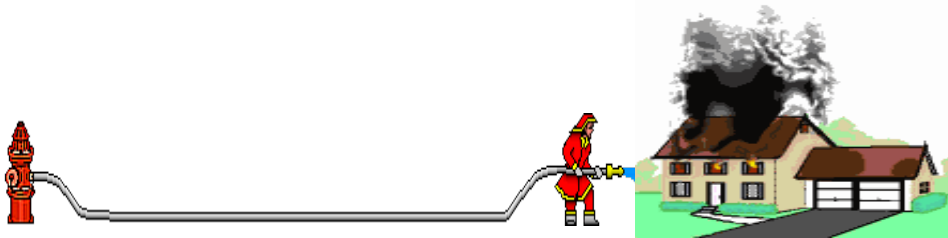




# Burn Survivors Throughout The World, Inc. Fire Safety Brochure

Fire Safety Education For Adults & Teens

Save Lives  
Use Fire Safety At Home, School & Work



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The United States has the highest fire death rate in the industrialized world. Around 2 million fires are reported each year. At least eighty percent of all fire related deaths occur in the home.

Cooking is the leading cause of home fires in the United States. Careless smoking is the primary cause of residential fire deaths. Home heating system fires are the second leading cause of fires and fire related deaths. Single family homes have been found to be at higher risk to heating system fires than apartments.

Tragically, children cause over 20,000 house fires every year. In 2001, 493 children ages 14 and under died. The statistics in the United States show that on the average, each year 40,000 individuals suffer a burn injury and 4,400 individuals die.

Approximately 100 of those individuals who die are fire fighters. Their death is due to duty-related accidents.

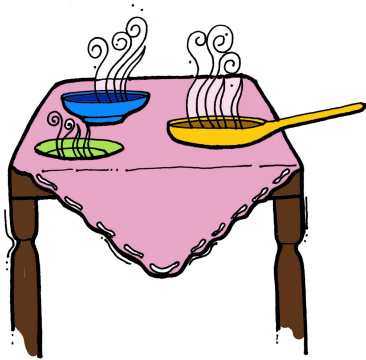
Preparation and education are the key elements of preventing fires and fire related deaths. Planning and practicing a fire escape route with your family, and talking to your children about what to expect in a fire, are the important steps to save lives. A prepared family is more likely to escape unharmed. To learn more, explore the [BSTTW Fire Safety Brochure](#) below.

## Avoid Burns In The Kitchen

It is important for everyone to be responsible for the safety of themselves, their family and their friends.

### Remember The Following:

1. If you are cooking, Never leave your stove or oven unattended.
2. Always keep hot food in the center of the table.
3. If a pan fire occurs, you should smother it with the lid. You should Never use water. If the fire gets too large you should leave the home immediately.
4. If cooking and the oil starts to smoke, you should turn down the heat.
5. Keep the handles of all of the pans pointed towards the back of the stove and out of the reach of children.



6. Do Not put hot drinks or food on tables with tablecloths that children can pull on. Due to the fact that this may cause food and drinks to be

spilled causing a burn injury.

## Avoid Burns In The Kitchen

### Continued

7. You should not allow the children to play in the kitchen.
8. You should not carry hot drinks or food near children and pets. If the hot drink or hot food falls, the children and pets can suffer a burn injury.
9. Do Not allow your children to touch or play with any cleaning products.
10. Keep the tops of all flammable liquids or AEROSOL containers firmly closed. Store them in a cool and well ventilated area that is far away from sparks.

## Avoiding Burns To The Mouth

All of us, even parents, can suffer burns from hot food and hot drinks.

### Remember The Following:

1. Before giving hot food to a baby or small child, you should TEST the temperature.
2. If the cake or doughnut is still warm, the jam or cream inside the cake or doughnut can be hot. This can cause the person eating it to suffer a burn injury.
3. To prevent burns, wait 2 or 3 minutes before eating hot food.

## Be Careful With The Microwave!

Foods cooked in a microwave can become very hot. The outside of the microwave dish or container may feel cool while the contents are hot. You must be very careful and allow this to cool before you or your family members open the dish or container and eat the food. Always remember to stir the food before eating in order to uniformly distribute the heat.

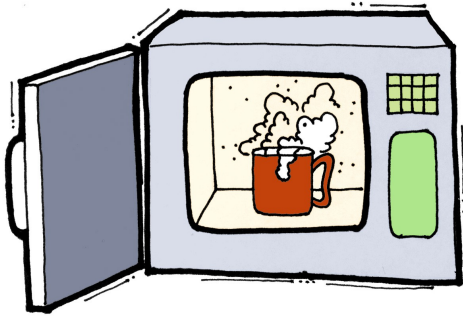
### Remember The Following:

1. Only use microwave bowls, dishes and containers to heat the food.
2. Do Not heat baby feeding bottles.
3. Be careful of popcorn bags. The heated popcorn bag has hot vapors inside. This can cause you or your family members to suffer a burn when the bag is opened. It is best to not allow your children to remove the bag from the microwave. Be careful how you or your children open the bag. It is best not to take the popcorn out of the bag when it first comes out of the microwave.

## Be Careful With The Microwave

### Continued

4. After the food is warmed in the microwave, you should be careful removing and/or touching the tops. They can be very hot causing a burn injury.



5. Have your microwave checked periodically in order to make sure the door seal is working properly.

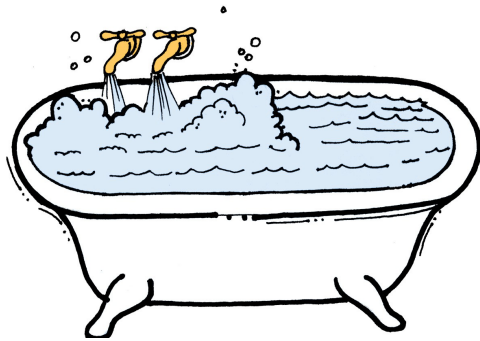
6. Only adults and teenagers should take the hot food and drinks out of the microwave for you. Instruct the children of this important microwave rule.

## Bathtub Precautions

The base of the bathtub can still remain hot.

Remember The Following:

1. A parent should put 2-3 finger widths of cold



water. By putting the hot water in the bathtub first, the plastic and/or metal parts of the bathtub can remain hot for a long time even if cold

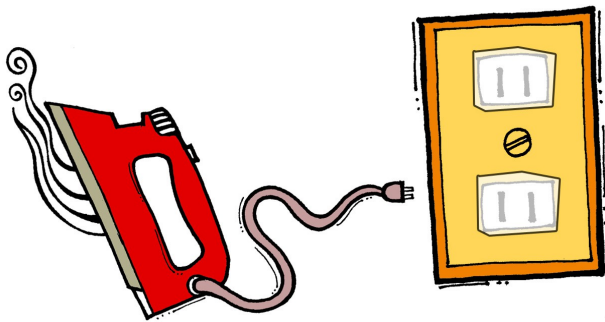
water is added later.

2. Before allowing your child to get into the bathtub, a parent should not only test the water but teach the child how to perform the task. Test the water by dipping your elbow into the tub for a few seconds.
3. Do Not put very hot water in the bathtub. This will allow you and your children to not get burned.

# Avoid Electrical Burns

## Remember The Following:

1. Never leave uncovered electric cables exposed.
2. When finished using the iron and other electrical appliances disconnect them and allow the items to cool before putting them away in a safe place.



3. Do Not put any papers, clothing, towels, tissues or any thing that is flammable on the electric heaters, electric or gas stoves.
4. If a fuse blows or a breaker trips, you should find the cause. If this occurs frequently, you should remove excess appliances, *lamps, stereo components, space heaters, etc.*, from a breaker in order to prevent this from occurring again.
5. Overloaded circuits, worn out cords and plugs and high voltage appliances can cause fires.

# Avoid Electrical Burns

## Continued

6. Always use UL approved items and avoid the use of octopus plugs.
7. In order to prevent fires, you should have your heating systems professionally maintained.
8. Teach your children to not put electrical wires or cables in their mouth. Electrocution can cause severe burns or death.

# Cigarettes, Lighters & Matches



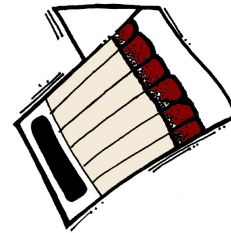
Remember The Following:

1. Do Not leave lit cigarettes in an ashtray, on the bed, in the car, anywhere in your home, at work or in a restaurant.



2. Always keep lighters and matches out of reach of your children.

3. Teach your children not to play with lighters or matches. This can start a fire that may destroy your home and cause you or your child to suffer a burn injury or death.

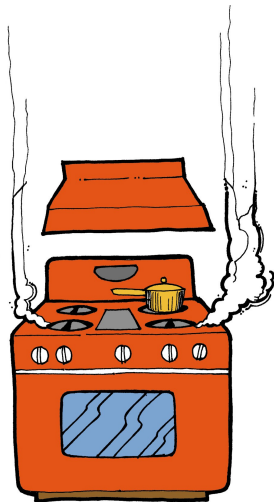


4. Teach your children **NOT TO PLAY** with lighters or matches they are not toys.

# Avoiding Explosions

Remember The Following:

1. If you have a gas or electric stove, fireplace or heater and smell gas or think that gas is leaking DO NOT TURN ON THE LIGHTS, LIGHT CIGARETTES, STRIKE A LIGHTER OR MATCHES, OPEN THE GARAGE DOOR OR START THE CAR. This may cause an EXPLOSION. **LEAVE THE HOME IMMEDIATELY.**
  2. You SHOULD get a safe distance away from the home.
  3. Call 911 for help.
4. Do not reenter the home until the fire fighters inform you that it is safe.



# Fire Prevention Tips

Remember The Following:

1. Practice makes perfect. You need to have a Family Escape Plan in order to get out of the home if there is a fire. All members of the family should practice several different ways to safely leave the home or wait for the fireman to help you leave the home.
2. DO NOT play with matchers and lighters.
3. A fire extinguisher should only be used on small



fires. Ask your local fire department which fire extinguisher you should have in your home.

4. Always have at least 1 fire extinguisher on each floor of the house. Practice how to use it, have the fire extinguisher

inspected and keep it filled.

5. Smoke detectors should be installed in every room of the house.

## Fire Prevention Tips

Continued

6. Test your smoke detectors every month.
7. You should only wear pajamas and nighties and use sheets and clothing that are made of cotton. It is important to avoid synthetic fibers.
8. If your clothes are on fire, “STOP, DROP and ROLL” until the fire is out.
9. Leaving bikes or furniture in doorways, corridors or stairwells creates a fire safety hazard. If a fire occurs this can make it difficult for you and your family to leave the home and difficult for the firefighters to enter the home.

## HOME FIRE SAFETY CHECKLIST

At least every three months you should review the home fire safety checklist. Any questions that are answered *no* should be reviewed and changes at home relating to the questions should be made as

soon as possible. This should help you to prevent fires and fire related deaths in your home.

<b>HOME FIRE SAFETY CHECKLIST</b>		
<b>PRE-FIRE PLANNING</b>		<b>YES NO</b>
Have you planned and practiced at least two ways for you and your family members to safely exit every room in your home?		
Do you keep exit routes clear in your home?		
Do you and your family members know how to notify your fire department quickly and correctly in case of fire?		
<b>ESPECIALLY FOR CHILDREN</b>		<b>YES NO</b>
Do you make it a rule never to leave small children alone or unattended?		
Do you and your baby-sitters know the first rule of safety in fire emergencies? — Get everybody out fast, and don't go back in.		
Do your baby-sitters understand the importance of fire safety and the exit routes your children have planned? — Show your baby-sitters the escape routes from your home, and give instructions on the correct way to report a fire.		
Do your baby-sitters know the correct way to report a fire?		
<b>GOOD SMOKING HABITS</b>		<b>YES NO</b>
Is smoking in bed strictly prohibited in your home?		
Do you always make sure that cigarette, cigar and pipe ashes are completely extinguished before you dispose of them? — Before going to bed, be SURE that all cigarettes and ashes are 100% out.		
Are matches and lighters kept out of the reach of your children? — Keep matches and lighters at a height that is <i>higher than what your children can reach</i> .		
<b>HEATING AND COOKING</b>		<b>YES NO</b>
Are furnaces, stoves and smoke pipes kept in good repair and located far enough away from combustible walls and ceilings so that they do not create a hazard? — Always use a fireplace screen in order to prevent sparks from flying.		
If you have portable space heaters in your home are they properly maintained and located in safe areas? — Keep portable space heaters away from people, curtains, and furniture.		
Do you have an annual inspection of your homes heating system?		

— It is very important to have your heating equipment checked and cleaned each year.	<input type="checkbox"/>	<input type="checkbox"/>
Do you wear tight-fitting clothing when you cook?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know how to safely stop a cooking fire?	<input type="checkbox"/>	<input type="checkbox"/>
<b>ELECTRICITY</b>	<b>YES</b>	<b>NO</b>
Do you see that extension cords are never run under rugs or hooked over nails?	<input type="checkbox"/>	<input type="checkbox"/>
When the breaker "trips" or a fuse blows, do you investigate WHY it happened?	<input type="checkbox"/>	<input type="checkbox"/>
Are the correct fuses in each socket in the fuse box?	<input type="checkbox"/>	<input type="checkbox"/>
Is your television well ventilated? — You must allow air space around the TV in order to prevent overheating.	<input type="checkbox"/>	<input type="checkbox"/>
<b>GOOD HOUSEKEEPING</b>	<b>YES</b>	<b>NO</b>
Do you keep the attic, basement, closets, garage and yard litter free?	<input type="checkbox"/>	<input type="checkbox"/>
Are gasoline and other flammable liquids stored in safety cans, and kept out of reach of your children? — Make sure that these liquids are stored outside and away from the house in a separate storage building.	<input type="checkbox"/>	<input type="checkbox"/>

## Emergency Procedure In Case Of A Fire

Remember The Following:

1. In order to avoid the smoke you must lie down on the floor. Get into a crawling position like the person in the picture.
2. Breathe through a wet cloth covering your mouth and nose.
3. Have a meeting place located outside the house.
4. If there is a fire and/or smoke blocking your way



out, shut the door. Put a cloth around the bottom of the door and the floor. If you can find a safe way out, you should leave the home. If you cannot escape call the fire department and wait by a window so they

know you are in there.

5. If the fire is small, try putting it out with a fire extinguisher. Remember a fire doubles in size every 3 seconds.

**Emergency Procedure In Case Of A Fire**  
Continued

6. Do Not try putting out a large fire, just get out and call 911. Do Not try to take your personal possessions, stuff can be replaced, you and your family can't.



7. Try not to inhale the smoke and gases. Toxic smoke is deadly.
8. Remember practicing fire safety it can save lives.

## What To Do For A Person Who Suffers A Burn Injury?

Remember The Following:

1. If outside the home, the individual that is on fire should ***Stop, Drop and Roll*** around on the ground. If inside the home it might be better to use a rug if the person cannot do that for themselves then you should help them.



2. If time permits, you should cool down the burn with plenty of cold water. If possible continue slowly pouring the cool water on the burned areas of the body for 10-15 minutes. If any of the clothing is stuck to the body, do not try to remove it.
3. Cover the body with a clean sheet or towel and get medical treatment.

## What To Do For A Person Who Suffers A Burn Injury?

Continued

4. If possible, remove rings, belts, bracelets, chains, watches, piercings, etc. that can get stuck to the skin.
5. Do Not apply creams, ointments, disinfectants, butter, oils and ice. Do Not put anything on the burned area except a clean sheet.
6. If the burn blisters or chars you should get immediate medical assistance. It would be best to have all burns looked at by a doctor.
7. Minor sun burns can be cooled down with water and over the counter medication should be used. If the burn does not heal within a few days you may want to see a doctor.

You can learn more about burn injuries, fire safety and recovery on the [Burn Survivors Throughout The World, Inc. \(BSTTW\)](http://www.burnsurvivorsttw.org) internet site at [www.burnsurvivorsttw.org](http://www.burnsurvivorsttw.org)

If you have any questions or need support you can contact BSTTW by email at [bsttw@burnsurvivorsttw.org](mailto:bsttw@burnsurvivorsttw.org), by telephone at 866-712-6164 or 936-647-2256 and by mail at:

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