
Fire Safety: It's a New Year: Are You Ready?

Instructor's Guide: Grades 4-6

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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:

<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

This lesson teaches students about smoke and smoke detectors. The students also learn what to do in the event of a house fire and what to do if their clothing catches fire. Students build their own home fire escape plan including the placement of smoke detectors. Lastly, students learn how to call emergency services. **Please note that this lesson is 60-70 minutes in length due to the late start of the program and the need to include teachings that build on previous concepts. It can be taught in two segments if necessary.**

Lesson Length

60-70 minutes

Materials Needed

- Computer with projector
- Student booklet
- Several smoke alarms (one with lights and one without)
- Carbon Monoxide detector
- TSAG PowerPoint

Lesson Preparation

- Review this lesson plan and PPT before the class.
- Ensure you have enough copies of the student booklet.
- Preview the videos embedded in the PowerPoint slides to ensure your students will not be alarmed by them.

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
Wellness Choices:

- **W-4.8** *expand practices that provide safety for self and others, e.g., develop guidelines for safe use of technology/chat lines*
- **W-4.9** *describe ways to respond appropriately to potentially dangerous situations related to environmental conditions, e.g., lightning, avalanches, tornadoes*
- **W-5.8** *promote safety practices in the school and community*
- **W-6.8** *analyze how laws, regulations and rules contribute to health and safety practices*
- **W-6.10** *demonstrate responsibility for, and skills related to, the safety of self and others, e.g., baby-sitting, staying home alone, demonstrating Heimlich manoeuvre/abdominal thrust techniques*

<https://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317413#>



Fire Safety: It's a New Year: Are You Ready?

Lesson Objectives:

Together, you and your students will:

1. Explain what to do in the event of a fire (Get Low, Get Out and Meet).
2. Explain what to do if their clothing catches fire (Stop, Drop, and Roll)
3. Create a drawing of their fire escape plan from their homes demonstrating two ways out of every room in their house.
4. Explain what they need to report in the event of an emergency.
5. Describe where a smoke alarm should be placed and why.
6. Explain why smoke is dangerous.
7. Understand the need for and difference between smoke and carbon monoxide detectors.

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 learn how to stay safe in the event of a fire, but first let's see how much you remember from last month year about kitchen, babysitting and holiday safety. <p>Ask the Class:</p> <ul style="list-style-type: none">➤ What are some things you can do to stay safe in the kitchen?➤ What are some holiday fire hazards?➤ What are some good holiday safety practices? <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none">• Even though we can do our best and practice good fire safety, accidents happen.• It is important for us to know how to act in the event of a fire.	
Smoke and Smoke Detectors	15 mins
<p>Ask the class:</p> <ul style="list-style-type: none">➤ Did you know that more people die in fires because of the smoke than the fire?➤ Why do you think that is? <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none">➤ Smoke contains carbon dioxide, carbon monoxide, soot, as well as many dangerous chemicals.	

<p>➤ Smoke also prevents people from seeing properly. They can get confused and lose their sense of direction and go the wrong way.</p> <p>Ask the class: Now that we know why smoke is so dangerous, what do you think is absolutely critical to have in your home?</p> <p>Class Activity:</p> <ol style="list-style-type: none"> 1. Show the smoke detector and discuss the working parts. 2. Show the PowerPoint slide of the open smoke alarm with labels. 3. Show the video embedded in the PowerPoint slide “Where Should You Place Smoke Alarms in Your Home?” and discuss as per speaker’s notes. 4. Show the video embedded in the PowerPoint slide “Smoke and Carbon Monoxide Detectors” and discuss as per the speaker’s notes. <p>Class Activity:</p> <ol style="list-style-type: none"> 1. Show the PowerPoint slide with smoke alarm checklist. 	
What To Do If There Is A Fire	10 mins
<p>Ask the Class:</p> <p>➤ How would you know if there was a fire in your house? ✓ <i>smoke alarm would go off.</i></p> <p>➤ What do you do if the smoke alarm goes off? ✓ <i>get out of the house and meet your family.</i></p> <p>➤ What direction does smoke from a fire go?</p> <p>➤ What happens if you try to walk or run out? ✓ <i>Smoke blocks your vision, you become confused, you breath in dangerous gases/smoke.</i> ✓ <i>It is important to crouch walk or crawl out so that you don’t inhale smoke and so you can see better.</i></p> <p>Class Activity:</p> <ol style="list-style-type: none"> 1. Show the PowerPoint Slide #6 to show the process of what to do in a fire. <p>Topics to Discuss with your Class:</p> <ul style="list-style-type: none"> • There are also some other things you should do. <ul style="list-style-type: none"> ○ You should yell fire to make sure everyone knows. ○ When you open the door, you should look around to make sure it is safe to exit. ○ If a door is hot, you should exit through your window. 	

Ask the Class:

- Should you ever go back into a burning building? Why not?
 - ✓ *You could be overcome by smoke, inhale toxic smoke, and get sick or die...*

Class Activity:

1. Show the PowerPoint slide #7 “stop, drop and roll” and discuss the speakers notes.

Fire Escape Planning**20 mins****Class Activity:**

1. Show the video embedded in the PowerPoint slide “Every Second Counts in a Home Fire.” Discuss question in speaker’s notes.
2. Ask for three student volunteers to come to the front of the class. Make sure there are no objects they could bump into.
3. Ask them to look to see where the door to the hallway is.
4. Ask them to spread out their arms so that they are not touching one another.
5. Ask them to close their eyes and turn in a circle to the left, then 2 circles to the right, keeping their eyes closed.
6. When they have stopped remind them to keep their eyes closed and point to the door.

Ask the Class:

- What happened when they tried to point to the door?
- How is this demonstration similar to what would happen in a fire?
 - ✓ *if it were at night and there is smoke, you couldn’t see where you were going.*
- Why do you think it is important to practice a fire escape plan at night?

Class Activity:

1. Ask for a volunteer at the back of the classroom to calmly walk to the door and time them using your phone.
2. Turn several desks sideways and block the door with several articles.
3. Ask the same volunteer to calmly walk to the door and time them (they will have to move the desks and any obstacles in their way).

Ask the Class:

- What does this tell you about keeping making sure there is not clutter on the floor or on your escape route?
- What do you think might be important things to remember about the exits from the room you are in?

✓ *make sure that the exits are not blocked, windows are easy to open.*

Class Activity:

1. Watch the video embedded in the PowerPoint Slide “Making A Home Fire Escape Plan”!
2. Show the PowerPoint slide with the sample house plan and discuss the exits. If this is projected onto a white board, you can draw the exit routes on the board.

Calling Emergency Services

5 mins

Class Activity:

1. Discuss the 911 or emergency services PowerPoint slide and the information that they will need.
2. Remind the students to stay on the line until they are told to hang up.

Concluding Activity

20 mins

Ask the Class:

- When there is smoke in a room, how should you exit?
✓ *Crawl or crouch/walk*
- Why is it important to keep escape routes tidy?

Class Activity:

1. Return to slide #10 and review the process for creating a fire escape plan. Ask the students to complete the Home Fire Escape activity on page in their student booklets. They can use different colored dots to show the exits from each room.

Take Home Activity

Topics to Discuss with your Class:

1. Ask the students to share their fire escape plans with their parents. They must also speak to their parents about creating a family fire escape plan and practice it at least 2 times per year.



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