

Dear Third Grade Teachers,

Rural Metro Fire Department is dedicated to providing health and emergency services as well as education for our community. We feel passionately that educating young people is imperative to saving lives and reducing preventative accidents through education.

We know that you are extremely busy with lesson plans that are filled with an abundance of standards that have to be taught and we want to help you teach them. We have developed a health and safety curriculum that is based on the Arizona State Standards, which meets many of the Third Grade requirements as well as the messages and lessons that we want to teach your students for their safety and well-being.

We know that the lessons that you will teach them, as well as the lessons that we have developed, could work together to teach our children life-saving concepts that they need to know, while teaching the standards that Arizona has developed.

We would like to schedule a time that a few representatives from our department could come and teach a very valuable 45 minute lesson to your class. We will have great assessment worksheets, as well as a follow-up lesson for you to teach after we leave. Please contact us to schedule a convenient time for our lesson. We look forward to meeting you and your students.

Sincerely,

Rural Metro Fire Department



The following is a list of the Arizona State Standards that will be taught through our lesson as well as the follow-up lesson.

*Standard 2: Students demonstrate the ability to access accurate health information*

**2CH-F2** Demonstrate the ability to locate resources from home, school and community that provide accurate health information

PO 1. Describe health/emergency agencies that provide services (e.g., community health agencies, schools, poison control centers, web sites)

**2CH-F5** Locate and describe the roles of resources (health workers and organizations) from the school and community

PO 1. State appropriate agencies to contact

PO 2. Identify resources (e.g., parents, health department, fire department)

**2CH-F7** Identify when and how to seek emergency medical assistance and shelter

PO 1. Demonstrate how to contact parents and/or emergency services in emergency situations

PO 2. Recall emergency numbers

*Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks*

**3CH-F3** Identify hazards found in the home, school and community and demonstrate ways to avoid or reduce the threats

PO 1. List hazards found in the home, school and community

PO 2. Discuss ways to avoid and/or reduce the threats

**3CH-F5** Demonstrate first aid procedures and appropriate responses to common emergencies in the home, school and community

PO 1. Describe a minimum of three first aid procedures

PO 2. Determine correct response in case of accident or sudden illness



**Level:** *Third Grade*

**Lesson:** *Home Escape Plan*

**Time:** *55 minutes*

**Supplies:** *example of a Home Escape Plan, Video: “Survive Fire in your Home.” a T.V. and a VCR, “The Great Escape” wksht- class set,*

**Arizona State Standards that are taught:** 2CH-F7 PO1, 2CH-F7 PO2, 3CH-F3 PO 1, 3CH-F3 PO2, 3CH-F5 PO2.

<b>Time:</b>	<b>Action:</b>	<b>Supplies:</b>
<b>2 min.</b>	<b>Introduction:</b> Introduce yourself and tell the students about your job.	
<b>10 min.</b>	<p><b>Review and Assessment of Prior knowledge:</b> Most third graders have had some experience with fire safety, so do a quick review as well as an assessment of their experience with fire safety by asking students to raise their hands if they can answer the following questions.</p> <ul style="list-style-type: none"> <li>-What number do you call for an emergency?</li> <li>-Will smoke wake you up?</li> <li>-Does anyone know why it won't wake you up?</li> <li>-Hold up an example of a Home Escape Plan and ask: What is it? What do the red arrows mean?</li> <li>-What's the first thing you should do if the smoke alarm goes off when you're sleeping?</li> <li>-What is the second thing you should do, why? And so on. Really focus on the WHY</li> <li>-How many of you can open your bedroom window by yourself if you had to escape a fire? –Try it tonight with an adult watching you.</li> </ul>	<b>Example of a Home Escape Plan.</b>
<b>20 min.</b>	<p><b>Video:</b> By this time, many students have questions and introduce the video by saying that it should answer some of their questions, so be watching for the answers. Afterward, we will be sharing some of the answers we found as well as some new things that we learned from the video. Watch the video.</p>	<b>Video: “Survive Fire in your Home.” T.V. and VCR</b>
<b>5 min.</b>	<b>Share:</b> Share some of the answers that students found out as well as some facts that students learned by watching the video.	

<b>17 min.</b>	<b>Handout:</b> “The Great Escape.” Students will do the worksheet and answer the questions at the bottom and then raise their hands to show you. Star their papers as they finish. When all students are finished, go through the two ways to exit each room. Then discuss the importance of having a plan of who will get babies out of the house in case of a fire. Also talk about pets.	<b>Class set of “The Great Escape” wksht.</b>
<b>1 min.</b>	<b>Goodbye.</b>	

Dear Third Grade Parents,

Rural Metro Fire Department is dedicated to providing health and emergency services as well as education for our community. We feel passionately that educating young people is imperative to saving lives and reducing preventative accidents through education.

Your child's teacher has arranged for us to come into your child's class and teach some extremely important life-saving and accident prevention lessons. We wanted to keep you in the loop and give you some of the language and lessons that we will be teaching your child so that you can follow-up with them and reinforce these lessons in your home and in your life.

We will be teaching a lesson on Home Escape Plans. These are pre-arranged plans that a family creates together on two ways to get out of every room in the house in case of a fire. It is so important for families to have a map drawn out that shows this for the kids and ensures that everyone is understanding what the plan is in the unfortunate event of a home fire. Having a Home Escape Plan saves lives. Please take the time to create one with your entire family when your child brings home the assignment to do so. All of the instructions will be provided and easy to follow. You won't regret having a plan!

Rural Metro Fire Department is committed to safety and education and we are delighted to work with your child and to give him/her some life-saving and accident-prevention tools to keep them healthy and safe. We hope that you find these lessons valuable, and if you have any questions, please feel free to contact us.

Sincerely,

Rural Metro Fire Department





**Level:** *3<sup>rd</sup> Grade*

**Lesson:** *Teacher Follow-up*

**Time:** *75 min. (45 min. the 1st day and 30 min. the 2<sup>nd</sup> day)*

**Supplies:** “True or False!!!” class set, “Home Escape Plan-Family Homework.” class set.

**Arizona State Standards that are taught:** 2CH-F2 PO1, 2CH-F5 PO1, PO2, 2CH-F7 PO2, 3CH-F3 PO1, PO2, 3CH-F5 PO1, PO2.

<b>Time:</b>	<b>Action:</b>	<b>Supplies:</b>
<b>12 min.</b>	<b>Introduction:</b> “True of False!” Pass out and give the students 10-12 minutes to complete.	“True or False!!!” class set.
<b>13 min.</b>	<b>Check:</b> Go over the answers as a class discussing the answers as needed- have the students circle the number of the questions that they get correct. All of the students who get a 100% get a small prize, like a piece of candy or whatever prize you would like.	
<b>5 min.</b>	<b>Have the students choose a “false” answer and flip their paper over and make that statement a “true” statement.</b>	
<b>15 min.</b>	<b>Homework:</b> Pass out the “Home Escape Plan- Family Homework.” Read the Introduction as a class. Answer any questions that they might have as you read. Let students know that they are responsible for teaching their families tonight about a Home Escape Plan.	“Home Escape Plan- Family Homework” class set.
	The students need to read the introduction to their families and then work together to as a family to create their own home escape plan.	
<b>30 min.</b>	<b>Share:</b> A few days later (it might take a few days for families to get together to do the Home Escape Plan so make the due date at least 2 days later), have the students take a minute to share their Home Escape Plan with the class.	
	<b>Remind the students to take their Home Escape Plan home and post it in an area that their family will see it and be reminded that they have a plan.</b>	



Name \_\_\_\_\_



## Home Escape Plan- Family Homework

Read the introduction as a family and then complete the Home Escape Plan using the instructions at the bottom of page 2.

### Have a Sound Fire Escape Plan

In the event of a fire, remember - time is the biggest enemy and every second counts! Escape plans help you get out of your home quickly. In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick black smoke and become engulfed in flames.

#### Special Considerations

##### Practice Escaping From Every Room In The Home

Practice escape plans every month. The best plans have two ways to get out of each room. If the primary way is blocked by fire or smoke, you will need a second way out. A secondary route might be a window onto an adjacent roof or using an Underwriter's Laboratory (UL) approved collapsible ladder for escape from upper story windows. Make sure that windows are not stuck, screens can be taken out quickly and that security bars can be properly opened. Also, practice feeling your way out of the house in the dark or with your eyes closed.

##### Security Bars Require Special Precautions

Security bars may help to keep your family safe from intruders, but they can also trap you in a deadly fire! Windows and doors with security bars must have quick release devices to allow them to be opened immediately in an emergency. Make sure everyone in the family understands and practices how to properly operate and open locked or barred doors and windows.

##### Immediately Leave The Home

When a fire occurs, do not waste any time saving property. Take the safest exit route, but if you must escape through smoke, remember to crawl low, under the smoke and keep your mouth covered. The smoke contains toxic gases which can disorient you or, at worst, overcome you.

##### Never Open Doors That Are Hot To The Touch

When you come to a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame to make sure that fire is not on the other side. If it feels hot, use your secondary escape route. Even if the door feels cool, open it carefully. Brace your shoulder against the door and open it slowly. If heat and smoke come in, slam the door and make sure it is securely closed, then use your alternate escape route.

##### Designate A Meeting Place Outside and Take Attendance

Designate a meeting location away from the home, but not necessarily across the street. For example, meet under a specific tree or at the end of the driveway or front sidewalk to make sure everyone has gotten out safely and no one will be

hurt looking for someone who is already safe. Designate one person to go to a neighbor's home to phone the fire department.

### Once Out, Stay Out

Remember to escape first, then notify the fire department using the 911 system or proper local emergency number in your area. Never go back into a burning building for any reason. Teach children not to hide from firefighters. If someone is missing, tell the firefighters. They are equipped to perform rescues safely.

Finally, having working smoke alarms installed on every level of your home dramatically increases your chances of survival. Smoke alarm batteries need to be tested every month and changed with new ones at least once a year. Also, consider replacing the entire smoke alarm every ten years, or as the manufacturer guidelines recommend.

**Now it is your family's turn to create your own Home Escape Plan. Use the graph paper provided, and follow these easy instructions to make your plan.**

- a. Make an outline of your entire floor area: dimensions and details need not be exact.
- b. Now add each bedroom and label it.
- c. Go to each bedroom and bathroom and select the best window for an emergency escape.
- d. Test the windows or screens to see that they work easily and are large and low enough to use.
- e. On your drawing of the house, mark red arrows of the two escape routes for each room.
- f. Don't forget to assign one person to be in charge of getting babies or adults who might need help.
- g. PRACTICE your Home Escape Plan until everyone in the family feels comfortable.
- h. After you take your completed Home Escape Plan to school to share with the class, Post it on your fridge or somewhere that will remind your family that you have a plan.

Thank you for taking the time to create a plan. Hopefully you and your family will never have a fire and won't need to use the Home Escape Plan, but if you ever do, you will be so thankful that you had a plan. Congratulations!

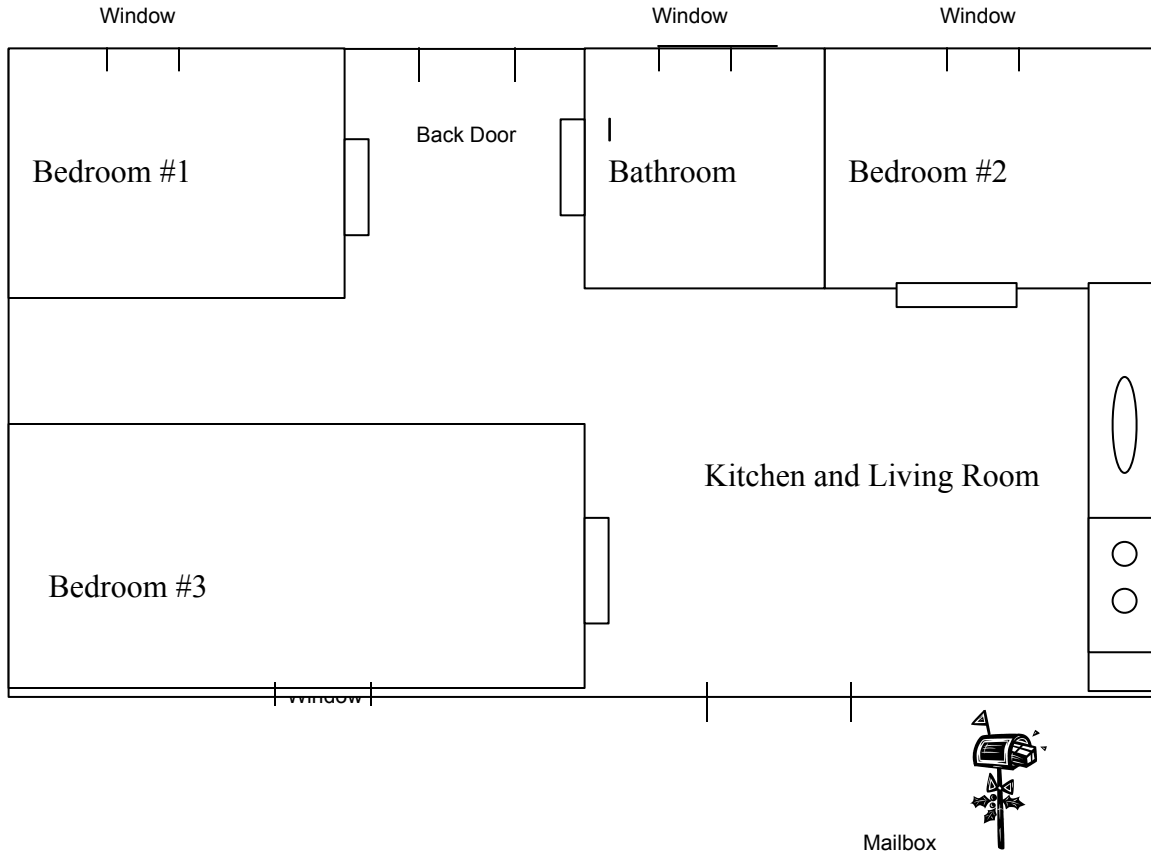
Sincerely,

**Rural Metro Fire Department**

Name \_\_\_\_\_

## The Great Escape

Draw lines to show two ways that a family member will get from each room to the meeting place in case of a fire. Make sure to label the meeting place.



Tree

1. If you have a baby brother or sister, who will be in charge of getting them out of the house? \_\_\_\_\_

\_\_\_\_\_

Can you open your bedroom window by yourself?

Why would you need to be able to do that? \_\_\_\_\_

\_\_\_\_\_

(You should practice tonight with an adult.)

Name \_\_\_\_\_



## True or False!!!!

Read each statement and circle the correct response, true or false.

### Fire Safety

1. If your clothes catch on fire, you should stop, drop and roll. **True False**
2. It is enough to have a fire escape plan in your head and not on paper. **True False**
3. Smoke detectors can save lives. **True False**
4. You should never crawl through a room that is filled with smoke, you should walk through it. **True False**
5. You should run warm water over a first degree burn. **True False**
6. If your house is on fire, you should not call 9-1-1 before you leave. You should go to your meeting spot and then have a neighbor call for you. **True False**
7. You should just leave a campfire burning until it burns out. You don't need to put it out and make sure there are no sparks still burning. **True False**
8. It's a good idea for kids to use the barbeque grill. **True False**

### Bicycle Safety

9. There is no need for a bicyclist to obey the traffic signs. **True False**
10. You should wear bright colors and have reflectors on your bike. **True False**
11. It is a good idea to give your friend a ride on your handlebars. **True False**
12. You should always wear a helmet when you ride your bike. **True False**
13. You should ride your bike down the middle of the road. **True False**
14. You do not need to walk your bike across a busy intersection, you should just ride across. **True False**

### Emergencies

15. You should contact poison control if your baby brother eats a mushroom out of the grass in your backyard. **True False**
16. If your house catches on fire, you should look up the fire department's phone number in the phone book and call them directly. **True False**
17. For any kind of emergency, you should call 9-1-1 **True False**
18. If you get a 3<sup>rd</sup> degree burn, you should go to the hospital. **True False**
19. Calling 9-1-1 can get help from the police department, fire department, and poison control centers. **True False**
20. If you cut yourself and think you need stitches, you should apply pressure with a towel and go to the hospital. **True False**

Arizona State Standards: 2CH-F2 PO1, 2CH-F5 PO1, PO2, 2CH-F7 PO2, 3CH-F3 PO1, PO2, 3CH-F5 PO1, PO2.