



**GREATER MANCHESTER
FIRE AND RESCUE SERVICE**



**Fire safety in the home
workbook for children aged
between 7 and 11
(KS2)**

As more of us self-isolate and spend an increased amount of time at home, it is important to keep your households safe. You may be spending more time cooking, heating your home, using electrical appliances and lighting candles. There are plenty of ways to keep you and your family safe from the risk of fire at home.

Keep up to date with the latest Covid-19 information from Greater Manchester Fire and Rescue Service:

<https://www.manchesterfire.gov.uk/coronavirus>

Greater Manchester Fire and Rescue Service
Home Fire Safety Workbook.

Thank you for downloading this fire safety educational workbook brought to you by Greater Manchester Fire and Rescue Service's (GMFRS) Training and Safety Centre.

The Community Instructor team at the Training and Safety Centre have created this booklet to help you during the current pandemic.

With more people at home, we are more at risk of fire dangers in the home. Complete this booklet to help keep yourselves and your families safe from fire.

In this workbook you will learn:

The importance of smoke detection in the home

Bedtime routines

Health and wellbeing

Escape plans for your home

Hazard spotting

Carbon monoxide dangers

How to make a 999 call in emergencies

Barbeque Safety

Meet Eric and Ace

111 NHS health advice

Cracker's fitness challenge

We aimed the learning in this workbook at Key Stage 2 learners (ages 7-11).

For further advice, please go to the GMFRS website

<https://www.manchesterfire.gov.uk/> or call: 0800 555 815

Cracker needs you to become a Fire Safety Hero...

Once you have finished this workbook, use the information you have learnt to make some fire safety advice for your friends, family and neighbours.

You can be as creative as possible: make a fire safety poster, poem, song, video or something else. Then put it in your front room window for everyone to enjoy!

Don't forget to share it on your favourite social media platform and use
#crackersfiresafetyhero

 **@GMFRS_SC**

  **@ManchesterFire**

You can also get someone to email us:
safetycentre@manchesterfire.gov.uk

Enjoy!



Smoke alarms

Every home should have smoke alarms, they may look a bit like this.

Remember smoke alarms save lives. Especially at the moment with everyone staying at home.



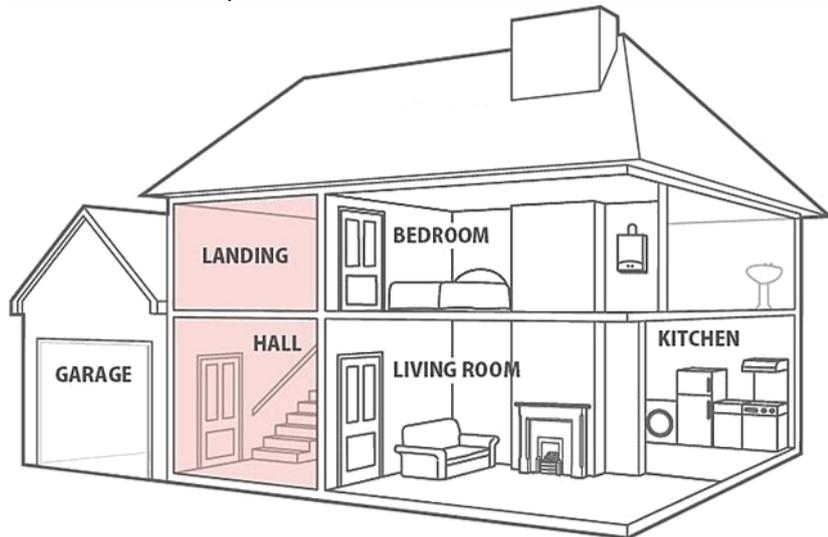
Does your home have working smoke alarms? (Ask your adult to show you where they are in your home.) Tick your answer.

- Yes
- No

We recommend that homes should have at least one smoke alarm on each floor.

Look at this picture of a house. How many smoke alarms should this house have? Tick your answer.

- One
- Two
- Three



Cracker's Top Tip

You should test all your smoke alarms once a week to make sure they are working, by pressing the button in the middle until it beeps. Next time you speak to your friends and family remind them to test theirs too. Cracker tests his smoke alarms on Tuesdays with a broom, test yours now with an adult!
Be Cracker's Fire Safety Hero and "test it Tuesday".

Bedtime Routines

Before you go to bed, you should follow a fire safety bedtime routine. Follow the guide below to keep you safe from fire.

1. Close all the inside doors to stop a fire from spreading



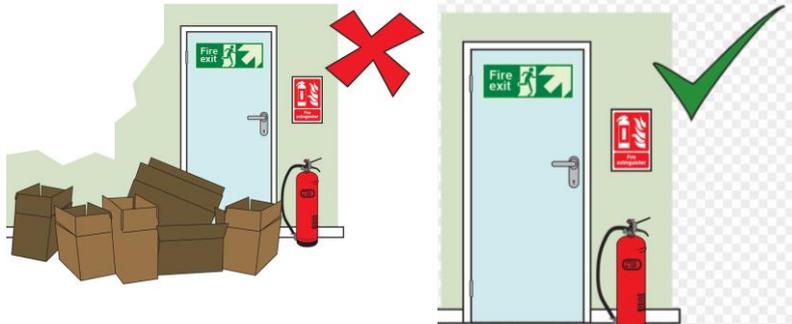
2. Turn off and unplug anything electrical, including TVs and computers



3. Make sure an adult takes a charged phone to bed in case of an emergency, but do not leave it on charge



4. Make sure exits and stairs are kept clear



5. Keep your keys in a place near your front and back doors, where everyone knows where they are



Cracker's Top Tip

You should do these things with an adult before you go to bed every night to keep you safe

Be Cracker's Fire Safety Hero; make your own bedtime routine now

Health and wellbeing bedtime routine

"Poor sleep leads to worrying. Worrying leads to poor sleep. Worrying about sleep is like your mind trying to fight itself. That's a horrible place to be."- Mind.co.uk

Do you sometimes feel a bit worried about what is happening in the world?

Sometimes when we go to bed, we can feel a bit anxious about everything that is going on in our lives. This is completely normal and many people feel this way.

Why not try Cracker's relaxing bedtime routine?

- A warm (not hot) bath will help you relax and get ready for sleep
- Keep the lights dim in your bedroom, or plug in a night light if you have one
- Once in bed, read quietly to yourself or with somebody you live with, or listen to some relaxing music
- Use of bright screens on laptops and phones in the evening has been shown to negatively affect sleep. Try to give yourself some tech-free time, an hour or so before bed, to help yourself prepare for sleep

What is your relaxing bedtime routine? Make a note of it below and keep it somewhere in your home.

Handwriting practice lines consisting of a vertical red line on the left and seven horizontal blue lines for writing.



Cracker's Top Tip

You can find more information about wellbeing and mental health at these brilliant websites:

<https://www.mind.org.uk/>

<https://www.nspcc.org.uk/>

<https://youngminds.org.uk/>

Escape Plans

You should come up with a plan to escape your home in the event of an emergency - like a fire. Once you have the escape plans, you should teach your whole household and practise them. Below are two different escape plans to help you.

Escape plan one

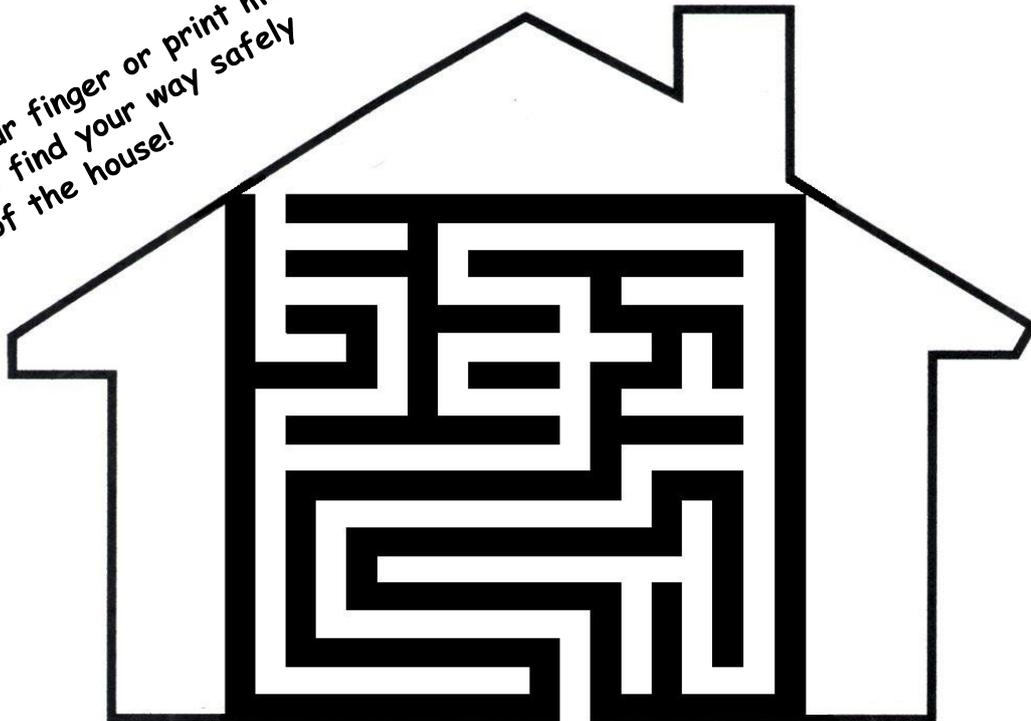
Order these things 1 - 4 of what you should do if there is a fire and it is safe to leave your house.

- Once you are outside ring 999 and ask for the fire service
- Stay together and make your way to the nearest exit
- Alert everyone in the property
- Get out and stay out

**Help Cracker to
escape his house**



*Use your finger or print me
off to find your way safely
out of the house!*



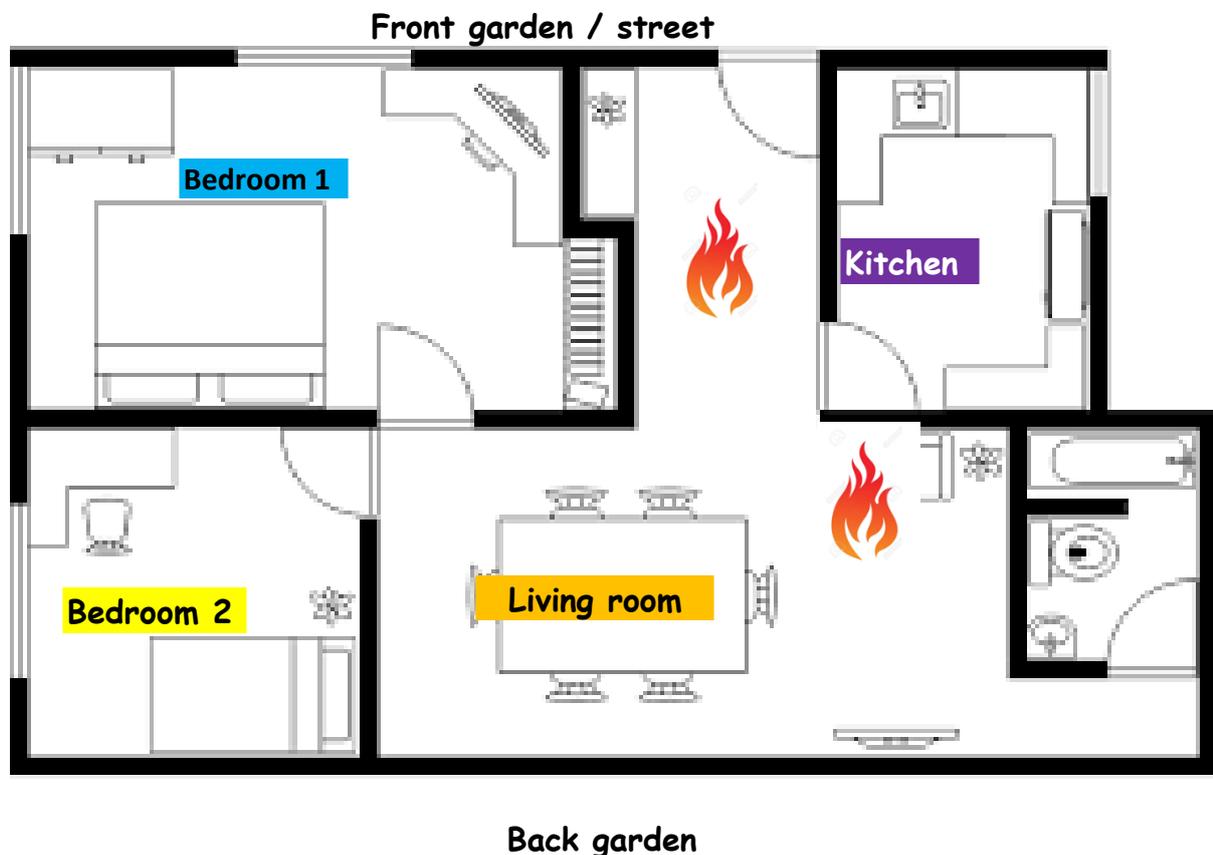
Escape plan two

If there is something blocking your escape, making it too dangerous to get outside, you should:

1. Get everyone in one room if it is safe (try to get to the front bedroom if you're upstairs)
2. Close the door
3. Put bedding or clothes underneath the door to stop smoke from entering the room
4. Open a window to let in fresh air and shout "FIRE"
5. If you have a phone in the room, dial 999 and ask for the fire service

We will be with you in under 10 minutes after receiving the 999 call, so stay calm while we are on our way

Oh no, look! Cracker's family are in trouble and can't get out. Where should they go?



Escape plans

Answers

Escape Plan one:

1. Alert everyone in the property
2. Stay together and make your way to the nearest exit
3. Get out and stay out
4. Once you are outside ring 999 and ask for the fire service

Escape Plan two:

Where should Cracker's family go?

They should go to the front bedroom number 1

Remember! If there is a fire in your home - Get out, Stay out and Call 999 - don't try to tackle the fire yourself, and never go back into a burning building.

Did you know?

A fire engine carries
1,800 litres
of water. Enough to fill
23 BATHTUBS



Fire Safety in the Home

1. Who does the cooking in your home? _____
2. Who is the best cook? _____
3. Cracker is cooking and he gets a phone call in the next room - should he leave the cooking unattended and answer it, or should he stay with the cooking?

4. Look at the picture below and spot the fire hazards. Write them here:



Did you know, we attend an average of 3 cooking related fires a day in Greater Manchester, which is 1064 per year!

Cracker's Top Tip



Be Cracker's Fire Safety Hero and make sure everyone in the kitchen is safe:

- Only pots and pans should be on your cooker when cooking
- Keep your oven, hob and grill clean.
- Don't put metal, like cutlery or tin cans, inside the microwave
- Never put a sponge or dishcloth in the microwave to sterilise it because it could catch fire
- Don't play in the kitchen
- If making some toast, move the toaster away from cupboards

Since everyone is having to spend more time at home, you need to make sure that your home is as safe as possible.



Look at the picture above and see how many fire hazards you can find. Write them below.

Once you have completed this, with your adult, check around your home to see if you can find any dangers. You can find the answers to pages 9 and 10 at the end of this workbook.

Handwriting practice lines consisting of a vertical red line on the left and eight horizontal teal lines.

Carbon Monoxide

What do you know about **Carbon Monoxide**? - To find out more about this gas fill in the gaps in the sentences. The missing words are at the bottom of the page to help you.

Carbon monoxide is a gas that is _____ to humans

You cannot _____ Carbon Monoxide and you cannot see it or taste it

A _____ central heating boiler in a house can produce Carbon Monoxide

Central heating boilers and things like gas cookers and heaters should be _____ once a year by an _____

Carbon Monoxide can make you feel really _____

Every home should have a Carbon Monoxide detector _____

Never use a barbecue inside a tent as they can produce _____

If you think that Carbon Monoxide is in your home you should:
_____ of your house, call _____, and the operator will tell you what to do

Gas, 999, alarm, poorly, faulty, safety, engineer, poisonous, smell, Carbon Monoxide, get out, checked

Carbon Monoxide

Answers

Carbon monoxide is a gas that is **poisonous** to humans

You cannot **smell** Carbon Monoxide and you cannot see it or taste it

A **faulty** central heating boiler in a house can produce Carbon Monoxide

Central heating boilers and things like gas cookers and heaters should be **checked** once a year by an **engineer**

Carbon Monoxide can make you feel really **poorly**

Every home should have a Carbon Monoxide detector **alarm**

Never use a barbecue inside a tent as they can produce **Carbon Monoxide**

If you think that Carbon Monoxide is in your home you should:
Get out of your house, call **999**, and the operator will tell you what to do

Gas, 999, alarm, poorly, faulty, safety, engineer, poisonous, smell, Carbon Monoxide, get out, checked

Every home should have a carbon monoxide detector, they may look a bit like this. Remember you need to test this once a week along with your smoke alarms.

For any questions call the National Gas Emergency Hotline (0800 111 999)



How to make a 999 call

If you need the emergency services, the police, ambulance or fire service, the number to call is 999.



You will then be put through to an operator, who will ask you which emergency service you need and then connect you to the one you ask for.

If there is a fire and people are trapped, you will need to ask for the fire service and the ambulance.

They will ask you questions such as:

- What is the emergency?
- Where are you?
- Who is involved?
- Do you know if there is anybody hurt or trapped?

It is important you try to learn your address; this means the number on your door, the street you live on and your postcode. If you aren't at home do you know where you are? If you are outside can you see a street name or a building that could help them find you?

There is also an app you can download to your phone called "what3words". If you don't know where you are, the app will give you three words which you can tell the operator and they will be able to find you.

Do you know anything else that could help the Operator? For instance if it is a car accident you are reporting do you know how many cars were involved?

What else you may need to do...

Make sure you stay safe!



Do not go and investigate the incident or fire.



If you do not know how many people are involved or where the fire is, do not try to find out.

If it is safe to do so, wait for the emergency services to arrive and you can then

point them in the right direction.



Cracker's Top Tip

If you do not know your address ask an adult who you live with if they can write it down for you and stick it to the wall in your favourite room! Every time you go in there, read it aloud. Keep practicing until you know it off by heart.

Be Crackers Fire Safety Hero and learn your address!

Coronavirus (COVID-19) advice if you feel poorly.

If you or a member of your family feels poorly or unwell, ask an adult to go to the NHS 111 website (<https://111.nhs.uk/covid-19>)

This is where you will find all the information and guidance you will need.

Remember if it is an emergency call 999

NHS 111 online

Barbecue Safety

If you are lucky enough to have a garden, a barbecue is a great way of getting out of the house and enjoying the nice weather with your family, but please stay safe:

Never have a BBQ inside or on a balcony

Always let your adult do the cooking

Never touch barbecue lighting fluid, firelighters or matches

Keep away - don't play near a barbecue

Remember! Barbecues stay very hot long after you have eaten all of the food

Remind your adult to have a bucket of water handy - just in case

You could also help to keep younger siblings safe by looking out for them

Barbecue Safety

N	S	A	G	Y	N	O	C	L	A	B	R	P	L
E	L	G	U	O	K	W	U	C	B	M	T	E	B
V	C	E	C	T	G	G	B	B	R	E	Y	P	U
E	R	M	U	L	N	G	O	E	O	E	N	N	R
R	R	A	E	C	R	V	N	O	Y	Y	G	E	G
T	B	O	E	A	E	H	B	I	R	V	R	O	E
O	E	I	L	U	T	B	A	B	K	B	C	E	R
U	E	E	K	B	Y	G	R	C	T	O	A	N	S
C	T	G	I	E	Y	R	G	A	A	Y	O	R	T
H	O	V	C	E	A	I	I	L	B	A	R	C	Y
A	B	L	L	E	N	L	B	E	E	V	I	L	Y
E	A	A	R	O	U	L	C	R	T	A	U	K	A
K	E	Y	O	M	K	E	E	P	A	W	A	Y	B
B	O	T	O	H	Y	R	E	V	T	E	B	V	R

- KEEP AWAY
- BARBECUE
- COAL
- GAS
- COOKING
- BALCONY
- MEAT
- NEVER TOUCH
- BURGERS
- GRILL
- VERY HOT

Meet our two dogs in the Fire Investigation team, Eric and Ace! They both have very different roles to play but are equally important.



Ace is our golden Labrador and his job is to help us find people! That means if someone is trapped he can help us find that person. Sometimes Ace, and his devoted trainer Mike, may have to go and help in other countries.

Eric, who is our black Labrador, is the big nose in the Fire Service! His job is to smell accelerants. That means he can help us discover how a fire has started if we are not sure. Eric can smell things 1000 times stronger than we can! Which means he can smell things which us humans cannot smell.

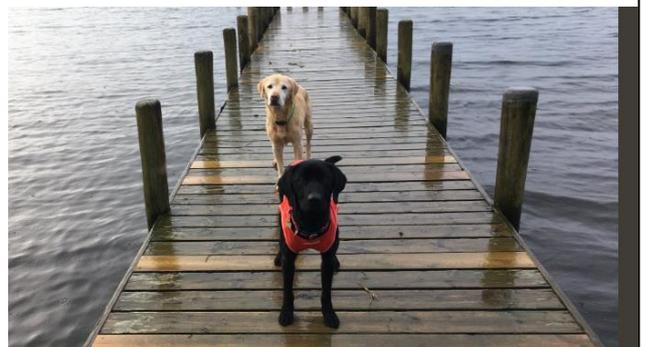


Both dogs live and train with Mike. If they are not working hard to help us, they are training with Mike in all sorts of different places! During the day, the dogs stay at one of our fire stations where they get a big fuss from all the firefighters.

Eric and Ace are both provided with a uniform to protect them: special boots, which will protect their paws, just as our firefighters have their wellington boots.

GMFRS' Dog Handler Mike Dewar said about working with the dogs:

"Working with the fire dogs is amazing and rewarding, it's like going to work with your best mates every day. They are important in two ways, first they help us solve crimes that involve fire and secondly they help to find people who are missing in the woods or near rivers. They can also be used to educate people around the dangers from fire. They are GMFRS very own firefighting dogs!"



**Answers and more advice
for your adults**

Below are the answers to page 9 and 10



Quiz time!

Hopefully you have worked your way through the booklet. It is time for you to test the adults in the house! For an added bit of fun, we have created a short quiz for you to test them on the information below! Check your answers by reading back through the information on pages 21 and 22. Good luck!

1. Can you name two reasons why BBQs can be dangerous?
2. Where do most fires start?
3. What can happen to an e-cigarette if you use the wrong charger?
4. What should you do to foods before deep-frying?
5. How many amps can a fused adaptor take?



Wash your hands

Washing your hands is so important right now. We all need to make sure we are doing it correctly so our hands are sparkly clean!

Follow the link below to learn a song about hand washing and how to do it properly following the NHS guidelines <https://www.youtube.com/watch?v=S9VjeIWLnEg>

NHS

Hand-washing technique with soap and water

- 1 Wet hands with water
- 2 Apply enough soap to cover all hand surfaces
- 3 Rub hands palm to palm
- 4 Rub back of each hand with palm of other hand with fingers interlaced
- 5 Rub palm to palm with fingers interlaced
- 6 Rub with back of fingers to opposing palms with fingers interlocked
- 7 Rub each thumb clasped in opposite hand using a rotational movement
- 8 Rub tips of fingers in opposite palm in a circular motion
- 9 Rub each wrist with opposite hand
- 10 Rinse hands with water
- 11 Use elbow to turn off tap
- 12 Dry thoroughly with a single-use towel
- 13 Hand washing should take 15-30 seconds

cleanyourhands campaign

NHS
National Patient Safety Agency

© Crown copyright 2007 283373 1p 1k Sep07
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care



Cracker's Top Tip

Be Cracker's Fire Safety Hero and make sure you wash your hands every time you-

- Cough or sneeze
- Touch or eat food
- Leave your house
- Enter your house

PE and more online lessons

Even Cracker needs to stay fit and healthy while he is at home.

Cracker has been doing 'P.E. With Joe' on YouTube with The Body Coach Joe Wicks at 9am Monday - Friday and he has created this challenge for you all. Can you complete this challenge?

Squats for 30 seconds
30 seconds rest
Star jumps for 30 seconds
30 seconds rest
Push ups for 30 seconds
30 seconds rest
Burpees for 30 seconds
30 seconds rest



Crunches for 30 seconds
30 seconds rest
Jog on the spot for 30 seconds
30 seconds rest
Lunges for 30 seconds
30 seconds rest
Punch the air for 30 seconds

COMPLETE!!

Now come up with your own workouts and post them to twitter and tag us @GMFRS_SC

More of Cracker's favourite online lessons...

[Maths with Carol Vorderman](#): Try free sessions and games to help keep maths fun.

[English with David Walliams](#): A free audio story each day from 11am.

[Dance with Oti Mabuse](#): Strictly's Oti is running a live dance class for kids of all abilities at 11.30am on Facebook. Classes can be watched back at any time.

[Cooking with Jamie Oliver](#): 6 brilliant recipes to get kids cooking! What will you try today?

[Music with Myleene Klass](#) Twice a week. Classes can be watched back at any time on YouTube.

[Home Economics with Theo Michaels](#): Live cooking class every Mon & Wed at 4pm. Simple food with just a few ingredients.

[Science with Professor Brian Cox, Robin Ince & Guests](#): The Stay at Home Show at various times of day with special guests.

Important information for adults

Most house fires that the fire service attend start in the kitchen, so please help us to keep you and your family safe by reading the information below.

Cookers and microwaves

- Keep electrical leads, tea towels and cloths away from your cooker
- Keep your oven, hob and grill clean. A build up of fat and grease can easily catch fire
- Don't put anything metallic, such as cutlery or tin cans inside the microwave
- Never put a sponge or dishcloth in the microwave to sterilise it - it could catch fire
- Take care if you are wearing loose clothing whilst cooking- this can easily catch fire
- Remember any type of pan can catch fire
- When deep frying, always dry the food before you put it in the oil
- Never fill a pan more than one-third full of oil. If the oil starts to smoke, it's too hot - turn off the heat and leave it to cool down
- Swap your chip pan for an electric deep fat fryer or an air fryer - thermostatically controlled electrical deep fat fryers that plug into the wall are much safer to use
- Further advice and guidance can be found on our website:
<https://www.manchesterfire.gov.uk/staying-safe/what-we-do/fire-safety-at-home/safety-in-the-kitchen/>

Electrics

- Keep electrical leads and appliances away from water
- If you have to use more than one plug per socket, use a fused adaptor and keep the total output to no more than 13 amps. Otherwise the socket can overload it, which can lead to overheating
- Check the toaster is clean and away from curtains, cupboards and kitchen rolls
- Turn off electrical appliances when they are not being used and service them regularly
- Electrical appliances, plugs and cables that are old or poorly wired can also be a real danger
- Further electrical fire safety advice can be found on our website:
<https://www.manchesterfire.gov.uk/staying-safe/what-we-do/fire-safety-at-home/electrical-equipment/>

Candles

- Make sure candles are secured in a stable holder and kept away from curtains, fabrics and paper
- Always put candles out when you are leaving the room or going to bed
- Further candle fire safety advice can be found on our website:
<https://www.manchesterfire.gov.uk/staying-safe/what-we-do/fire-safety-at-home/candle-safety/>

BBQs

- Always make sure you BBQ outside, it is extremely dangerous to use one inside a property or on a balcony.
- Keep your BBQ on a level surface so it can stand straight and up right.
- Make sure you are away from flammable surfaces, such as your house, sheds or fences.
- Never use flammable liquids to start a BBQ, such as petrol.
- Keep the BBQ clear from trip hazards.
- Do not block any paths or walkways.
- Be mindful as to where the smoke or gas is traveling after it leaves the BBQ, such as into windows or through the door.
- Be careful to keep pets away from BBQs.
- Further information on fire safety when using a BBQ can be found on our website: <https://manchesterfire.gov.uk/staying-safe/what-we-do/seasonal-safety/barbecue-safety-advice/>

Smoking/ E-cigarettes

- Use a correct ashtray, made of glass, pottery or metal.
- Extinguish cigarettes correctly. In the evening, pour water into the ashtray to make sure the cigarettes are out properly.
- If you use an e-cigarette, always use the charger and charging cable you received when purchasing. Do not use a different charger as this could cause the e-cigarette to overheat.
- Do not charge your e-cigarette over night as they could easily catch on fire. Make sure you keep an eye on it throughout the day when it is on charge.
- Any form of smoking devices must be kept out of reach of children at all times.
- If you do smoke, do so outdoors and in line with government advice on social distancing. Smoking outdoors prevents others, including children, from breathing in harmful second hand smoke, and it reduces the risk of smoking related fire in your home.
- Further smoking safety advice can be found on our website: <https://www.manchesterfire.gov.uk/staying-safe/what-we-do/fire-safety-at-home/smoking-safety/>

Remember: a working smoke alarm will give you those precious seconds to escape. Thank you for taking the time to read this information. Further advice on fire safety can be found on our website: <https://manchesterfire.gov.uk/>



Cracker's Top Tip

Remember to be Cracker's Fire Safety Hero and use the information you have learnt to make some fire safety advice for your friends, family and neighbours.

You can be as creative as possible: make a fire safety poster, poem, song, video or something else. Then put it in your front room window for everyone to enjoy!