

# BABYSITTER'S FIRE SAFETY GUIDE

As the babysitter, you are responsible for the children in your care. Here are some important points you need to know if there's a fire emergency in the home 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 - 9-1-1.
  - 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 an emergency.

## Plan Your Escape

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

- Is there a fire escape plan? If not, develop one.
- Identify all escape routes.
- Find at least two ways out of 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.

## Guide to Fire Safety

The best way to keep fire safe is to be watchful of the children in your charge:

- Never leave children unsupervised.
- Check on sleeping children regularly.
- Keep matches and lighters out of their 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 and bedding.
- Cook safely and only if you have permission.
- Turn pot handles in to avoid children knocking them over or pulling them down.
- Smother a pan fire with a lid. Never use water.
- Make sure you know what cooking materials can be used for the microwave.



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*Working with the private and public sectors to achieve fire safety through education.*

## Burn Prevention

- Always test hot foods and liquids before feeding.

## Fire Safety: What to do, because fire spreads fast - don't delay!

- If your clothes catch fire, **STOP, DROP & ROLL** on the floor to smother the flames.
- Cool minor burns with cold water. If your skin is blistered, charred or dead white, 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 it isn't hot, open it very slowly.
- If there is fire or smoke use another exit.
- Crawl low under smoke - the air near the floor is safer to breathe.
- 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.
- Designate a meeting place a safe distance from the house and make sure everyone is there.
- Take the children to a neighbour.
- Phone the emergency number from the neighbour's home.
- Give the complete address, describe the situation and inform the operator if anyone is still inside.
- Stay on the phone until you are told to hang up.
- Do not go back to the house for any reason.

### EMERGENCY NUMBERS:

FIRE:

POLICE:

AMBULANCE:

PARENTS:

NEIGHBOUR:

THIS ADDRESS:



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