



# FIRE PREVENTION

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Tampa Bay  
**Times**  
**NIE**  
newspaper in education  
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# Safety first



In 2011, U.S. fire departments responded to 370,000 home fires. These fires caused 13,910 injuries, 2,520 deaths and approximately \$6.9 billion in damage. On average, seven people die in U.S. home fires per day.

Would you know what to do if a fire started in your home? Would your parents, siblings, babysitter? The best way to avoid injury in case of fire is to be prepared. By taking the time to review safety facts before a fire happens, you can help your family avoid injury if a fire emergency occurs in your home.

Of course, the best way to practice fire safety is to make sure a fire doesn't break out in the first place. That means you should always be aware of potential hazards in your home. This Newspaper in Education publication, produced in partnership with the City of Seminole Fire Rescue Department and Firehouse Subs, will educate you about fire dangers and provide tips for you to be prepared.

## IN THE KNOW. IN THE TIMES.

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

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### This publication incorporates the following Next Generation Sunshine State Standards:

**Health:** HE.4.C.1.1; HE.4.B.1.1; HE.4.B.1.2; HE.4.B.1.3; HE.4.B.1.4; HE.5.C.1.1; HE.5.B.1.1; HE.5.B.1.2; HE.5.B.1.3; HE.5.B.1.4; HE.6.C.1.1; HE.6.B.1.1; HE.6.B.1.2; HE.6.B.1.3; HE.6.B.1.4; HE.7.C.1.1; HE.7.B.1.1; HE.7.B.1.2; HE.7.B.1.3; HE.7.B.1.4; HE.8.C.1.1; HE.8.B.1.1; HE.8.B.1.2; HE.8.B.1.3; HE.8.B.1.4 **Science:** SC.4.P.10.1; SC.4.P.11.1; SC.4.P.11.2; SC.4.P.9.1; SC.5.P.10.1; SC.5.P.10.4; SC.5.P.11.1; SC.5.P.11.2; SC.5.P.8.1; SC.5.P.9.1; SC.6.N.1.1; SC.7.N.1.1; SC.7.P.11.1; SC.7.P.11.2; SC.7.P.11.3; SC.7.P.11.4; SC.8.N.1.1 **Language Arts:** LA.4.1.4.1-3; LA.4.1.5.1-2; LA.4.1.6.1-9; LA.4.1.7.1-8; LA.4.2.2.1-5; LA.4.3.1.1-3; LA.4.3.2.1-3; LA.4.3.3.1-4; LA.4.3.4.1-6; LA.4.4.2.1-5; LA.4.5.2.1-5; LA.4.6.1.1; LA.4.6.2.1-4; LA.4.6.3.1-2; LA.5.1.4.1-3; LA.5.1.5.1-2; LA.5.1.6.1-9; LA.5.1.7.1-8; LA.5.2.2.1-5; LA.5.3.1.1-3; LA.5.3.2.1-3; LA.5.3.3.1-4; LA.5.3.4.1-6; LA.5.4.2.1-5; LA.5.5.2.1-5; LA.5.6.1.1; LA.5.6.2.1-4; LA.5.6.3.1-2; LA.6.1.4.1-3; LA.6.1.5.1-2; LA.6.1.6.1-9; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3;

LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-6; LA.6.4.2.1-5; LA.6.5.2.1-5; LA.6.6.1.1; LA.6.6.2.1-4; LA.6.6.3.1-2; LA.7.1.4.1-3; LA.7.1.5.1-2; LA.7.1.6.1-9; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1-3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-6; LA.7.4.2.1-5; LA.7.5.2.1-5; LA.7.6.1.1; LA.7.6.2.1-4; LA.7.6.3.1-2; LA.8.1.4.1-3; LA.8.1.5.1-2; LA.8.1.6.1-9; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-6; LA.8.4.2.1-5; LA.8.5.2.1-5; LA.8.6.1.1; LA.8.6.2.1-4; LA.8.6.3.1-2

### Reading this supplement and completing the newspaper activities in this publication can be applied to the following Common Core Standards:

**Reading informational text:** RI.4.1; RI.4.2; RI.4.3; RI.4.7; RI.4.9; RI.5.1; RI.5.2; RI.5.3; RI.5.7; RI.5.9; RI.6.1; RI.6.2; RI.6.3; RI.6.7; RI.6.9; RI.7.1; RI.7.2; RI.7.3; RI.7.7; RI.7.9; RI.8.1; RI.8.2; RI.8.3; RI.8.7; RI.8.9 **Writing:** W.4.1; W.4.2; W.4.3; W.4.4; W.4.5; W.4.7; W.4.8; W.4.9; W.5.1; W.5.2; W.5.3; W.5.4; W.5.5; W.5.7; W.5.8; W.5.9; W.6.1; W.6.2; W.6.3; W.6.4; W.6.5; W.6.7; W.6.8; W.6.9; W.7.1; W.7.2; W.7.3; W.7.4; W.7.5; W.7.7; W.7.8; W.7.9; W.8.1; W.8.2; W.8.3; W.8.4; W.8.5; W.8.7; W.8.8; W.8.9; W.9-10.1; W.9-10.2; W.9-10.3; W.9-10.4; **Speaking & listening:** SL.4.1; SL.4.2; SL.4.4; SL.5.1; SL.5.2; SL.5.4; SL.6.1; SL.6.2; SL.6.4; SL.7.1; SL.7.2; SL.7.4; SL.8.1; SL.8.2; SL.8.4; **Language:** L.4.1; L.4.2; L.4.3; L.4.4; L.5.1; L.5.2; L.5.3; L.5.4; L.6.1; L.6.2; L.6.3; L.6.4; L.7.1; L.7.2; L.7.3; L.7.4; L.8.1; L.8.2; L.8.3; L.8.4

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The City of Seminole is dedicated to excellence, professionalism and integrity in the delivery of community services for an enhanced quality of life for those living in, working in and visiting our community.

**Accountability:** Accepting responsibility for decisions and actions; assuming legal and moral obligations “to do the right thing.”

**Professionalism:** Committed to high standards of education, training and public service. Demonstrate knowledge of public service delivery with emphasis on customer service and satisfaction.

**Ethics and integrity:** Committed to the concept of public trust and use of public funds with demonstrated honesty, sincerity and high personal values.

**Trust and respect:** Firm commitment to honesty, integrity, reliability and justice. Hold in high regard those we interact with; show consideration and be courteous in our daily activities.

**Social responsibility:** Providing municipal services in a manner which recognizes individual uniqueness and addresses common welfare for all; working together to achieve long-term community success.



# Fire facts

- Cooking is the leading cause of home fires and home fire injuries.
- Smoking is a leading cause of home fire deaths.
- In 2011, 12 home fires killed five or more people, resulting in a total of 67 deaths.
- Between 2007 and 2011, U.S. fire departments responded to an estimated annual average of 156,600 cooking-related fires. The fires caused 400 deaths, 5,080 injuries and \$853 million in direct damage.
- Two of every five home fires start in the kitchen.
- Unattended cooking was a factor in 34 percent of reported home cooking fires, in 2011.
- Children under 5 face a higher risk of non-fire burns associated with cooking than being burned by a cooking fire itself.
- Portable or fixed space heaters, including wood stoves, were involved in 32 percent of home heating fires and 80 percent of home heating deaths, in 2011.
- In 2011, half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.
- During 2007-2011, smoking materials caused an estimated average of 17,900 home structure fires, resulting in 580 deaths, 1,280 injuries and \$509 million in direct property damage per year.
- In 2011, approximately 49 percent of home electrical fires involved electrical distribution or lighting equipment. Other types of equipment were washers or dryers, fans, portable or stationary space heaters, air conditioning equipment, water heaters and ranges.
- Electrical failure or malfunctions caused an average of almost 50,000 home fires per year, resulting in roughly 450 deaths and \$1.5 billion in direct property damage, in 2011.
- On average, there are 32 home candle fires reported per day.

Source: National Fire Protection Association

# Being prepared

American homes suffer an unwanted fire every 10 seconds, and every 60 seconds they suffer a fire serious enough to call the fire department. Every three hours, someone is killed in a home fire, while another 13,000 people are injured in home fires in a typical year. Although not all injuries are avoidable, many can be prevented. The key to being protected is advanced planning, so you know what to do if fire strikes. Planning includes having safety devices and an escape plan.



sparks from fireplaces without spark screens or glass doors, and heating appliances left too close to furniture or other combustibles. These fires can be particularly dangerous because they may smolder for a long period of time before being discovered by sleeping residents.

## Where there's smoke ...

The heat, flames and steam produced by fire are dangerous. But did you know that most victims of fire succumb to the smoke and toxic gases in that smoke and not to burns? Fire produces poisonous gases that can spread quickly and permeate the air far from the fire itself to affect victims who are asleep and not even aware of the fire.

Even if people do wake up in the middle of a fire, the effects of exposure to these gases can cloud their thinking and slow their reactions. This could result in the people passing out and not being able to escape.

This is why it is important for you and your family to have enough warning so that you can all escape

before your ability to think and move is weakened or impaired. Think about it: More than half of fatal fires in homes happen during the night, when people are asleep.

## Children and fires

Every year, nearly half of the people who are killed in home fires are either preschool children or adults 65 years old or older.

Children playing with matches or lighters is a leading cause of home fires. Oftentimes, these children are also the ones injured in the fires. Children have a natural curiosity about fire and are easily tempted to play with matches or lighters left within their reach. In many cases, children who start fires have a history of this behavior. This is

such a common behavior that many fire departments offer counseling programs for young people who set fires. If you know a child who likes to set fires, you can contact your local fire department for information about counseling before the situation gets out of hand and someone gets hurt.

The most important action you can take is to keep all matches and lighters out of the sight and reach of children. Parents should store lighters and matches in a locked cabinet. Having a clear escape plan and practicing fire drills is a great way to keep children safe.



When danger strikes, children (as well as companion animals) tend to hide in closets or under beds where they feel safe. Therefore, it is important that families have fire drills

in the home at least twice a year. This practice will allow children to know the right thing to do in case of a fire emergency.

## The dangers of house fires

Most home fires occur in the kitchen while someone is cooking. Kitchen fires are the leading cause of injuries from fire. However, most kitchen fires often are extinguished with only minor damage since a person is generally present. It is when cooking is unattended that fires can get out of control.

Common causes of fires at night are carelessly discarded cigarettes,



Candles may be pretty to look at, but they are a cause of home fires. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

Did you know that approximately one-third of home candle fires start in the bedroom? More than half of all candle fires start when things that can burn are too close to the candle.

It is important to use caution when burning candles in your home. Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.

### Here are some more candle-with-care tips:

- Blow out all candles when you leave the room or go to bed.
- Avoid the use of candles in the bedroom and other areas

where people may fall asleep.

- Keep candles at least 12 inches away from anything that can burn.
- Use candleholders that are sturdy and won't tip over easily.
- Put candleholders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen tanks are used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.

# Protecting your family from fire



- Respect fire.
- Install smoke alarms, either self-contained or as part of a system, outside bedrooms and on every level of the home.
- Test and maintain your alarms as if your life depends on it.
- Make sure everyone can clearly hear the sound of the smoke alarms from their bedrooms.
- Make an escape plan with two ways out of every room and practice it with your family.

## Fire prevention tips

- Every home should have at least one working smoke alarm. A working smoke alarm can double your chances of survival.
- Never overload circuits or extension cords. Do not place cords and wires under rugs, over nails or in high-traffic areas. Immediately shut off and unplug appliances that sputter, spark or emit an unusual smell. Have them professionally repaired or replaced.
- When using electric or gas appliances, follow the manufacturer's safety precautions.
- Portable heaters need their space. Keep anything combustible at least three feet away.
- Keep fire in the fireplace. Use fire screens and have your chimney cleaned annually.
- Store hazardous materials responsibly.
- Always use a flashlight — not a candle — for emergency lighting.



## The science of fire

In order to prevent yourself from being injured by fire, you must know what fire is. Fire is a chemical reaction between different chemical elements, which each contain stored energy. In order for fire to happen, you must have the right kind of mixture to create the chemical reaction. For a fire to occur, you must have heat, fuel and oxygen. Remove any one of these elements and the fire will not happen.

Fire is a visible, tangible side effect of matter changing form. Fire is one part of a chemical reaction which involves electrons. According to Albert Einstein's Law of Conservation of Energy, energy is neither created nor destroyed; it can only change in form. This is basically what happens when a fire occurs.

Learn more about the science of fire on the How Stuff Works website. Go to <http://science.howstuffworks.com/environmental/earth/geophysics/fire>.

## Learning with the Times

### Fire safety

Fire safety is essential for everyone to know and understand. The more you know the better. Research fires and fire safety on the Internet. Look for articles in the *Tampa Bay Times* that pertain to fire or fire safety. Write a letter to the editor about the importance of what you have learned. Be sure to include specific examples from your sources to support your ideas. Once you are finished editing your letter, read it to the class.



Sources: Federal Emergency Management Agency (FEMA), United States Department of Homeland Security, ThinkQuest, How Stuff Works and National Fire Protection Association



# Planning your escape

The key to being safe when a fire, or any disaster, strikes is to plan ahead. If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone in your home needs to know what to do and where to go if there is a fire.

## Smoke alarms

Working smoke alarms cut the risk of dying in home fires in half, according to the National Fire Protection Association (NFPA). Your ability to get out depends on advance warning from smoke alarms and advance planning.

In 2012, there were an estimated 365,000 reported home structure fires and 2,380 associated deaths in the United States. Some of these deaths could have been avoided with the use of a smoke alarm.

You and your parents should install smoke alarms in every sleeping room, outside each sleeping area and on every level of the home. NFPA 72, National Fire Alarm Code, requires interconnected smoke alarms throughout the home. When one sounds, they all sound.



## Create a home escape plan

- Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely once the alarm sounds. That is why you need a plan.
- Walk through your home and inspect all possible exits and escape routes. People living in households with children should consider drawing a floor plan of the home, marking two ways out of each room, including windows and doors. Also, mark the location of each smoke alarm.
- Everyone in the household must understand the escape plan. When you walk through your plan, check to make sure the escape routes are clear and doors and windows can be opened easily.
- Choose an outside meeting place (e.g. a neighbor's house, light post, mailbox or stop sign) a safe distance in front of your home where everyone can meet after they've escaped. Make sure to mark the location of the meeting place on your escape plan.
- Go outside to see if your street number is clearly visible from the road. If not, paint it on the curb or install house numbers to ensure that responding emergency personnel can find your home.
- Have everyone memorize the emergency phone number of the fire department. That way, any member of the household can call from a neighbor's home or a cellphone once safely outside.
- If there are infants, older adults or family members with mobility limitations, make sure that someone is assigned to assist those family members in the fire drill and in the event of an emergency.
- If windows or doors in your home have security bars, make sure that the bars have emergency release devices inside so that they can be opened immediately in an emergency.
- Tell guests or visitors to your home about your family's fire escape plan. When staying overnight at other people's homes, ask about their escape plan. If they don't have a plan in place, offer to help them make one.
- Be fully prepared for a real fire: When a smoke alarm sounds, get out immediately.
- Once you're out, stay out! Under no circumstances should you ever go back into a burning building. If someone is missing, inform the fire department dispatcher when you call.

# Testing your plan

- Practice your home fire escape plan twice a year, making the drill as realistic as possible.
- Make arrangements in your plan for anyone in your home who has a disability.
- Allow children to master fire escape planning and practice before holding a fire drill at night when they are sleeping.
- It's important to determine during the drill that everyone can readily waken to the sound of the smoke alarm. If they fail to awaken, make sure that someone is assigned to wake them up as part of the drill and in a real emergency situation.
- If your home has two floors, every family member must be able to escape from the second-floor rooms. Escape ladders can be placed in or near windows to provide an additional escape route. Store the ladder near the window in an easily accessible location. You don't want to have to search for it during a fire.
- Always choose the escape route that is safest – the one with the least amount of smoke and heat – but be prepared to escape under toxic smoke if necessary. When you do your fire drill, everyone in the family should practice getting low and going under the smoke to your exit.
- Closing doors on your way out slows the spread of fire, giving you more time to safely escape.



## High-rise structures

Fire drills are important for all homes, including apartment buildings and other high-rise structures. You need to know the basics of escape planning, from identifying two ways out of every room to getting low and going under smoke, and the importance of practicing how you would respond in an emergency.

Be aware that sometimes the safest thing you can do in a tall-building fire is to stay put and wait for the firefighters.

Whether your building has one floor or 50, it's essential that you and your family are prepared to respond to a fire alarm. Identify all of the exits in your building and if you are using an escape planning grid, mark them on your escape plan. Make sure to mark the various stairways, too, in case one is blocked by fire.

In case of fire, always use the stairs to get out. Never use the elevator. Make sure to practice using the stairs as part of your escape plan. If someone in your family has difficulty climbing down steps, make sure to incorporate a contingency for this into your plan.

## Learning with the *Times*

### Planning ahead

It is important to have a plan, especially in emergencies. When it comes to fire safety, having a plan is essential. Just as your school conducts planned fire drills, your family should also. Look through today's *Tampa Bay Times* for two pictures of two different types of homes. Carefully review these pictures, and write a fully developed paragraph showing an escape plan for each home. Be sure to explain why the escape plan would be difficult or easy. Based on the information and the photos, come up with a hypothetical escape plan for each home.



### Think about it

According to a National Fire Protection Agency (NFPA) survey, only one-third of Americans have both developed and practiced a home fire escape plan. While 71 percent of Americans have an escape plan in case of a fire, only 47 percent of those have practiced it. Is practice important? Absolutely! Once the smoke alarm sounds, it is important to get out of the house quickly before the fire and smoke spread.

## Plan B

In some cases, smoke or fire may prevent you from exiting your home or apartment building.

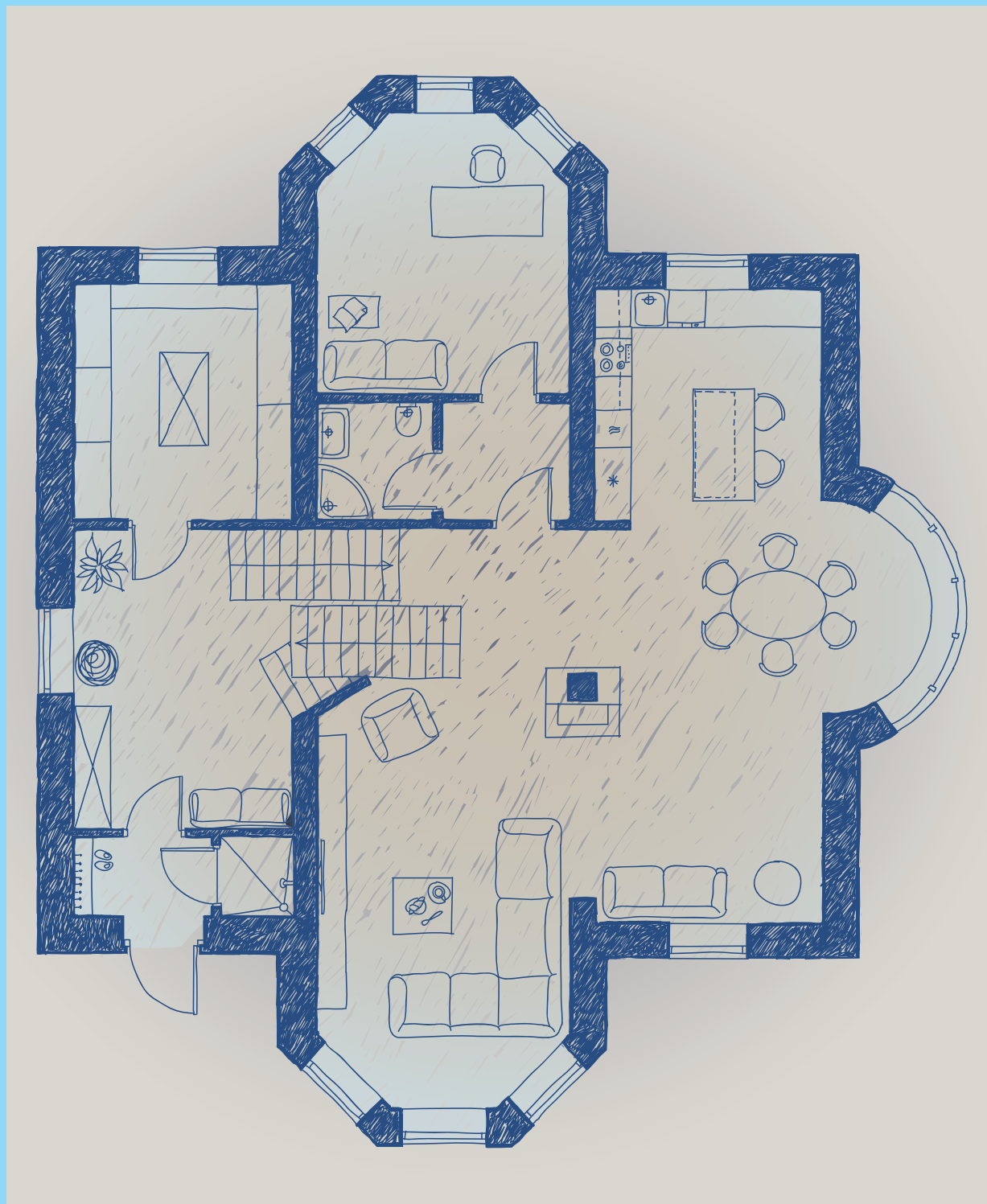
To prepare for an emergency like this, practice “sealing yourself in for safety” as part of your home fire escape plan. Close all doors between you and the fire. Use duct tape or towels to seal the door cracks and cover air vents to keep smoke from coming in. If possible, open your windows at the top and bottom so fresh air can get in. Call the fire department to report your exact location. Wave a flashlight or light-colored cloth at the window to let the fire department know where you are located.



Sources: Federal Emergency Management Agency (FEMA), United States Department of Homeland Security, New York Department of Health, Dictionary.com and National Fire Protection Association

# Safety first

Create an escape plan for the house depicted on this page. Be sure to include two methods of how people will leave each room in case of an emergency. Mark the location of the meeting place.



## Learning with the *Times*

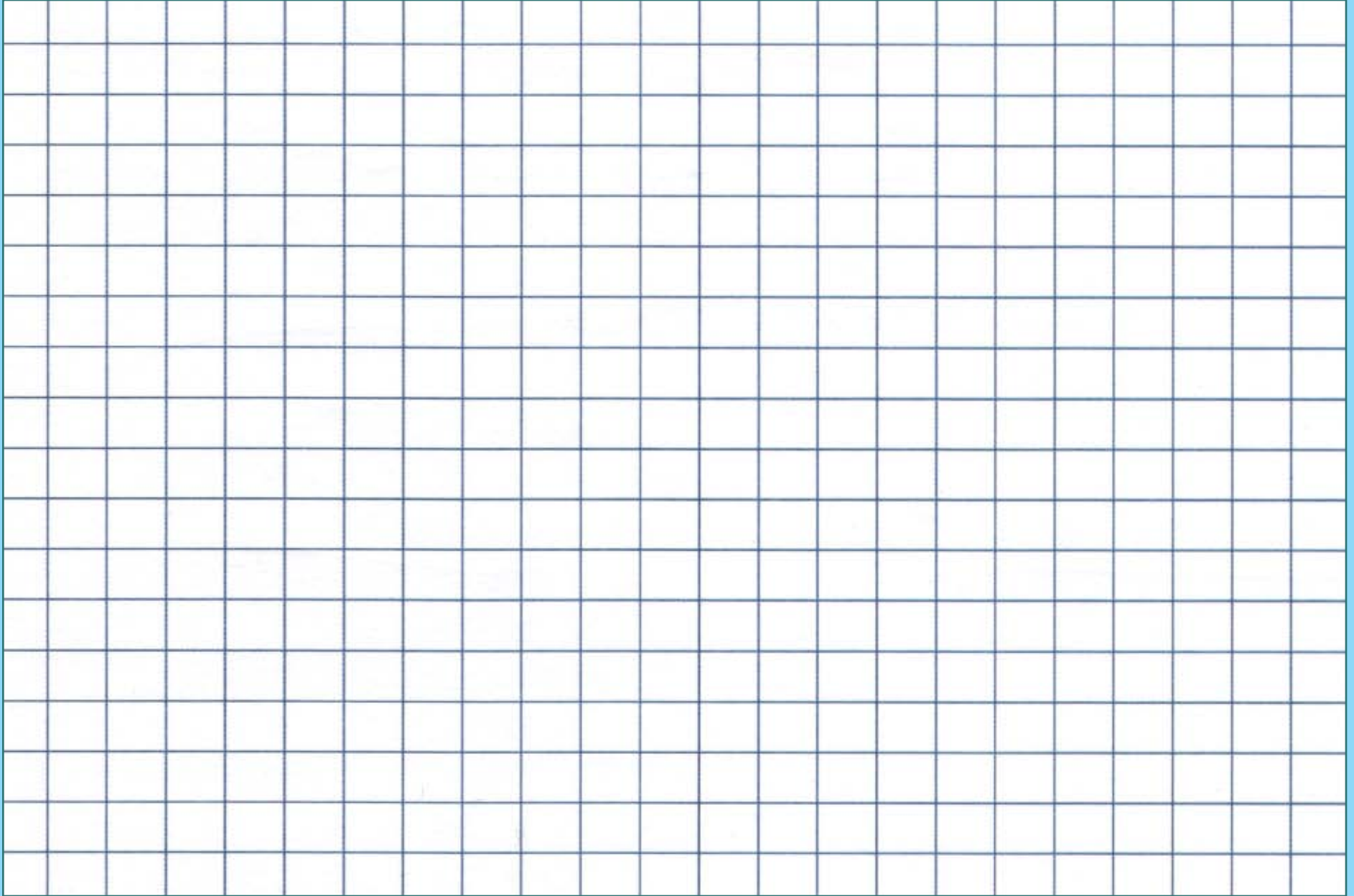
### Defining heroes

Firefighters going into a burning building to save people's lives are exhibiting heroic behavior. Many people consider emergency personnel – firefighters, law enforcement officers and paramedics – to be heroes. What is your definition of a hero? Write down your definition. With your classmates, make a list of all of the qualities of a hero. Also include examples of people that fit these qualities. Everyday people sometimes perform heroic actions. Look in the *Tampa Bay Times* for a story about courage. Summarize the story and explain why you think the people involved are being courageous. Be sure to show specific examples that you can share with your class.



# Home Fire Escape Plan

Draw a floor plan of your home. Show all the doors and windows. Now mark two ways out of each room. Don't forget to mark the location of your meeting place.



## Learning with the *Times*

### Fire safety campaign

A media campaign is used when you want to get a positive message out about a theme, a product or an event, such as fire safety. Working together with other students, come up with a plan to get your school and family to focus on the topic of fire safety. Look at the ads in the *Tampa Bay Times*. Think about the dynamics of the ads. Think about ways to draw people's attention to an ad and its message. Next, design an ad for the print and digital editions of the *Times* and [tampabay.com](http://tampabay.com) that focuses on fire safety with people of all ages. How is the ad on the print edition going to be different than the Web version of the ad? Share your ideas with your classmates.

# The science of smoke

Dictionary.com defines smoke as “the visible vapor and gases given off by a burning or smoldering substance resulting from the combustion of wood, peat, coal or other organic matter.” According to the New York Department of Health, “The smoke released by any type of fire (forest, brush, crop, structure, tires, waste or wood burning) is a mixture of particles and chemicals produced by incomplete burning of carbon-containing materials.”

All smoke contains carbon monoxide, carbon dioxide and particulate matter, otherwise known as soot. Smoke also can contain chemicals. The type and amount of particles and chemicals in smoke varies depending on what is burning, how much oxygen is available and the burn temperature.

Exposure to high levels of smoke should be avoided because inhaling smoke for even a short time can cause severe problems, including irritation to eyes, nose, throat, lungs and heart.

## The consequences of fire

Did you know that most fire deaths are not caused by burns, but by smoke inhalation? Often smoke overcomes people so quickly that they cannot reach an easily accessible exit. Synthetic materials, which are common in your home, can be very dangerous because when they burn, they release toxic chemicals.

As a fire grows inside a building, it will often consume most of the available oxygen, slowing the burning process. This incomplete combustion results in toxic gases. Smoke is made of components that can each be lethal,

## Think about it

Generators, gas or charcoal grills and automobiles all produce carbon monoxide. Be sure to use these items in a well-ventilated location. Do not use them inside a home or a closed garage.

such as:

- Particles are unburned, partially burned and completely burned substances that can be so small they enter your respiratory system and get stuck in your lungs.
- Vapors are foglike droplets of liquid that can poison if inhaled or absorbed through the skin.
- Toxic gases can be deadly, even in small quantities. Carbon monoxide is the most common toxic gas produced by fire. Hydrogen cyanide, which results from the burning of plastics, can prevent your cells from breathing. Phosgene is formed when household products, such as vinyl materials, are burned. Inhaling phosgene can cause a sore throat or it can cause fluid to accumulate in your lungs, which can be fatal.



## Learning with the Times

### Fact vs. opinion

Knowing the difference between fact and opinion is very important, especially when it comes to safety and being prepared. Define the words “fact” and “opinion.” When it comes to preparing for an emergency, which term will give you the most power? Look through the news sections of the *Tampa Bay Times*. Select a few articles of interest and evaluate those articles for facts and opinions. Draw a line down the center of a piece of paper. Label one side “Fact” and the other “Opinion.” List statements in each category and discuss with your family and class why these statements fall into that category.



Sources: Federal Emergency Management Agency (FEMA), United States Department of Homeland Security, National Fire Protection Association, Dictionary.com and the New York Department of Health.

# Burn injuries and care



## Heat damage

A burn is damage to your body's tissues caused by heat, chemicals, electricity, sunlight or radiation. Scalds from hot liquids and steam, building fires, and flammable liquids and gases are the most common causes of burns. Burns can be very painful and deadly.

### There are three types of burns:

- **First-degree burns** damage only the outer layer of skin.
- **Second-degree burns** damage the outer layer and the layer underneath.
- **Third-degree burns** damage or destroy the deepest layer of skin and tissues underneath.

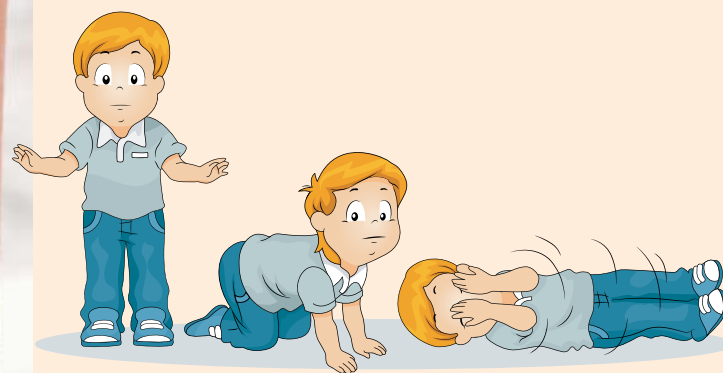
Burns can cause swelling, blistering, scarring and, in serious cases, shock and even death. They also can lead to infections because they damage your skin's protective barrier.

Source: National Institute of General Medical Sciences

## Burn and scald prevention

**Did you know that the majority of burns and scalds take place in the kitchen? Here are some tips to keep you burn-free:**

- To prevent spills due to the overturn of pots and pans containing hot food or liquids, use the back burner when possible and/or turn pot handles away from the stove's edge.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens or stovetops. Never use wet oven mitts or potholders, as they can cause scald burns.
- Open heated food containers slowly and away from the face to avoid steam burns. Hot steam escaping from the container or food can cause burns.
- Foods heat unevenly in microwave ovens. Stir and test before eating.
- Keep young children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.
- Keep hot foods and liquids away from table and counter edges.
- Children should not cook without adult supervision.



## Stop, drop and roll

Most people are familiar with the expression "Stop, drop and roll." However, it is important to remember that these instructions are only to be used if a person's clothing is on fire. If you are in a building that is on fire, you need to get out as quickly as possible. Staying calm in an emergency and leaving the building by moving quickly to the exit is the safest solution.

However, if your clothes are on fire, never run. The moment clothes start to burn, stop where you are, drop to the ground, cover your face with your hands and roll repeatedly to smother the flames.

## General first aid



- Treat a burn right away by putting it in cool water.
- Cool the burn for three to five minutes.
- Cover a burn with a clean, dry cloth.
- Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry and metal from the burned area.
- If the burn is bigger than your fist or if you have any questions about how to treat it, seek medical attention right away.
- See your doctor as soon as possible if the burn does not heal in two to three days.

# In case of emergency ...



- totaling an amount similar to what is spent for carpet upgrades, a paving-stone driveway or a whirlpool bath.
- A home fire sprinkler system can reduce the homeowner's insurance premium.
    - Fire departments typically use 10 times as much water as a fire sprinkler would use to contain a fire.
    - Fire sprinklers are environmentally friendly. They can reduce the amount of water run-off and pollution, they can reduce fire damage by up to 71 percent, and they can reduce water usage to fight a home fire by as much as 91 percent.
  - Home fire sprinklers are effective in cold and warm climates.

Sources: Fire Protection Research Foundation study 2010 and FM Global and Home Fire Sprinkler Coalition study 2010



## Smoke alarms

Smoke alarms are an important part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

## Safety tips

- Install smoke alarms inside every bedroom, outside each sleeping area and on every level of the home.
- Larger homes may need additional smoke alarms to provide enough protection.
- For the best protection, interconnect all smoke alarms so when one sounds they all sound.
- An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms or combination ionization and photoelectric alarms (also known as dual sensor alarms) are recommended.
- Smoke alarms should be installed away from the kitchen to prevent false alarms. Generally, they should be at least 10 feet from a cooking appliance.
- All smoke alarms should be tested at least once a month using the test button.

## Carbon monoxide

As noted on the previous pages, carbon monoxide is an invisible, odorless, colorless gas. A person can be poisoned by a small amount of carbon monoxide over a longer period of time or by a large amount of carbon monoxide over a shorter amount of time. In 2010, U.S. fire departments responded to an estimated 80,100 carbon monoxide incidents. That is an average of nine calls per hour!

## Monitoring carbon monoxide

- Carbon monoxide (CO) alarms should be

- installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards.
- For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh-air location outdoors or by an open window or door. Make sure everyone who was inside the home is accounted for. Call for help from a fresh-air location and stay there until emergency personnel arrive.

## Think about it

Carbon monoxide is produced when fuels (such as gasoline, wood, coal, natural gas, propane, oil and methane) burn incompletely. That means that your car can produce this deadly gas. If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open.

## Extinguishing fire

Did you know that more than 80 percent of fire deaths occur in the home? Home fire sprinklers can save lives and property from fire. Sprinklers respond quickly and effectively to fire, often extinguishing the fire before the fire department arrives. And since, when it comes to fire, every second counts, that is a great tool.

More than 2,500 people die in home fires each year. The risk of dying in a reported home fire decreases by about 80 percent when the home is equipped with a fire sprinkler system.

## Sprinkler facts

- Home fire sprinklers save lives and property. In many situations, a family who has survived a fire also will have their "home" to live in and enough of the items and space in their home to continue living their lives as they did before the fire.
- The cost of a home fire sprinkler system in a new home averages \$1.61 per sprinklered square foot,



### Fire extinguishers

There is no doubt about it: A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives. But, it is important to remember that portable extinguishers have limitations. Because fire grows and spreads so rapidly, the No. 1 priority for you and your family is to get out safely.

Although it is great that children want to help their parents whenever possible, fire extinguishers can be tricky and sometimes dangerous. Fire extinguishers should always be handled by an adult.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; when everyone has exited the building; when the fire department has been called or is being called and when the room is not filled with smoke.

### P.A.S.S.

To operate a fire extinguisher, remember the word P.A.S.S.:

- **Pull** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **Aim** low. Point the extinguisher at the base of the fire.
- **Squeeze** the lever slowly and evenly.
- **Sweep** the nozzle from side to side.

### Choosing an extinguisher

- For the home, select a multipurpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher training.
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

### Know when to go.

Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



### Learning with the Times

### Making a difference

From fire extinguisher developers to 9-1-1 operators to firefighters and paramedics, there are a lot of different types of jobs that can make a difference in people's lives. Read through the pages of this Newspaper in Education supplement and review the pages of the National Fire Protection Association website, [nfpa.org](http://nfpa.org). With your classmates, make a list of all of the different jobs you can find. Choose five of these jobs and write a few sentences about how you feel these people make a difference in their community. Include a list of the skills this person would need to do his or her job. Next, find an article in the *Tampa Bay Times* that depicts someone making a difference in the community. Write down the main points of the article. Share what you have learned with your class.



Sources: Federal Emergency Management Agency (FEMA), United States Department of Homeland Security, ThinkQuest, How Stuff Works and National Fire Protection Association

# Cooking safety

In 2011, cooking was involved in an estimated 156,300 home structure fires that were reported to U.S. fire departments. These fires caused 470 deaths, 5,390 injuries and \$1 billion in direct property damage. Cooking caused 43 percent of reported home fires, 16 percent of home fire deaths, 38 percent of home fire injuries and 12 percent of the direct property damage in home fires in 2011.

## Safety tips

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing, but did you know that cooking fires are the No. 1 cause of home fires and home injuries? By following a few safety tips you can prevent

these fires.

Be on alert! If you are sleepy, don't use the stove or stovetop.

Stay in the kitchen while you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking and use a timer to remind you that you are cooking.

Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a cooking fire ...

Just get out! When you leave, close the door behind you to help contain the fire. Call 9-1-1 or the local emergency number after you leave. If you try to fight the fire, be sure others are getting out and you have a clear way out.

Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

## Did you know?

Microwave ovens are one of the leading home products associated with scald burn injuries not related to fires. Approximately 44 percent of the microwave oven injuries seen at emergency rooms in 2011 were scald burns.

## The microwave: Proceed with caution

With busy lives, families rely on the microwave oven as a quick way to heat up a meal. The microwave is a great tool, but you need to



remember that it can be dangerous. Scald burns are the leading cause of injury from microwave ovens. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips, you can prevent painful burns and possible fires.

- Always supervise children when they are using a microwave oven.
- Use only microwave-safe food containers or dishes.
- Never use aluminum foil or metal in a microwave oven.
- If you have a fire in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

## Microwave safety tips

- Purchase a microwave that has the label of an independent testing laboratory.
- Make sure your parents fill out the registration card. That way the manufacturer can reach you if there is a recall.
- Plug the microwave oven directly into the wall. Do not use an extension cord.
- Make sure the microwave oven is at a safe height for all users.
- Open food slowly when you remove it from the microwave. Point the container away from your face. Hot steam from the food can cause burns.
- Food heats unevenly in microwave ovens. Stir and test the food before giving it to children.
- Never heat a baby bottle in a microwave oven.



## Think about it

- The leading cause of fires in the kitchen is unattended cooking.
- Two-thirds (67 percent) of home cooking fires started with the ignition of food or other cooking materials.
- Clothing was the item first ignited in less than 1 percent of these fires, but these incidents accounted for 15 percent of the cooking fire deaths.
- Ranges accounted for the largest share (57 percent) of home cooking fire incidents. Ovens accounted for 16 percent.
- More than half (55 percent) of reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.
- Frying poses the greatest risk of fire.
- Thanksgiving is the peak day for home cooking fires.



# Newspaper scavenger hunt

Look for the words on this list in the *Tampa Bay Times*. With one of your classmates, find as many words as possible. Next, define the words you find and create a game out of these words for your classmates.

## Fun with words

Directions: Find the following words and terms in the word search. On a separate piece of paper, define the words.

- |                   |                 |           |
|-------------------|-----------------|-----------|
| Smoke alarm       | Carbon monoxide | Safety    |
| Fire extinguisher | Flames          | Sprinkler |
| Emergency         | Fire            | First aid |
| Escape plan       | Heat            |           |
| Firefighter       | Prevention      |           |

X X K K S E M A L F F T E Z R F Q S U D K S Z J M  
 Q O Q I J Y G T F E O Z J M I E T R T Z H P F A R  
 Y P A O V S Q I X R B D T R E E T H H V C R N U A  
 S M T N W L R Y N I Z A E B P R Y H R A N I V E L  
 F E S M Z S K T O F E E L W T O G R G Q L N W Y A  
 W A L K T B W T B H X I O Q X V E E J I D K X U E  
 J B W A F Q T J B T Z I F A Y I X G N L F L G X K  
 I M I P U D Y X I A D Y D S Y F M N P C B E V X O  
 M D E D I X O N O M N O B R A C A W E T Y R R U M  
 Z C Q J P K G N P L N J R R O L H F I A F F Z I S  
 M U U P T U V E D E M V U S P W B E O I S H F Q F  
 G I J R I A X M C Q N J P E Z G B C A T Z K E J H  
 A S Q S G S F X J X F K P L Z C J Z G T K D D G O  
 X L H X J U L H E O O A Y W A M X R F L P C S S T  
 I E L O C P X Q V A C C Y T M M Q S G X D C Q P Y  
 R F X B X P K X O S Q T Y N E M E Y D E N X L W C  
 L C K C R Z H Z E U U Q E V U F L K M E J O L H J  
 N R J Y T J I H K R Z Z N Y L V A P J T V H J Q Q  
 O V X B S D Q Y E T X C C U O X K S B Q P B E J H  
 O E D P R E V E N T I O N Z U B G V X T A X T N H  
 U F B Z V C P Z J D N H L F U L L W E G G D H J S  
 M G U A E X B P O N X F F E G I P Z F Q N C O V O  
 H I V Y O U Y J E M O N U R A J Z Z M B Y H L W I  
 T J O P K E S J S V R E I D N K K S I N Z S P K M  
 T C H T K Y M D T U R V D G J Q K X P S Y A Y V Q

### Learning with the *Times*

#### Encountering new words

When you study new things, you can come up against some tough vocabulary words. Most vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication, be sure to highlight or circle words and terms you don't know. You can begin with the list of words in the word search. Try to figure out their meanings by looking for clues in the sentences around these unknown words. Write down your best guess, and then look up the words in a dictionary. Remember, many words have multiple definitions, so you must use context clues to know which definition to select. As a group activity, make a list of the words your classmates identified and see which ones stumped the class. Use the print or digital editions of the *Tampa Bay Times* to search for articles using these words.



Directions: Complete this checklist. Bring the bottom part of the checklist to your local Firehouse Subs to receive a free kid's meal with the purchase of any sub or salad.

Make sure your home is safe and inspect it for risks. Ask an adult for help, if needed.

- Electrical cords are in good condition (not damaged).
- Appliances and lights are plugged into separate electrical outlets.
- All smoke alarms work when tested by an adult.
- All escape routes are clear of clutter and easily accessible.
- Curtains and other things that can burn are away from the stovetop.
- Portable space heaters are off whenever an adult leaves the room and goes to sleep.
- Portable space heaters are 3 feet away from anything that can burn.
- All extension cords are used safely (not under carpets or across walking areas).
- The clothes dryer has a clean vent and filter (no lint buildup).
- The furnace has been inspected in the past year.
- The smoke alarms in the house have been tested this month.
- The carbon monoxide alarms in the house have been tested this month.
- There is a working fire extinguisher in a convenient location.
- Emergency numbers are posted by the main telephone.
- An escape plan has been created and is posted.
- The family has completed at least one fire drill in the past six months.

**I have completed a fire safety inspection of my home!**

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return this section of your fire safety checklist to your local Firehouse Subs to receive a free kid's meal with the purchase of any sub or salad.**

Valid in-store at participating Firehouse Subs locations only. Not valid with any other offers, promotions, coupons or discounts. Limit one per customer. Non-transferable and may not be duplicated or photocopied.

Offer expires December 31, 2014.



# City of Seminole Fire Rescue Department



The City of Seminole Fire Rescue Department provides comprehensive public safety services, including emergency fire, rescue, hazardous materials mitigation and medical services, fire prevention and code enforcement, and public education. The City of Seminole Fire Rescue Department's service area covers 25 square miles and protects approximately 80,000 full-time residents and an additional 8,000 tourists and daytime workers. All department field personnel and officers are State of Florida-certified firefighters and are either EMTs or paramedics. The City of Seminole Fire Rescue Department is rated in the top 10 percent among the 43,220 fire departments in the United States by the Insurance Services Office (ISO) and is nationally accredited by the Commission on Fire Accreditation International Inc.

The City of Seminole Fire Rescue Department provides comprehensive safety and accident prevention educational programs to the community. An annual Fire Rescue Department Open House has expanded into a broad-spectrum fire prevention and safety program for families. The department Public Education Officer (PEO) participates actively in the Suncoast Safe Kids Coalition, a coalition consisting of law enforcement, fire, public health, 9-1-1, and many other safety-related agencies both public and private. The PEO also participates with the Pinellas County Juvenile Fire Setters Program, a coalition of public educators who network to address the issue of educating/diverting children who have had incidents of fire setting/fire play. In addition, comprehensive safety education programs are delivered to schools, community groups/organizations, businesses and individuals on a daily basis. More information about the City of Seminole Fire Rescue Department can be found at [myseminole.com](http://myseminole.com)

## City of Seminole Fire Rescue Open House

Sunday, February 9, 2014  
12:00 – 3:00 p.m.  
Fire Station 29  
11195 70th Ave N, Seminole, FL 33772

*Don't miss the City of Seminole Fire Rescue Open House. See fire trucks up close, experience being a firefighter, spray water from a real firehose, learn simple safety tips and watch firefighters perform a rescue from a wrecked car.*

## Firehouse Subs Public Safety Foundation

*Firehouse Subs® is a fast casual restaurant chain with a passion for Hearty and Flavorful Food, Heartfelt Service and Public Safety.* Founded by former firefighters and brothers Chris Sorensen and Robin Sorensen, Firehouse Subs is a brand built on decades of fire and police service, steaming hot subs piled higher with the highest quality meats and cheeses, and its commitment to saving lives through the creation of Firehouse Subs Public Safety Foundation.

In 2005, Firehouse Subs created the nonprofit 501(c)(3) Firehouse Subs Public Safety Foundation with the mission of providing funding, lifesaving equipment, and educational opportunities to first responders and public safety organizations. The foundation has given more than \$8 million to hometown heroes across the country and in Puerto Rico.

In 2013, the foundation donated more than \$2.2 million, funding items such as K-9 search and rescue dogs, disaster relief, all-terrain vehicles, thermal imaging cameras, bunker gear and extrication tools. More information about Firehouse Subs and Firehouse Subs Public Safety Foundation can be found at [FirehouseSubs.com/Foundation](http://FirehouseSubs.com/Foundation).

