworks or aim them at another person, animal or building.
- \* Only light one device at a time, then move away from the device quickly.
- \* If a device fails to go off, stay clear for an extended period of time. Soak in water before handling.
- \* Never position your body or head over a firework device. Approach from the side to light it, and stay clear.
- \* Never relight malfunctioning fireworks. Report defects to the seller or the Consumer Product Safety Commission.
- \* Never experiment with fireworks, make your own fireworks, or alter fireworks in any manner (it's illegal!).





# FIRE EXTINGUISHERS...

Fire extinguishers can be **an effective tool** for saving lives and property, but not everyone understands them or knows how to operate them. You must know how to use one **before** a fire can start, so you won't have to read directions during an emergency. Using an extinguisher is a skill that should be performed **by an adult**.



Extinguishers come in three classes, for the type of fire they fight.



**A** - Trash and Combustibles

**B** - Flammable Liquids

**C** - Electronic Equipment

Store the extinguisher by an exit from your home, in an easily accessible location.

There are a few things to remember **prior** to fighting a fire:

Be **SURE** that everyone is out of the house, and 911 has been called.

Be **SURE** the fire is small and contained.

Be **SURE** that you have a clear escape path out of your home.

Be **SURE** to stand approximately 8 feet from the fire.

Use the **P.A.S.S.** system to remember the right way to use an extinguisher:

**PULL** the pin at the top of the extinguisher.

**AIM** the nozzle toward the base of the fire.

**SQUEEZE** and hold the handle to discharge the extinguisher.

**SWEEP** the nozzle back and forth at the base of the fire.

If you have the **slightest doubt** about whether to fight the fire, **DON'T!** Get out immediately and call 911. Your fire department is ready to protect you.

**I WILL** tell the truth; be sincere, keep my word and honor my commitments

**I WILL** be courteous and polite, tolerant, appreciative and accepting of individual differences; respect the right of others

**I WILL** think before I act; consider the consequences on all people affected

**I WILL** be reliable; be accountable, and accept responsibility for the consequences of my choices

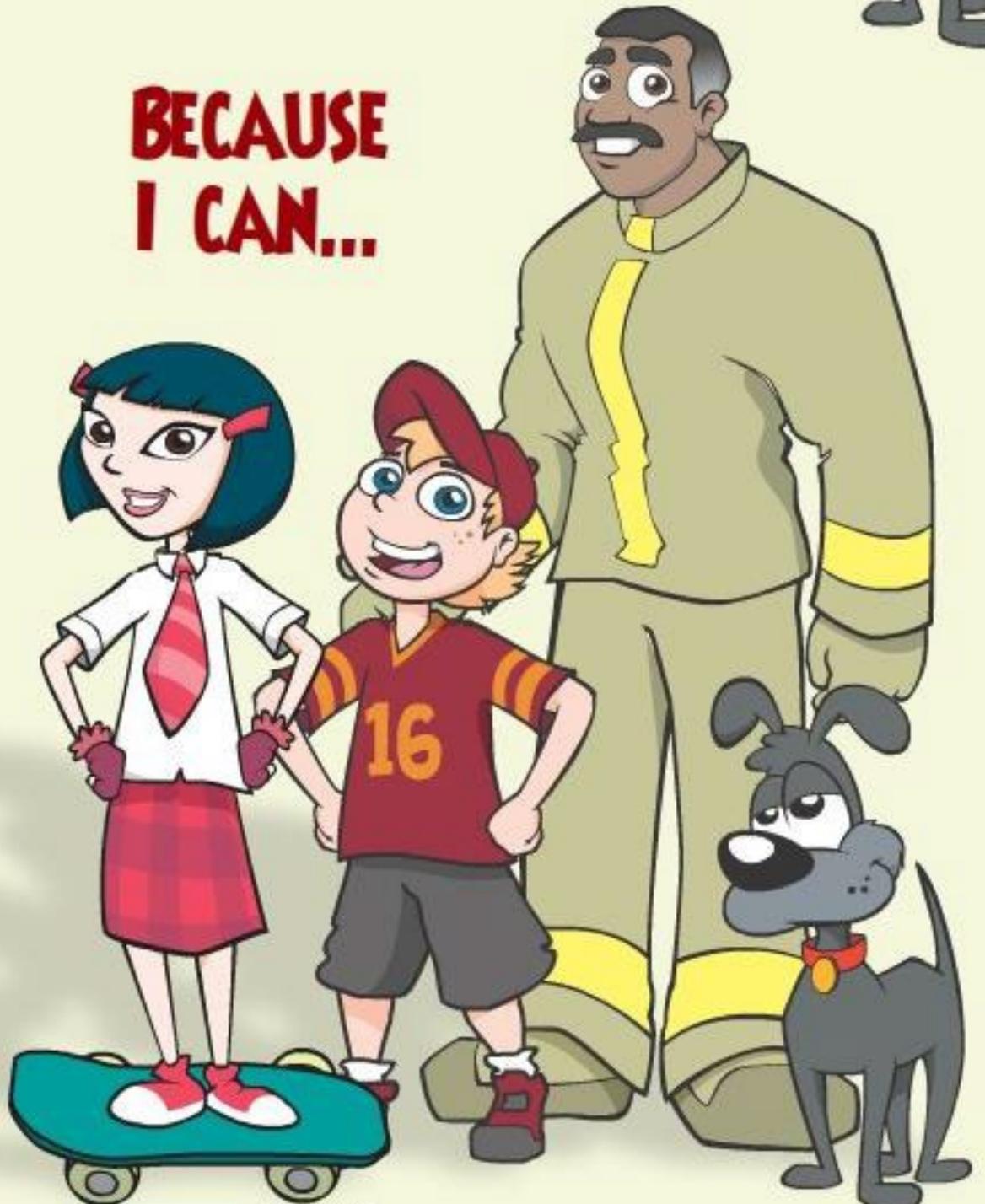
**I WILL** exercise self-restraint, do my best and keep trying, set a good example for others

**I WILL** treat all people fairly; be open-minded and listen to others

**I WILL** show I care about others through kindness, caring, sharing and compassion

**I WILL** play by the rules; obey laws; do my share to protect others and the environment

# BECAUSE I CAN...





# Fire Safety Begins With You!

