

# Home Fire Safety

## FACT SHEET




Tasmania Fire Service


## Child safety

### What can you do?


#### Supervise and educate your children:


 Don't let your children use fire – helping with lighting the fire or burning off makes children think that they can control fire.

#### Teach match and lighter safety:


 Teach your children to tell you about any unattended matches or lighters they find and reward them for their honesty.

#### Make your home fire safe:


 Lead by example – reduce the risk of fire by using fire, cooking, heating and electricity safely


 Have working smoke alarms in all sleeping areas, living areas, garages, hallways and above stairways in multi-storey homes.


#### Make a home fire escape plan to get you and your children out alive:

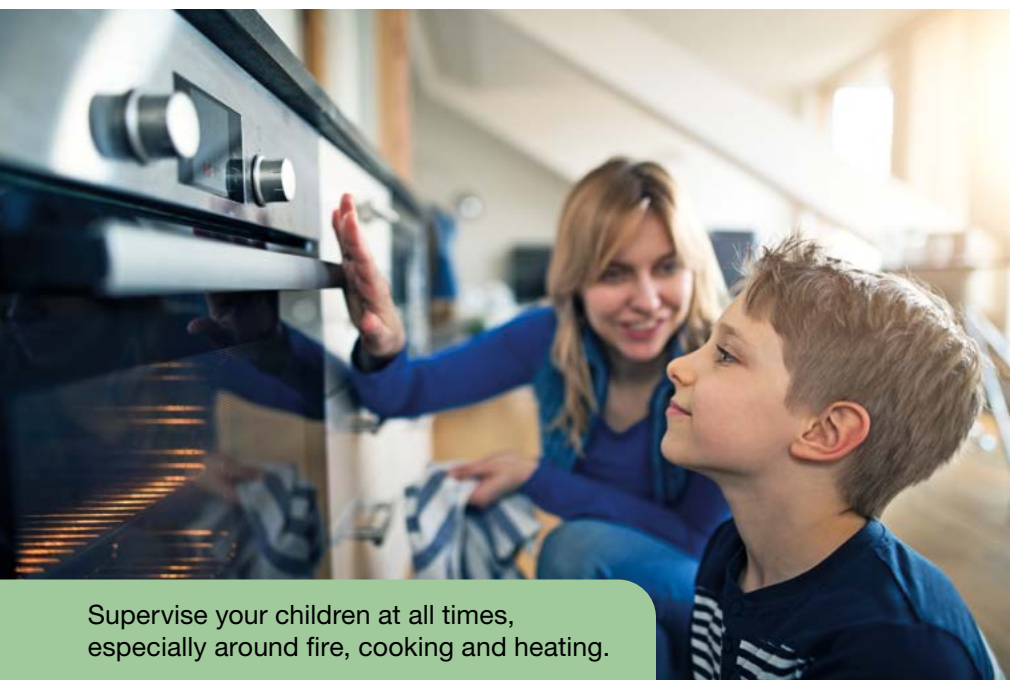
 Everybody in the house should know what to do if there is a fire – have a family home fire escape plan and practice it at least twice a year.

### Hot tips

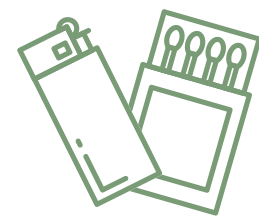
 **Crawl Low and Go, Go, Go!**  
Smoke may harm or kill well before a fire.

 Teach your children to **Cover Your Face and Stop, Drop, Rock and Roll** in case their clothes catch fire.

 Make sure your children know what an alarm sounds like and what to do if it goes off. Sleeping children are unlikely to wake to an alarm unless it's in their room and they have been taught what the sound of the alarm means.



Supervise your children at all times, especially around fire, cooking and heating.



**Lock away matches and lighters – just like you lock away medicines and other dangerous household substances. Educate children that lighters and matches are tools not toys.**

## Stop, Drop, Rock & Roll

Teach your children to **Stop, Drop, Rock and Roll** in case their clothes catch fire:



**Stop** what you are doing right away. Cover your face with your hands.







**Drop** gently to your knees, then lie down on the part of your clothes that are on fire.

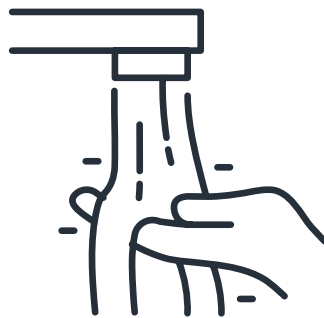


**Rock and roll** back and forth on the ground until your clothes stop burning.

This will smother the flames while protecting your face, mouth and lungs from the flames.

## Cool a burn

-  **If able to, remove** any clothing or nappies from near the burn carefully, unless it is stuck to the skin. Clothing and nappies can stay hot.
-  **Cool** the burn for **at least 20 minutes** under cool gently running water. **DO NOT** use any ice or ointments.
-  **Cover** the burn with a clean dressing or towel.
-  **Seek** medical attention as soon as possible or for burns larger than a 20 cent coin. For serious burns **call Triple Zero (000) immediately.**



Watch the **KidSafe Burns First aid video**, a collaboration between KidSafe Australia, the Tasmanian Health Service Burns Unit, Australian Red Cross, Interplast, and Tasmania Fire Service.

## Emergency number

Teach your children to dial **Triple Zero (000)** in an emergency.



**TFS kids**



Resources and interactive activities for kids:  
[tfskids.com.au](https://tfskids.com.au)