



Fire Prevention Canada

Working with the private and public sectors to achieve
fire safety through education

BABYSITTER'S FIRE SAFETY GUIDE

As the babysitter, you are responsible for the children in your care. Here are some important points you need to know if there's a fire emergency in the home where you babysit.

Before the parents leave

- Write down the complete address and phone number of the place where you are babysitting and phone numbers for:
 - Fire, Police, Ambulance & Emergency Services - often one number - 9-1-1.
 - Where the parents can be reached.
 - Neighbour(s).
- Keep this information in your pocket so that it's with you at all times and handy in case of an emergency.

Plan Your Escape

If there is a fire while you are in charge, you must know what to do:

- Is there a fire escape plan? If not, develop one.
- Identify all escape routes.
- Find at least two ways out of each room.
- Plan how you and the children will escape safely.
- Decide on an outside meeting place.
- Ask for a demonstration of the smoke alarm.

Guide to Fire Safety

The best way to keep fire safe is to be watchful of the children in your charge:

- Never leave children unsupervised.
- Check on sleeping children regularly.
- Keep matches and lighters out of their reach.
- Do not light candles while babysitting.
- Don't smoke on the job.
- Keep children away from the stove, hot liquids, electric lamps and space heaters.
- Keep space heaters at least 1 metre (40 inches) from drapes, furniture and bedding.
- Cook safely and only if you have permission.
- Turn pot handles in to avoid children knocking them over or pulling them down.
- Smother a pan fire with a lid. Never use water.
- Make sure you know what cooking materials can be used for the microwave.

Burn Prevention

- Always test hot foods and liquids before feeding.

Fire Safety: What to do, because fire spreads fast - don't delay!

- If your clothes catch fire, STOP, DROP & ROLL on the floor to smother the flames.
- Cool minor burns with cold water. If your skin is blistered, charred or dead white, get emergency help immediately.
- When you see flames, smell smoke or hear the smoke alarm, get everybody out of the house.
- Feel the door first. If it isn't hot, open it very slowly.
- If there is fire or smoke use another exit.
- Crawl low under smoke - the air near the floor is safer to breathe.
- If you cannot escape, close the door and seal around it with cloth to prevent smoke from entering the room.
- Always use the stairs and never the elevators.
- Designate a meeting place a safe distance from the house and make sure everyone is there.
- Take the children to a neighbour.
- Phone the emergency number from the neighbour's home.
- Give the complete address, describe the situation and inform the operator if anyone is still inside.
- Stay on the phone until you are told to hang up.
- Do not go back to the house for any reason.

Emergency Numbers:

FIRE: _____

POLICE: _____

AMBULANCE: _____

PARENTS: _____

NEIGHBOUR: _____

THIS ADDRESS: _____