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Babysitters you're it!

As the babysitter, you are responsible for caring for the children and handling emergencies. Here are some important points you need to know if there's a fire emergency in the house where you babysit.

BEFORE THE PARENTS LEAVE
Write down the complete address and phone number of the place where you are babysitting, and phone numbers for:

- Fire, Police, Ambulance & Emergency Services - often one number - 911
- Where the parents can be reached
- Neighbour(s)

Keep this information in your pocket so that it's with you at all times and handy in case of emergency.

PLAN YOUR ESCAPE

If there's a fire while you are in charge, you must know what to do:

- Is there a fire escape plan?
- If no, develop a fire escape plan.
- Identify all escape routes inside and out
- Plan at least two ways out (door and window) from each room
- Plan how you and the children will escape safely
- Decide on an outside meeting place
- Ask for a demonstration of the smoke alarm
- Review escape plans for children unable to do this on their own.

FIRE SAFETY!

The best way to keep fire safe is by being watchful of and careful with the children in your charge:

- Never leave children unsupervised.
- Check sleeping children regularly.
- Keep matches and lighters out of reach.
- Do not light candles while babysitting.
- Don't smoke on the job.
- Keep children away from the stove, hot liquids, electric lamps, and space heaters.
- Keep space heaters at least 1 metre (40 inches) from drapes, furniture or bedding.
- Cook safely and only if you have permission.
- Turn pot handles in to avoid children knocking them or pulling them down.
- Smother a pan fire with a lid - NEVER USE WATER.
- Make sure you know what cooking materials can go into the home's microwave.

BURN PREVENTION

Always test hot foods and liquids before feeding.

WHAT TO DO?

Fire spreads fast - don't delay!

If clothes catch fire, **STOP, DROP & ROLL** on the floor to smother flames.

- Cool burns in cold water IF SKIN IS ALREADY BLISTERED, CHARRED OR DEAD WHITE. Immediately get emergency help.
- Immediately when you see flames, smell smoke or hear the smoke alarm get everybody out of the house.
- Feel the door first - if not hot - open slowly.

- If there is fire or smoke use another exit.
- Crawl low under smoke, the air near the floor is safer to breathe.
- Smoke kills - shut doors to stop smoke from spreading.
- If you cannot escape - close the door and seal around it with cloth to prevent smoke from entering the room.
- Always use the stairs and never the elevators.
- Go to the meeting place a safe distance from the house and make sure everyone is there.
- Take children to a neighbour.
- Phone the emergency number from a safe place.
- Give complete address; describe situation and inform if anyone is still inside.
- Stay on phone until you are told to hang up.
- **DO NOT GO BACK TO THE HOUSE FOR ANY REASON!**



Install extinguishers in plain view, near an escape route and away from stoves and heating equipment.

Portable Fire Extinguishers

To use a portable fire extinguisher effectively, remember the 4 step P.A.S.S. Word!

- 1. Pull the pin:** Holding the extinguisher with the nozzle pointing away from you, remove the pin, seal or the lever release mechanism. This unlocks the operating lever.
- 2. Aim low:** Point the extinguisher nozzle (or hose) at the base of the fire. Always hold the extinguisher vertically, never horizontally.
- 3. Squeeze the lever fully:** This will release the extinguishing agent through the nozzle. Releasing the lever will stop the discharge.
- 4. Sweep from side to side:** Sweep the nozzle from side to side aiming at the base of the fire. As the fire closest to you goes out, you may move closer to the fire and continue the sweeping motion until the fire is extinguished.

**Fire Safety Plans
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