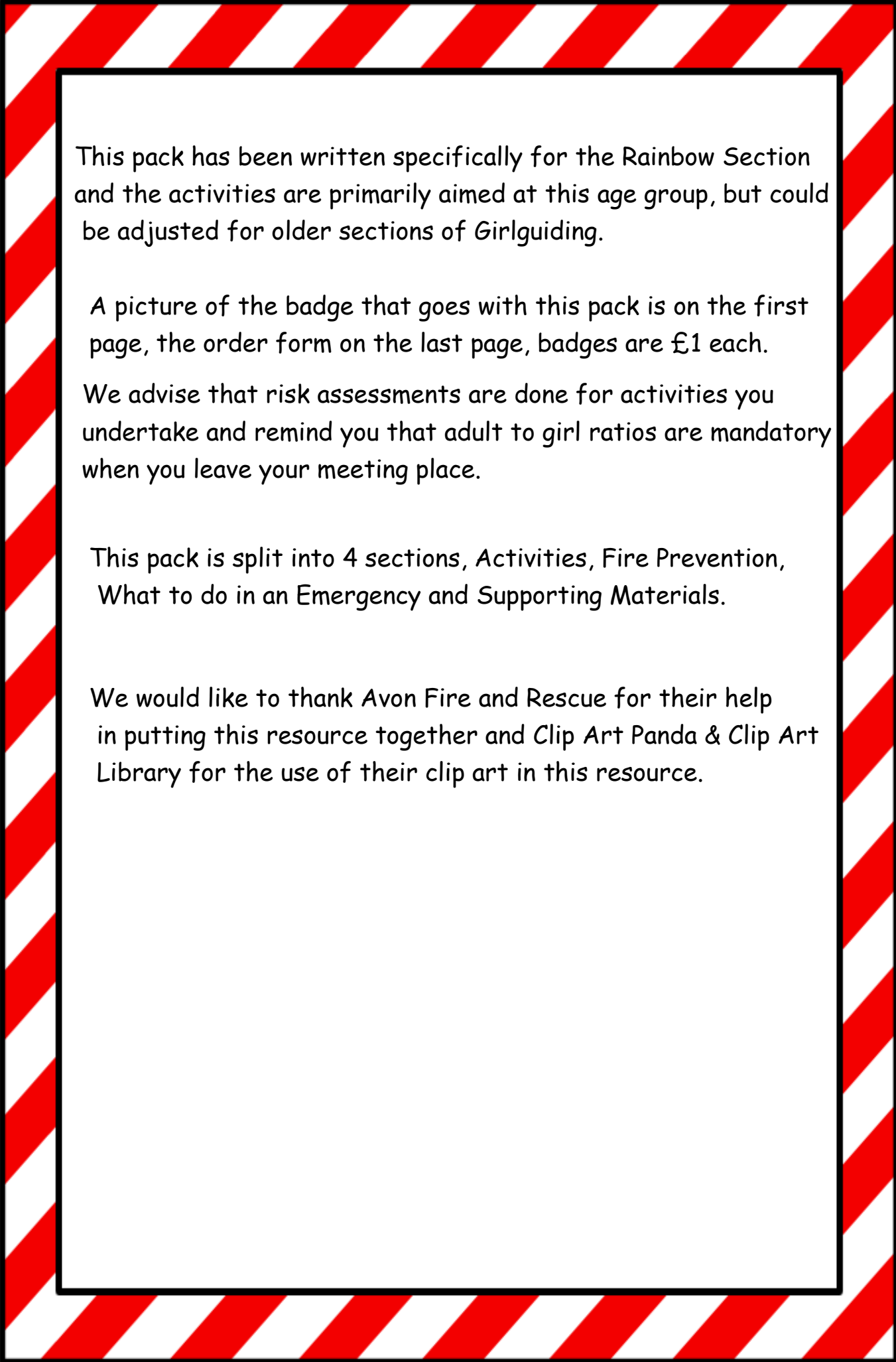




**LEARN ABOUT
FIRE
SAFETY**



This pack has been written specifically for the Rainbow Section and the activities are primarily aimed at this age group, but could be adjusted for older sections of Girlguiding.

A picture of the badge that goes with this pack is on the first page, the order form on the last page, badges are £1 each.

We advise that risk assessments are done for activities you undertake and remind you that adult to girl ratios are mandatory when you leave your meeting place.

This pack is split into 4 sections, Activities, Fire Prevention, What to do in an Emergency and Supporting Materials.

We would like to thank Avon Fire and Rescue for their help in putting this resource together and Clip Art Panda & Clip Art Library for the use of their clip art in this resource.

Activities in the Unit

Visit a Fire Station. You could make a big Thank You Card to take and give them. This covers the "A Big Thank You" Take Action UMA 45m

Play the fire drill game

Point out the fire exits and where to assemble at your meeting place.

Point out where the fire alarm is at your meeting place.

Learn what a fire alarm sounds like when it goes off.

Carry out a Fire Drill at your meeting place.

Find out what special alarms are available for those who are deaf

Learn the fire fighter or the 999 song.

As a unit design a poster about fire safety, ask the girls for ideas of what to include and display the finished poster at your meeting place if possible.

Learn Olivia's Top Fire Safety Tips

Girlguiding does not permit the use of Chinese Sky Lanterns. Find out why these lanterns are so dangerous and what harm they can cause.

Fire Prevention

Fire prevention is just another way of saying "to stop a fire before it starts" Here are some things you can do to help prevent a fire starting.

Never play with matches, lighters or candles and do not play with electrical appliances or sockets.

Remind your grown-ups to check their fire alarms weekly as part of a routine like putting the bins out. If you don't have a fire alarm tell your grown-up to ask their local fire service for a free one

Remind your grown-ups to clean the fire alarms regularly with a vacuum cleaner to keep dust and spiders out.

Tell a grown-up if you see matches or lighters lying around.

Remind your grown-up not to leave you alone with a lit candle in the room.

Never blow out candles, always use a snuffer or a spoon to extinguish candles.... Except birthday candles, but make sure your hair is tied back!

Never leave chargers, tablets or phones plugged in when not in use.

Always close internal doors at night it helps stop a fire from spreading.

Make sure that grown-ups check electrical appliances, (TV's and computers) in children's bedrooms are switched off at night.

Never cook without a grown-up present.

With your grown-ups plan an escape route if there was a fire in your house. Make sure you plan two different routes and a safe place to meet away from the fire once you are out. Then practise using that route with your eyes shut and on your hands and knees.

In An Emergency

Make sure that the Rainbows know what to do in a fire.

Get out. Stay out, and call 999.

Learn what to say in the event of having to call the fire brigade.

Make sure the Rainbows know their home address as well as where the unit meeting place is.

Go into a room with a window if the way out is blocked.

Put towels or bedding at the bottom of the door to stop smoke getting into the room.

Open the window and shout "Help Fire"

Do not try and tackle a fire yourself, leave it to the fire brigade.

Keep calm and act quickly, get everyone out of the property as quickly as possible.

If there is smoke, crawl on your tummy there is more air at floor level.

Never go back into the building until you are told it's safe to do so.

Only call 999 in a real emergency.

What to do if Your Clothing Catches Fire.

Don't run around, you'll make the flames worse.

Lie down and roll on the floor it makes it harder for the fire to spread.

Smother the flames with a coat or blanket.

Remember **STOP DROP ROLL**

Fire Safety Quiz

- What would you do if there is smoke in the room?

Ans: Stay low and crawl as there is better visibility and more oxygen to breathe.

- Should you wait for your parents to find you in a fire?

Ans: No! Get out as fast as possible!

- If your clothes caught fire, what should you do?

Ans: Cover the face with both hands, STOP, DROP & ROLL until the fire is out!

- Should you hide when you are trapped in a fire and no place to go?

Ans: Do not hide! Use wet cloth to close gaps between the door and floor and be seen at the window.

- Would the light from the flames help me find my way out?

Ans: No. Fire starts bright, but quickly produces black smoke and complete darkness.

- What should you do if you see matchsticks and lighters lying around

Ans: Tell a grown-up immediately (all the more so if have younger brothers or sisters)

- Where is our rainbow unit's safe meeting place?

Ans: This should be the gathering place the unit has set for the fire evacuation drill.

You can use the above fire safety quiz to test your rainbows and see if they understand the very basics of fire safety. In fact, you could make this into a discussion activity for your Rainbows in a group so that all the girls will learn and understand what to do in case of fire

How to play:

Print of two of each playing card. Cut up 1 set into cards. Divide rainbows into 3 groups. Each group is given a playing card. The leaders stands an equal distance from each group and calls out a card at random. 1 girl from each group races to get the card if her group needs it. The winning team is the first to have all their cards.

BINGO



BINGO



BINGO





SPOT THE HAZARDS

Circle six hazards in the picture above

5. November 2020

SPOT THE KITCHEN HAZARDS



Dear Parents

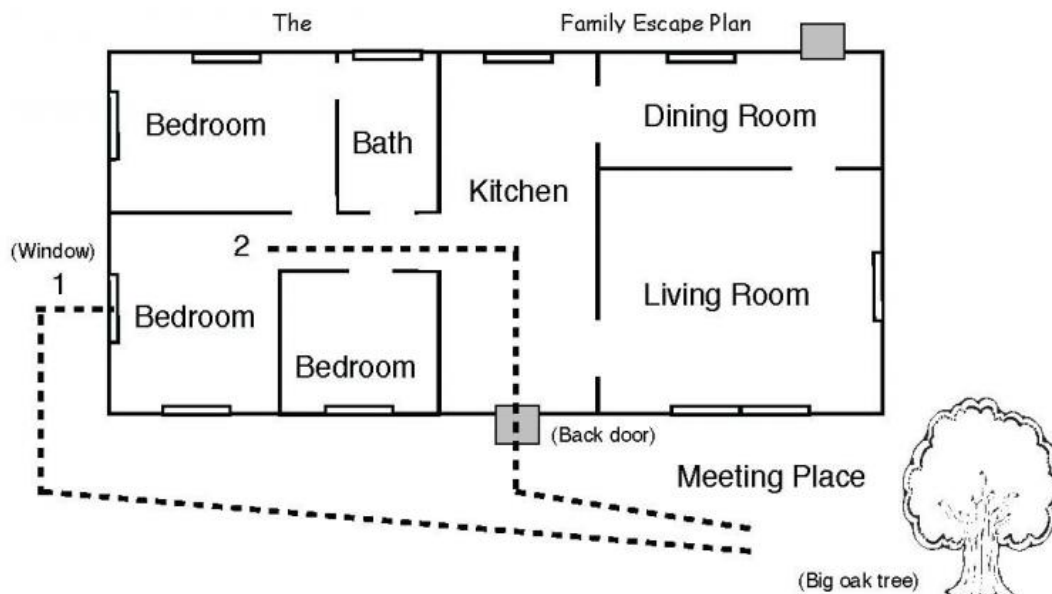
We will be looking at the extremely important life skill of Fire Safety this term, as part of a Fire Safety Challenge Badge.

Please could you help us by discussing with your child, the fire safety plan of escape for your home? Then please ask your daughter to draw a plan of the escape route for your home So that family members will not have to worry if everyone is out safely it's important to have a safe meeting place somewhere nearby but not in your house for example by a tree in your garden well away from the house. Please make sure your daughter includes the safe meeting place in her plan

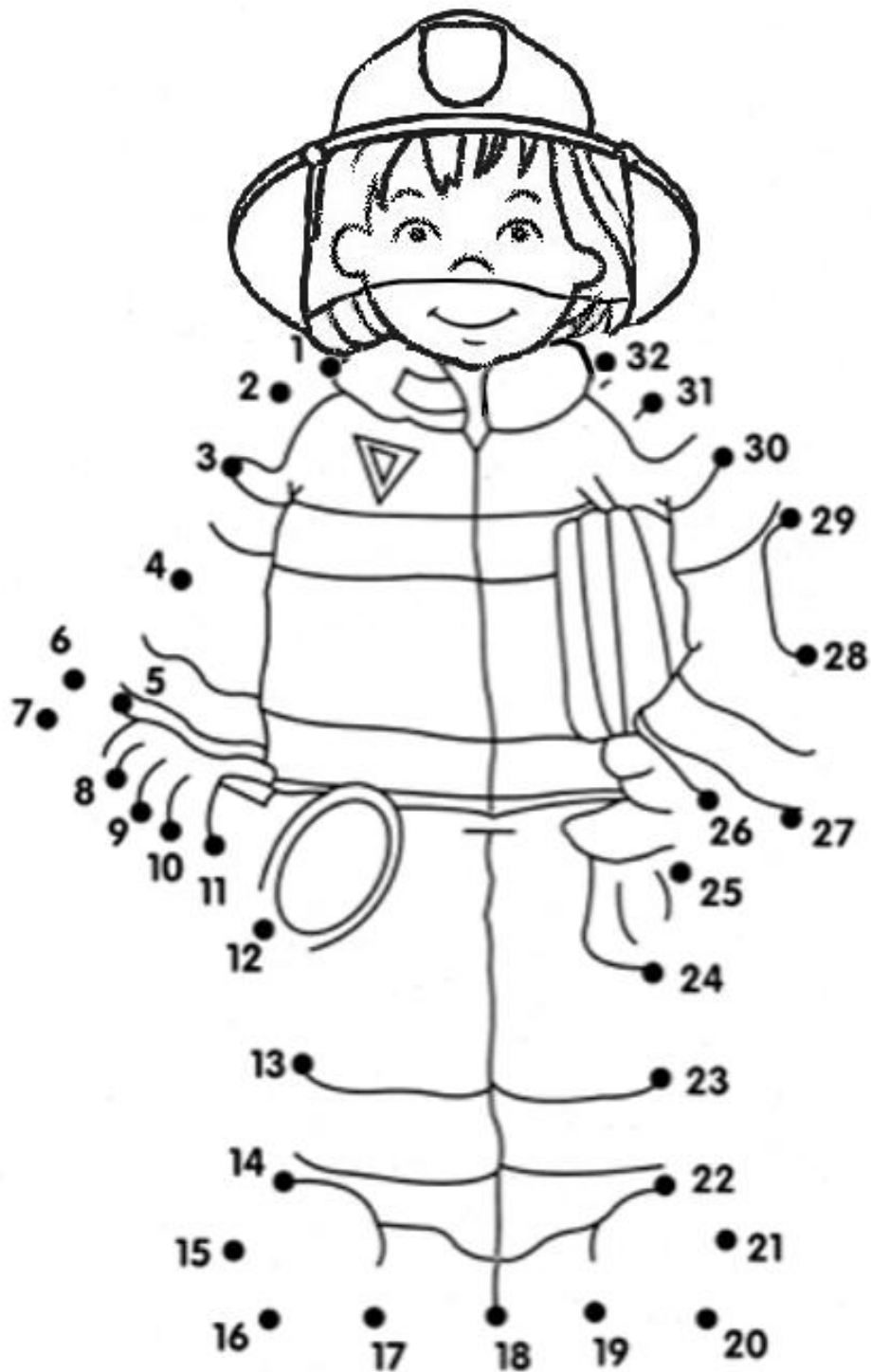
Thank you in advance for helping

Fire Escape Plan

Example:



Dot to Dot



Fill in the missing letters

G_rls c_n b_
F_r_ F_ght_rs
t_ _!!

a e i o u



FIRST AID FOR BURNS



- + Stop the burning process as soon as possible. This may mean removing the person from the area, dousing flames with water, smothering flames with a blanket. Do not put yourself at risk of getting burnt as well
- + Remove any clothing or jewellery near the burnt area of skin. But do not try to remove anything that's stuck to the burnt skin, as this could cause more damage
- + Cool the burn with cool or lukewarm running water for 20 minutes as soon as possible after the injury. Never use ice, iced water, or any creams or greasy substances like butter. Apply burns gel if you have it in your first aid kit
- + Keep yourself or the person warm. Use a blanket or layers of clothing, but avoid putting them on the injured area
- + Cover the burn with cling film. Put the cling film in a layer over the burn, rather than wrapping it around a limb. A clean clear plastic bag can be used for burns on your hand
- + Sit upright as much as possible if the face or eyes are burnt. Avoid lying down for as long as possible, as this will help reduce swelling
- + Always seek advice from NHS / Welsh Ambulance Service

BURNS DO'S AND DON'TS

Action	Do ✓	Don't ✓
Remove clothing near burnt area		
Apply cream / butter		
Cool burn with cool / lukewarm water		
Seek advice from NHS		
Use blankets to keep warm		
Cool burn with ice		
Tell an adult / your nominated first aider		

Fire Fighter Song

(Tune: I'm a Little Teapot)

I'm a little firefighter on the go

(Point to self)

Here is my helmet

(Point to head)

Here is my hose

(outstretched arm with finger pointed)

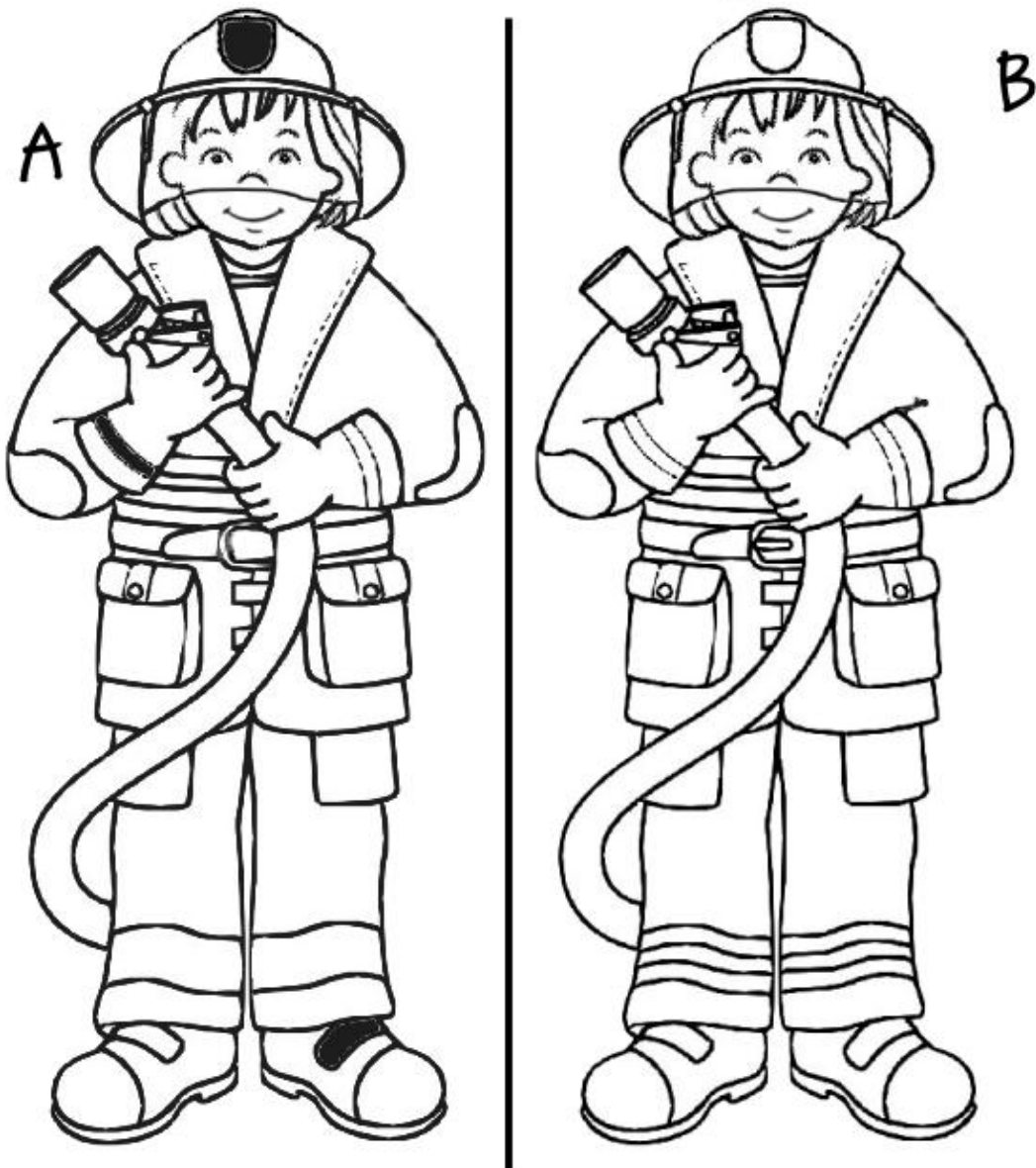
When I see a fire,
Hear me shout:
"Turn on the water
and put the fire out!"
Shhhhhhhhhh!

(outstretched arm with finger pointed)



Spot the Difference

Can you find the 6 differences
between Firefighter A and B?
Circle them on Firefighter A

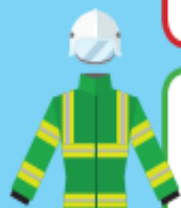


WHO SHOULD YOU CALL?

Describe a situation where you would call the...



FIRE SERVICE



AMBULANCE SERVICE



POLICE



COASTGUARD



MOUNTAIN RESCUE

KNOW YOUR NUMBERS

It is very important to know your name and address in case you ever need to ring us.

If you are not at home try and look for a street name or building name so the call taker knows where you are.

Fill in this form and keep it in a very safe place.

NAME

PHONE

ADDRESS

POSTCODE

DATE OF BIRTH

Safe to Play?

Use the thumbs up and thumbs down symbols to mark opposite areas of your meeting place. Can the girls decide which of the items shown are safe to play with?



Word Search

Words to Find:

- Fire
- Safety
- Exits
- Practice
- plan
- Family
- Escape
- Smoke
- Dark
- Crawl

F	I	R	E	J	T	R	S	C	T	L	O	M	P	R	W	C
K	R	T	X	J	B	M	C	A	W	T	W	A	Q	C	L	M
Y	E	A	I	P	U	C	M	B	A	Z	C	I	O	R	T	C
N	B	Q	T	K	V	B	X	Z	Q	E	T	W	E	L	N	B
I	Y	R	S	B	S	D	C	E	T	C	R	C	L	M	H	E
O	T	Y	J	A	B	N	C	L	W	L	I	M	C	X	W	R
P	M	C	I	H	F	R	S	C	U	T	B	D	E	F	C	B
P	R	B	N	E	U	E	I	K	C	N	H	I	R	S	C	M
W	C	R	C	N	K	O	T	A	M	V	Y	W	O	T	N	K
U	T	R	S	C	N	L	R	Y	H	C	N	L	V	I	O	R
P	A	C	N	L	K	P	J	V	C	A	P	L	A	N	Y	W
I	R	F	I	O	L	C	B	X	W	Z	O	M	N	G	L	O
T	W	A	P	R	T	C	T	W	A	C	T	M	L	I	N	E
U	V	M	U	I	E	C	A	M	I	L	E	C	B	J	M	L
Y	M	I	U	R	S	X	N	E	R	A	S	C	N	R	W	Y
P	L	L	W	A	Q	C	N	S	L	I	R	K	L	A	L	B
R	S	Y	U	W	C	A	Z	C	M	B	C	J	R	K	I	R
O	P	R	C	Y	A	C	N	A	M	V	C	C	I	R	T	C
Y	R	A	Y	W	C	N	U	P	C	B	W	Q	C	Z	K	L
I	R	C	A	X	N	E	I	E	P	L	A	C	N	E	L	T
N	B	O	E	P	E	A	C	Z	Q	I	L	P	E	K	U	R
D	I	Y	I	T	R	W	C	N	L	O	P	E	C	T	P	I
U	A	Q	P	Z	C	E	T	I	E	K	O	M	S	K	R	C
H	Y	R	Y	R	S	C	B	O	P	R	K	E	W	C	N	K
M	B	W	K	P	E	C	N	W	I	R	C	B	A	X	L	N
L	C	E	O	R	C	P	R	A	W	C	B	N	E	L	Y	E

The Fire Drill Game

This is a game that every Rainbow should play! None of us know when fire could strike and we must have fire drills with Rainbows, the game hopefully helps to reinforce what they have learned.

How to play:

Before beginning the game, explain the actions to the Rainbows and the reasons behind them. Then the Leader calls out actions at random and the girls react as follows:

- Smoke: Rainbows crawl about the floor on tummy or knees [because the cleanest air is at floor level in a smoke-filled room]
- Fire: Rainbows walk quickly to a given point in the play area [because we must never run but move quickly to the safe space of our meeting place in the event of a fire]
- Alarm: Walk quickly to any fire exit door in the play area. [because one should always know where fire exits are in case of fire].
- 999: Rainbows mime using a telephone and all repeat the words Fire Brigade please" [because this is the number for any emergency so girls need to know which service is required. Make sure the girls know the meeting place address to direct the fire service too and that the call is always free]
- Stop: Rainbows Stop, drop and roll. [This action will help quench the flames if clothing catches fire. Encourage girls to cover their faces with their hands when rolling]
- Panic : Rainbows run madly around the play area! [This is included to spice up the game but also to remind Rainbows this is what they must not do in the event of a fire].



Fire Safety “What Ifs”

Task cards to practice thinking through emergency situations

The following “What if” Scenario cards are to aid discussions in your unit. You will know your girls and may feel that there are some scenarios a sensitive girl in your unit might not cope with well.

We would suggest talking to parents prior to your Fire Safety discussions, telling them what will be involved so that they can best support their daughter

What would you do if...

You were in the
dinner hall at
school and the
fire alarm sounded?



What would you do if...

You were in a shop
and heard the fire
alarm



What would you do if...

You were in the
shower when the
fire alarm sounded?



What would you do if...

You were sleeping
and a firefighter
woke you up?



What would you do if...

The fire alarm went
off when you were in
the bathroom?



What would you do if...

You saw someone
with their clothes
on fire?



What would you do if...

You woke up
during the night
and smelt smoke?



What would you do if...

You were at the
cinema and the
fire alarm went off?



What would you do if...

Your pet was
still inside a
burning building?



What would you do if...

You saw someone
playing with
matches?



What would you do if...

You saw smoke
coming from
the kitchen?



What would you do if...

You couldn't get
out of your front
door to your families
meeting place?



What would you do if...

You were in the
library choosing
books and the
fire alarm went off?



What would you do if...

You were in the
dinner hall
and the fire alarm
sounded



What would you do if...

the fire alarm
went off while
you were playing
at break time?



What would you do if...

You heard a fire alarm
making a funny
bleeping noise?

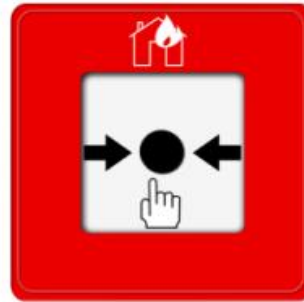


Fire Safety Scavenger Hunt

Can you find these items in or around your meeting place?



☐ A Smoke Alarm



☐ A Fire Alarm



☐ A Fire Extinguisher



☐ An Emergency Exit Sign



☐ A Fire Door



☐ A Fire Hydrant Sign

Thanks to clipart Library for the use of their free clipart

Thank You, Firefighters!



Spot It Fire Safety

Spot It consists of 13 cards, each showing 4 symbols.
Between any 2 cards there is always 1 – and only 1 - matching symbol.

You will need to print each disc on to card and then we suggest laminating each card so that they can be used again.

To play as a Relay game.

Divide girls into teams. Each team will need a leader at the opposite side of the play area. Give each leader one of the cards. Teams will stand at the other side of the play area and each girl will also have a card.(it does not matter if more than 1 girl has the same card)

1st girl runs to the leader and compares her card with the leaders, she has to spot the matching symbol. Once she has, she runs back to her team, sits down and the next girl runs up to find her matching symbol. First team with all their cards matched, and all sitting down is the winner.









Ordering Fire Safety Challenge Badges

If you would like to pay by Paypal we accept payments sent to Blagdonrainbows@hotmail.com, but please private message or email first as we will need to pass on the paypal fee to you.

If you wish to pay by Bank Transfer the details are:

Sort Code 30-90-90 Acct No 44463268 again please email.

If you wish to pay by cheque then please mail your order form and cheque to:

Blagdon Rainbows, 5 Garston Cottages, Blagdon,
North Somerset, BS40 7TE

Contact Name	
Unit	
Phone Number	
Email Address	
Postal Address	
Postcode	

Number of Badges	Total (£)
@£1 per Badge	
Postage and packing Up to 25 Badges = £ 3.00 26 or more = £ 4.25	
Please make your cheque payable to Blagdon Rainbows	Total £

Thank you for your support

Please mail to 1st Blagdon Rainbows
5 Garston Cottages, Blagdon North Somerset BS40 7TE



RE: Fire Safety Challenge



Branding Matters <BrandingMatters@girlguiding.org.uk>

11:44



To: Blagdon Rainbows

Hi Tigi,

Yes - I can confirm you are able to produce the Fire Safety challenge badge for 1st Blagdon Rainbows as shown below (Red Rainbows Section Trefoil on tight blue background)

Kind Regards
Ruth

From: Blagdon Rainbows <BlagdonRainbows@hotmail.com>

Sent: 13 March 2023 21:08

To: Branding Matters <BrandingMatters@girlguiding.org.uk>

Subject: RE: Fire Safety Challenge

Hi Ruth,

So are you happy for us to produce the Fire Safety badge with the blue background section? I can confirm the font is Poppins Bold. I need your authority to go in the challenge badge pack!!!

...