
Fire Safety: Holiday Safety

Instructor's Guide: Grades 10-12

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FIRST NATIONS
TECHNICAL SERVICES
ADVISORY GROUP INC

Preface

The First Nations Technical Services Advisory Group Inc., (TSAG), provides technical services and training for First Nations in Alberta in Asset Management, Circuit Rider Training, Water and Wastewater Management, Environmental Management, Housing Support Services, Fire Safety, Rural Addressing, Information Technology Services, and Virtual Healthcare. As a third-party service provider, we are funded by Indigenous Services Canada (ISC), and the First Nations and Inuit Health Branch of Canada (FNIHB) to deliver these services.

TSAG's values are:

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| <i>Integrity:</i> | <i>We value honesty, trust, and confidentiality in our relationships and re committed to achieving excellence.</i> |
| <i>Accountability:</i> | <i>We accept responsibility for our actions and decisions.</i> |
| <i>Respect:</i> | <i>We will respect the rights of First Nations, our partners, and our employees.</i> |

These values are the foundation on which TSAG is built. We continually strive to create programming and build capacity within our First Nations to support our people today and expand to future generations. We welcome your feedback, hope that you utilize this information as lesson plans and share the knowledge with those around you.

Forward

Fire has always been an important symbol in First Nations Culture It brings warmth, prepares food and water for safe consumption, acts as a defense against predatory animals and has a spiritual meaning. It can bring new growth, but it can also bring destruction and devastation. An element as important as this requires the utmost respect and care.

The TSAG Fire Keepers initiative was created in 2022 to continue to bring awareness and education to youth about the importance of Fire Safety in and around their home and community.

As your students learn about Fire and Fire Safety, we hope that they will continue to develop respect for fire and recognize the significance of this element to their family, community, and culture. It is with that sentiment that TSAG is honored to share these lessons with you.



Lesson Overview

Students will learn about kitchen and holiday safety.

Lesson Length:

30 -45 minutes

Materials Needed

- TSAG PowerPoint
- Blackboard
- Common Kitchen Fires Jeopardy game (this must be downloaded)

Workshop Preparation

- Review this lesson plan and PPT before the class.
- Preview the videos embedded in the Power Point slides to ensure your students will not be alarmed by them.
- Make enough copies of the Holiday Safety Checklist for each student (at the end of the lesson plan).
- Practice using the Cooking Safety game. To use this game, you must be in presentation mode. Ask the student to select a letter and a number. Click on that number and a new slide will appear with a question on it. Click anywhere on the slide to get the answer. When complete, click on the small blue house on the lower right corner to return to the main page.

How to Make This Class Successful


Before Class

- Come prepared with examples from your own background/experience.
- Set up laptop and projector and make sure they are working properly.

During Class

- Be prepared to share your thoughts on various topics.
- Keep the class on track and focused on the issues.

After Class

- Write down your feedback on the lesson and submit it to TSAG.
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Alberta Education Objectives:


This lesson aligns with Alberta Education's Program of Studies
Career & Technology Studies

Cluster:

Health, Recreation & Human Services (HRH)

The focus of the HRH cluster is for students to develop and apply important knowledge, skills, and attitudes so they can provide care and services for individuals and groups in a variety of industries, such as health care, recreation, cosmetology, the food industry, and the legal system.

FOD1010: Food Basic

- **2. research common methods of hazard assessment and control** 
 - **2.1** describe the three key elements of WHMIS
 - **2.2** identify WHMIS hazard symbols
 - **2.3** interpret the Material Safety Data Sheet (MSDS)
 - **2.4** describe the location or placement of a chemical storage area and the proper storage of chemicals
 - **2.5** apply the requirements of WHMIS to a food preparation area by:
 - **2.5.1** describing environmental protections and material handling used in food preparation
 - **2.5.2** describing personal protective equipment (PPE) and practices used in food preparation

<https://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=561727#>

Fire Safety: Holiday Safety

Lesson Objectives:

Together, you and your students will:

1. Identify kitchen hazards including microwave hazards.
2. Describe common types of kitchen fires.
3. State possible methods of preventing and extinguishing common kitchen fires.
4. List items that should never be put in a microwave.
5. Discuss why microwave cooking times are important to know.
6. Discuss holiday safety.
7. Discuss babysitting safety best practices.

Introduction and Review	Check as you complete each task
<p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none">➤ Today we are going to be discussing Kitchen, Christmas, and Babysitting safety, but before we start let's review what you learned last month. <p>Ask the Class:</p> <ul style="list-style-type: none">➤ Explain the fire triangle- what it is and how do you ensure one isn't created? ✓ <i>keep heat, air, and fuel away from each other</i>➤ What is an example of doing keeping heat, air, and fuel away from one another?➤ What is the acronym for using a fire extinguisher and how do you use one?➤ What were some of the hazards you saw in each room of a house last month?	
Kitchen Safety	
<p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none">• Did you know that more fires start in the kitchen than anywhere else in a home?• The number one cause of home fires in Canada is from cooking. <p>Class Activity:</p> <ol style="list-style-type: none">1. Show the PowerPoint slide #2 and ask the students to identify all of the kitchen fire safety hazards they can see.	

<p>2. Show the video embedded in the PowerPoint Slide “Kitchen Fire Safety” and discuss according to the speaker notes.</p> <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none"> • When cooking it is best to: <ul style="list-style-type: none"> ○ Keep anything flammable away from the stove and oven. ○ Do not wear loose fitting clothing when you cook ○ Keep you stove clean. ○ When you cook with grease or spill grease always clean it up immediately. ○ Never leave the kitchen when you are cooking. ○ Don't cook food on too high of a heat. It can cause food to burn or catch fire- especially when you are cooking with grease <p>Class Activity:</p> <ol style="list-style-type: none"> 1. Show the video embedded in the PowerPoint Slide “Microwave Safety” and discuss as per the speaker’s notes 2. Play the “Cooking Safety” game. Please note this is a separate PowerPoint game. 	
<p>Holiday Safety</p> <p>Class Activity:</p> <ol style="list-style-type: none"> 1. Show the “Holiday Safety Tips” video embedded in the PowerPoint. 2. Ask the students to list the safety hazards they noted. <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none"> • There is also another safety hazard that the video didn’t mention, and it involves paper. <p>Ask the Class:</p> <ul style="list-style-type: none"> ➤ Can anyone guess what it is? ➤ Should you ever burn Christmas wrapping paper? Why not? <p><i>✓ It contains toxic chemicals, and the embers are light enough to float through the air and start other fires.</i></p>	
<p>Babysitting Safety</p> <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none"> ➤ During the holidays you may log more childcare hours than usual. <p>Ask the Class:</p>	

<ul style="list-style-type: none"> ➤ What are the regular things you supervise children around? ➤ What are some additional things that you should be supervising the children with this time of year? <p>Class Activity:</p> <ul style="list-style-type: none"> ➤ Show the PowerPoint with the picture of a kitchen and ask the students to site all the potential hazards for children. ➤ Show the video embedded in the PowerPoint Slide “60 seconds of Fire Safety-Babysitting” and discuss questions in the speaker’s notes. <p>Ask the Class:</p> <ul style="list-style-type: none"> ➤ Why do you think it is important to know where the children are at all times? <p>Class Activity:</p> <ul style="list-style-type: none"> ➤ Show the PowerPoint slide “If there is a fire” <p>Ask the Class:</p> <ul style="list-style-type: none"> ➤ What are some things you shouldn’t do as a babysitter? <ul style="list-style-type: none"> ✓ <i>be on your cell phone, read a book while the children are awake, have friends over, take a nap, leave the house for a short period of time, tell friend’s you are babysitting...</i> 	
Concluding Activity	
<p>Ask the Class:</p> <ul style="list-style-type: none"> ➤ What are 5 great kitchen fire prevention tips? ➤ How do you put out a grease fire? ➤ How do you put out an oven fire? ➤ What are 5 ways to prevent holiday fires? ➤ What are some things you should never do while babysitting? 	
Take Home Activity	
<ol style="list-style-type: none"> 1. Hand out the holiday safety checklist and ask the students to go through their house and check off each of the items. 2. They can also choose an elderly person in the community and do a holiday safety inspection on their home or help them to set up for Christmas. 	





Bibliography

Texas State Fire Marshal's Office. (1999a). *A Lifetime for Fire Safety*. Texas Department of Insurance. <https://www.tdi.texas.gov/pubs/sfmo/fmcurrguidehea.pdf>



Holiday Safety Checklist

- ☐ Always make sure candles are extinguished before bed or leaving the room or house.
- ☐ Do not plug too many items into one extension cord.
- ☐ Don't let children play near wood stoves, fireplaces, candles, space heaters or a stove/oven.
- ☐ Extinguish candles when they burn down to within two inches of the holder or decorative material. Never let them burn all the way down.
- ☐ If you have a real Christmas Tree- keep it watered and ensure it is a safe distance away from candles, fireplaces, stoves, or heaters.
- ☐ Keep any flammable materials (furniture, clothing, decorations, curtains etc.) at least one meter from space heaters, wood stoves, stoves, and candles.
- ☐ Keep candles, matches and lighters away from children and pets.
- ☐ Keep pot handles out of reach of children.
- ☐ Make sure both your carbon monoxide detector and smoke detectors are in working order.
- ☐ Make sure the decorations you use are non- flammable.
- ☐ Never put extension cords under rugs.
- ☐ Never use more than three sets of lights in one extension cord.
- ☐ Turn off all Christmas lights when you go to bed or leave the house.
- ☐ When you are cooking, stay in the kitchen and watch the food.
- ☐ When you are setting up your tree, check each set of lights for cracked or broken bulbs and sockets, bare or frayed wires, and loose connections. Always throw out damaged sets of lights.