Health Announcements Grades 6-12

December: Fire Safety

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* The shrill whine of a smoke alarm can be frightening, especially in the middle of the night. To avoid the panic and confusion caused by fear— plan and practise a fire escape route with your family. Choose two exits from every room. Once you escape, stay out of the building! Choose a safe place to gather in case of fire. Call the fire department from a neighbour’s house.
* Fire Safety is very important when cooking in the kitchen. Keep the area around your stove free from items that could catch fire easily - paper towels, pot holders, curtains and dish cloths are examples. Loose clothing is also a serious burn hazard when you’re working around the stove. Most importantly, never leave food cooking on the stove, or in the oven unattended.
* Portable fire extinguishers are designed to fight small, contained fires. The improper use of a portable fire extinguisher can make small fires

become large fires very quickly. Make sure you know how to use your extinguisher, and the kinds of fire it is designed to fight!

* If you can’t put a fire out safely and immediately – call in the professionals! They are trained to fight fires! Never put yourself and others in danger. When fleeing a fire – close the doors behind you to contain the fire, and get out and stay out! Call 911 from a neighbour’s phone. Leave fire- fighting to the professionals!