

# Babysitter's Guide To FIRE SAFETY

Do you know what to do if there's a fire or emergency in the home where you're babysitting? This guide will help you.



## Before You Begin

When you arrive, make sure the house address and emergency contact information at the bottom of this guide is complete. Keep a copy of this information in your pocket and add it to your cellphone (or take a picture of it with your cell) in case you have to leave the home in a hurry.



## Plan Your Escape

Ask the parents to share the family's fire escape plan. If they don't have one, be sure to:

- ▶ Identify all escape routes.
- ▶ Find at least two ways out of each room (doors and windows).
- ▶ Plan how you and the children would escape safely.
- ▶ Decide on an outside meeting place a safe distance from the house.
- ▶ Ask for a demonstration of what the smoke alarm and the carbon monoxide detector sound like.



## Prevent Fires and Burns

The best way to prevent a fire is by being watchful and careful.

- ▶ Never leave children alone, especially in the kitchen.
- ▶ Keep matches and lighters away from children.
- ▶ Keep children away from electric lamps, hot liquids, space heaters, and wood stoves.
- ▶ Keep space heaters at least one metre away from drapes, beds and furniture.
- ▶ Don't smoke on the job.
- ▶ Don't light candles while babysitting and don't use the fireplace.

### Kitchen Safety

- ▶ Cook only if you have permission and only if you can do it safely.
- ▶ Turn pot handles in toward the middle of the stove so children can't pull them down.
- ▶ If a pan is on fire, put a lid on it. Don't carry a burning pan. Never use water on a burning pan!
- ▶ Make sure you know what can and cannot go into the microwave. Yes to paper, glass and microwave-safe dishes. No to metals and aluminum foil.

### Burns

- ▶ Test hot foods and liquids before feeding.
- ▶ Treat minor burns with cool water. If the skin is blistered, extremely white or charred, call for help immediately.



## Respond to Fire

At the first sign of fire (flames, smoke or alarm), get everybody out of the house quickly. Don't delay. Fire spreads fast. Smoke is toxic and just as dangerous as fire. Go to your meeting place and make sure nobody goes back in the home for ANY reason. **GET OUT. STAY OUT.**

- ▶ If your clothes catch fire, Stop, Drop and Roll on the floor to smother the flames. Never run.
- ▶ Feel the door first. If it isn't hot, open it very slowly. If there is fire or smoke, use another exit.
- ▶ Close doors as you leave. Do not lock doors.
- ▶ Crawl low under smoke. Air near the floor is safer to breathe.
- ▶ If you cannot escape, close the door and seal around it with a towel, blanket or whatever is handy (wet works best) to prevent smoke from entering the room. Wave from a window for rescue.
- ▶ Never use the elevator. Always use the stairs.

### Once You're Outside

- ▶ Go to the prearranged meeting place and make sure everyone is there.
- ▶ If you have a cellphone, call 911 or the Fire Department. Give the complete address and describe the problem clearly.
- ▶ Inform the 911 operator if anyone is still inside or missing. Stay on the phone until the operator says you can hang up.
- ▶ If you don't have a cellphone, take the children to a neighbour and call 911 from there.

[www.ofc.alberta.ca/safety-tips-resources.cfm](http://www.ofc.alberta.ca/safety-tips-resources.cfm)

This Address \_\_\_\_\_  
\_\_\_\_\_

Alberta  
Government

Emergency  
Numbers

Fire 911 or \_\_\_\_\_

Neighbour \_\_\_\_\_

Police 911 or \_\_\_\_\_

Parents contact  
information (cell) \_\_\_\_\_

Ambulance 911 or \_\_\_\_\_

Poison Control Centre 1-800-332-1414 (within Alberta)