

★ WIN PRIZES ★  
★ ONLINE ★  
see back cover for further details

Lester



STAY SAFE  
ACTIVITY  
EBOOK



Jack



Max



Sara



Emily

WELCOME

# SMOKE ALARMS

Search the grid to find the 20 words/phrases written in red.

The words can go across, downwards and diagonally, and may be written backwards.

Then use some of them to complete the sentences below.



999

HALL

CEILING

SMOKE

TEST

BATTERY

DETECTS

LEVEL

LOUD

HOSE

FIREFIGHTER

WARN

RISES

LANDING

HOT

STOP DROP AND ROLL

UNIFORM

EMERGENCY

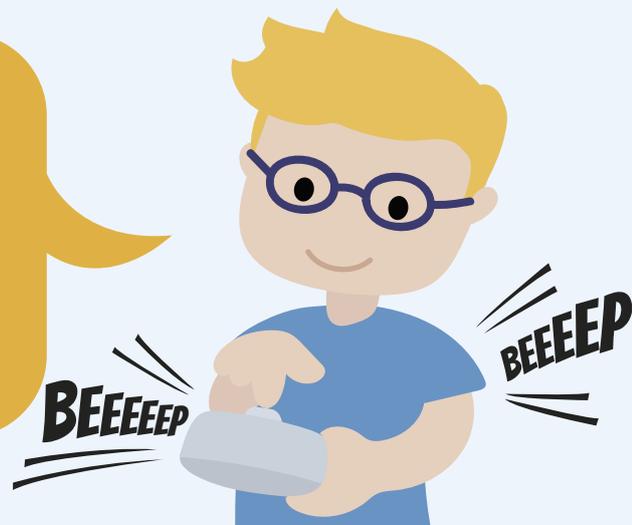
BUTTON

FIRE



Smoke alarms WARN us that a FIRE is starting. If it DETECTS smoke, the smoke alarm makes a very LOUD noise to wake us up. Smoke alarms should go on the CEILING because SMOKE RISES. Never take the BATTERY out of a smoke alarm.

We need to have one smoke alarm on every LEVEL of the house. The best places are in the HALL and on the LANDING. We need to TEST our smoke alarms at least once a month. Push the BUTTON to test the alarm.



# SPOT THE HAZARDS

Oh dear, there are 10 hazards in the kitchen and Saffa hasn't noticed!  
Can you find them?



# CREATING YOUR FIRE ACTION PLAN

OK kids, time to get your families to make a fire action plan!



What's that?



A fire action plan is a document that tells everyone what to do if there is a fire. It also lets us know what we can do to prevent a fire from starting in the first place.

Oooh... that's a great idea! Let's think about what we need to put in the plan.

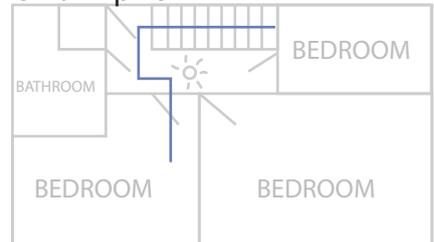
Draw a plan of each floor of your own home.  
Draw a line to show your safest exit from your bedroom if there was a fire.  
Show where you would place your smoke alarms on each floor.



example



example



# TIME TO DISCUSS YOUR ACTION PLAN WITH YOUR FAMILY

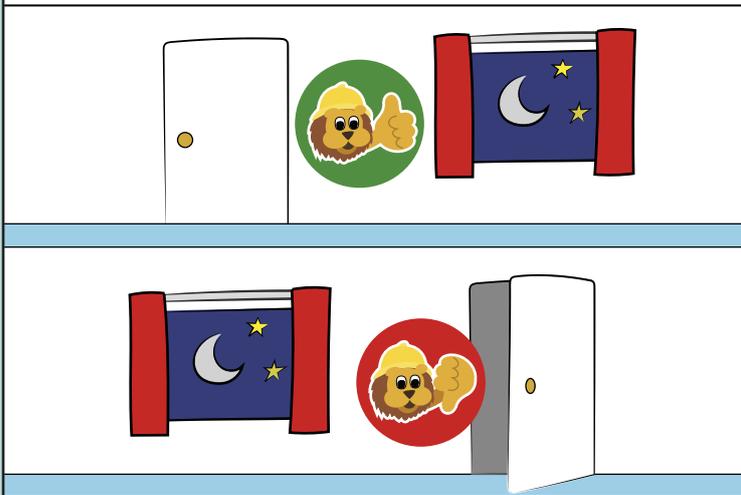
Draw or write your answers in the boxes below.

1. Where would your family meet safely if there is a fire?

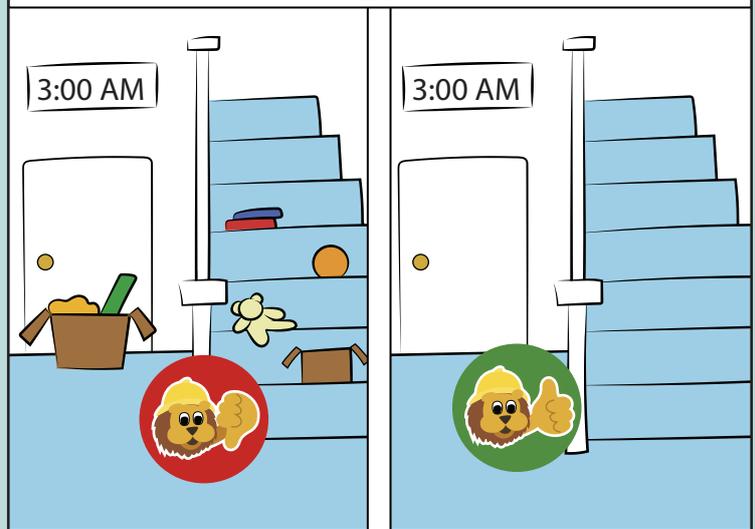
2. Where could you keep the door and window keys? Remember that everyone would need to find them quickly if there was a fire.

Use your stickers to show the safe and unsafe pictures below.

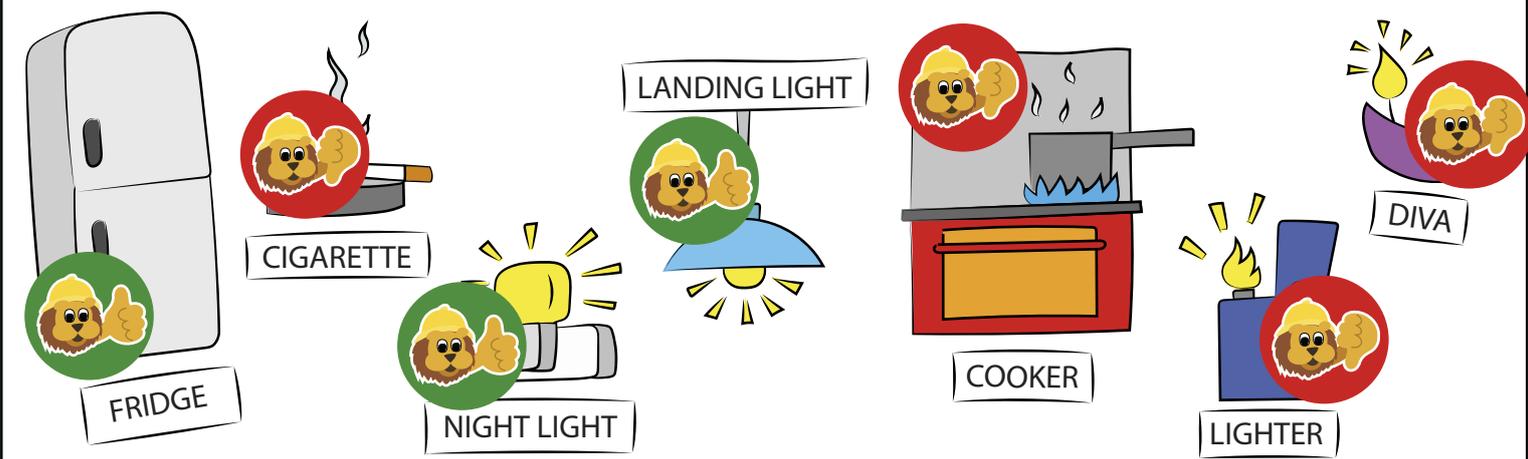
3. Which of these pictures shows the right/wrong thing to do with doors at night to stop smoke from spreading?



4. Which of these pictures shows the safest way to leave stairs and hallways at night?



5. Which items can be left on and which must be switched off/put out before you go to bed?



Now you need to practice your plan with your family!

# WHAT SHOULD WE DO IN A FIRE?

Draw a line to match each question to the correct answer.

Beeeeppppp!!

1. What should you do if the smoke alarm goes off at night and wakes you up?

2. If the door's cool, what should you do next?

3. What should you do when you get outside?

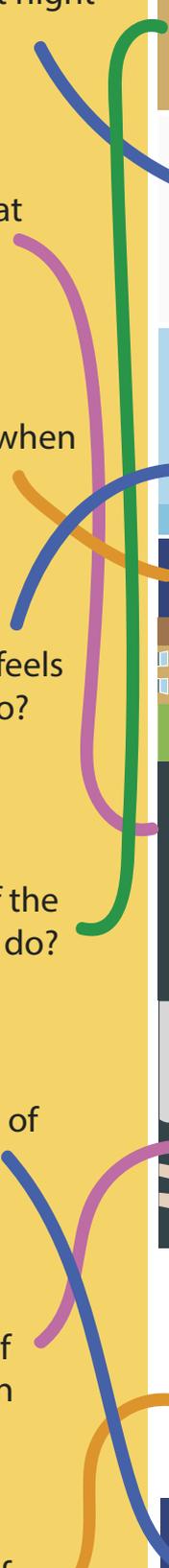
4. However, if the door feels hot, what should you do?

5. If you can't get out of the room, what should you do?

6. Should you jump out of the window?

7. What should you do if there is a lot of smoke in the room?

8. What should you do if your clothes catch fire?



**Help, fire!**  
Open the window, stay near it, and shout 'Help, Fire!'  
If you have a mobile phone with you call 999.  
Wait for the firefighters to come.



Feel the door and handle with the back of your hand.



Don't open the door. Block the gap underneath it with a duvet or clothes.



Go to your meeting point and call 999. Don't go back into the house until the firefighters say it's safe.



I'm on the landing!

- Open it carefully and if it seems safe, go through it.
- Shout to let your family know where you are. Go outside, via your nearest safe exit.



I'm in the kitchen!

Keep low to the ground so you don't breathe in the deadly smoke.  
Shout to your family so they know where you are.



**STOP!** **DROP!** **ROLL!**  
STOP, DROP and ROLL to put the flames out.



No, not unless you are downstairs or your window is over a flat roof so you can get out safely.

# HOAX CALLS AND ARSON: WASTING FIREFIGHTERS' TIME

Some groups of children think it's funny to light small fires and run away, or make prank calls to the fire service. These are really dangerous things to do and can put lives at risk.



If you make a prank call and a real fire or serious road accident happens somewhere else, there may not be any other fire engines near enough to save someone's life. The same goes for deliberately lighting small fires on grass, bushes or in bins - the fire engines waste precious time putting these out.



## REMEMBER

EVERY BIG FIRE STARTS OFF SMALL. DELIBERATELY LIGHTING EVEN THE SMALLEST OF FIRES CAN CAUSE SOMEONE TO LOSE THEIR PROPERTY, THEIR HOME OR EVEN THEIR LIFE!



HOAX CALLS

ARSON

Setting fires on purpose is called ARSON, and prank calls are called HOAX CALLS ... and they are CRIMES!

What would you do if you knew someone was setting fires or making hoax calls?





# Down by the River



It was a warm, sunny day during the summer holidays. Max, Jack and Emily thought it would be great fun to go for a big bike ride on such a nice day. After cycling for what felt like miles under the hot sunshine, the children decided to stop for a break and have a drink to cool off. They leaned their bikes up against a big tree by the river and sat in its shade while they enjoyed the drinks they had packed in their rucksacks. "I've got a great idea," Max said, "Let's go for a swim in the river".

## 1. Why do you think Max wants to go into the river?

He feels warm and wants to cool down in the water. He thinks it will be fun to go for a swim.

The water looked calm and still but Jack said: "My mum's always told me it's dangerous to swim in water where there is no lifeguard or an adult watching". Max and Emily laughed. "Don't tell us you're scared!" they said.

"No! I'm not scared. I was just saying...!" replied Jack quickly because he was feeling silly now that his friends were laughing at him.

"It's fine, look how calm the water is," said Max. "I bet people swim in here all the time and we're all good swimmers! Come on...let's get in!" and off he jumped into the river. Not wanting to be left out, the others quickly followed.

## 2. Why did the children think it was OK to go into the water?

They are all good swimmers.

They landed in the river with a big splash. At first, the shock of the cold water took their breath away but, after a little while, they started to forget how cold it was because they were having so much fun playing and splashing each other. Suddenly, Emily and Jack noticed that Max was missing.

"Max! Max! Very funny! Stop messing around!" they cried, thinking that he was playing a trick on them.

A few minutes passed and there was still no sign of Max. Jack and Emily started to worry because they had no idea where he might be. They climbed out of the river to look for him. In the distance, they spotted what looked like Max further down the river.

## 3. How do you think Jack and Emily felt at this point?

Scared that Max is in danger.

#### 4. How do you think Max travelled so far down the river?

He was carried by the strong current.



A sudden feeling of terror ran through Emily and Jack's bodies. They ran along the riverbank as fast as they could but Max was nowhere to be seen.

In a panic, Jack shouted to Emily "What are we going to do?"

#### 5. What would you do if you were Jack or Emily?

Call for help.

"We'll have to get in...he might be under the water!" Emily said to Jack. As they returned to the water's edge, the ground beneath them gave way and they tumbled into the river. This time the water was deep as well as cold, and there was a strong current pushing against them! The current threw debris such as weeds and old bottles against the children's legs making it difficult for them to stand. Sharp branches scraped against their arms and legs, leaving painful cuts and scratches all over them, as the children struggled to stay on their feet.

"We have to get out!" shouted Jack to Emily. Luckily, they managed to fight their way out of the water and back up the riverbank to dry land. Jack ran to his rucksack, took out a mobile phone, and immediately dialled 999.



#### 6. Who should Jack ask for when the operator answers his 999 call?

The Fire and Rescue Service.

The Fire and Rescue Service arrived at the river and began searching for Max. Eventually, they found him further down the river. The strong current had carried him a long way from his friends. Luckily, Max managed to climb out of the river where the water became shallow but struggling out of the water left his feeling too cold and tired to return to where his friends were. The emergency services gave Max some first aid before taking him to a hospital.

After one night in the hospital, Max was allowed to go home. He realised how lucky he had been to get out of the water when he did, and what a bad idea it was to try to swim in the river at all because there was no one around to save him when he needed help.

### REMEMBER!

It's OK to swim in a pool and even at the beach when you're a strong swimmer AND there is a lifeguard or adult watching. You should NEVER swim in water that isn't being watched by a lifeguard or an adult who knows what to do in an emergency. Even the best swimmers can find themselves in danger in the water, especially in the sea and rivers!

# BEACH TRIP

## Signs and Flags



Red and white warning sign  
DO NOT enter the water at any time.  
Swimming / playing in the water is not allowed.



Orange windsock  
Strong winds. NEVER use inflatables when the windsock is flying.



DANGER!

NEVER go in the water when the red flag is flying.



SAFE

Lifeguards are watching this area.  
This is the safest place to swim and play in the water.



NO SWIMMING

This area is for people with surfboards and boats.  
NEVER swim or bodyboard here.

## Find the Dangers

Can you find the 8 dangers?



Learn more at  
[www.rnli.org/safety/beach-safety/beach-safety-advice](http://www.rnli.org/safety/beach-safety/beach-safety-advice)



# Getting to School Safely



Jack's mum is taking him to school. Let's see what they do to stay safe on the road.



Keep your seatbelt on properly. Don't slide your arm through the belt.



Don't answer the phone while you're driving! It's dangerous.



Stop kicking the seat - it's dangerous!

AAAAGGH!!



LA LA LA



BEEEEEP!



Aagh!

Watch where you're going!!



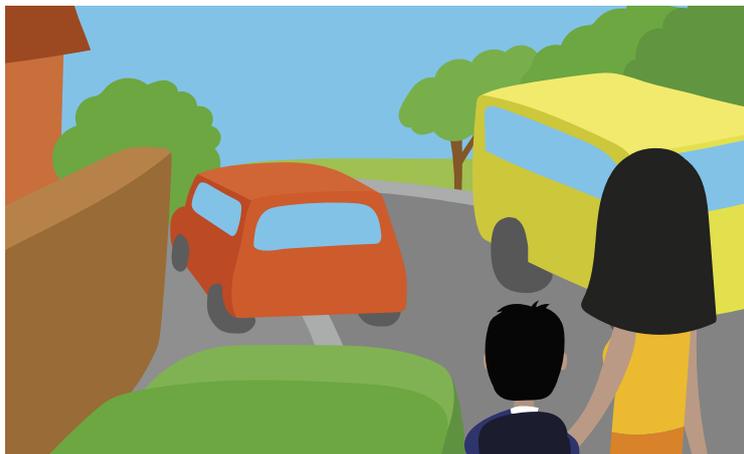
The road is very busy around Jack's school. Some cars have parked on the yellow zig-zags. Jack's mum remembers that this is not allowed and she might get a parking ticket if she stops here.



Jack and his mum saw two cyclists as they drove further down the road but only one of them was wearing protective gear to keep him safe in case of an accident.



Jack's mum parked the car somewhere safe and legal. They are walking to the school now.



Some cars are blocking the path so Jack and his mum have to walk on the road. This can be dangerous.



These cars are blocking the pedestrian crossing, making it difficult for Jack and his mum to cross safely.

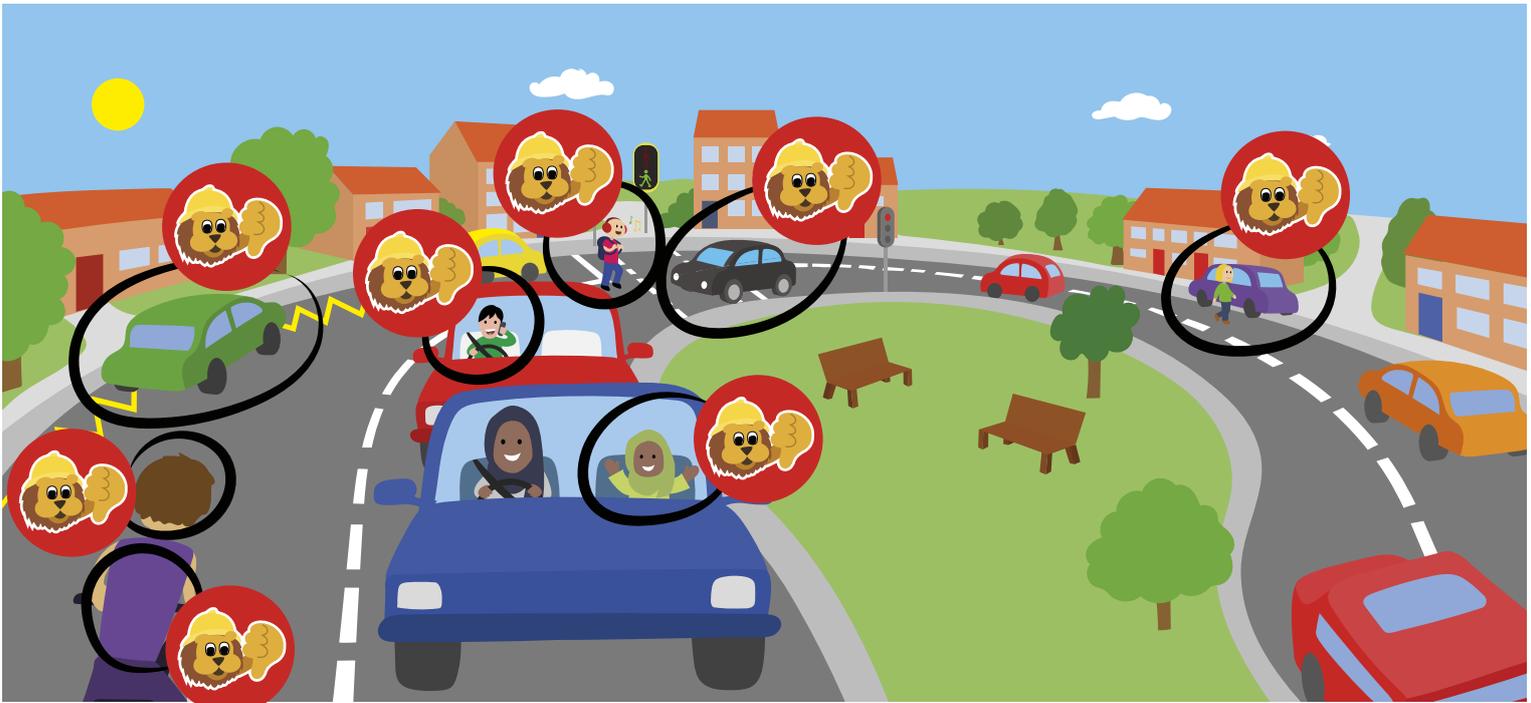
# DANGER SPOT!

Jack and his mum did a fantastic job staying safe and legal on their way to school!

Using what you've learned from their journey, can you spot the 8 differences in the bottom picture? Each difference is a danger!



CAN YOU SPOT THE 8 DIFFERENCES?

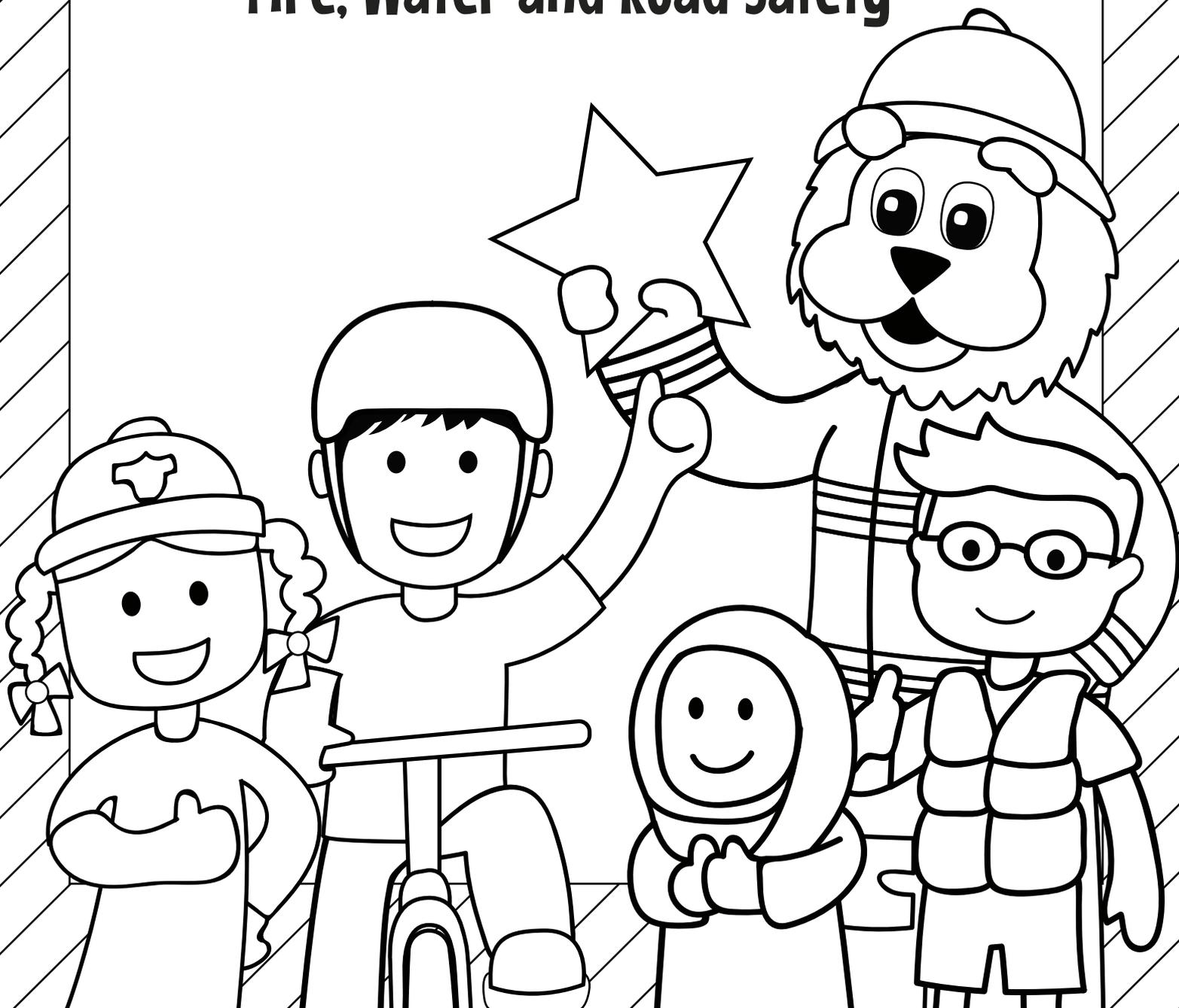


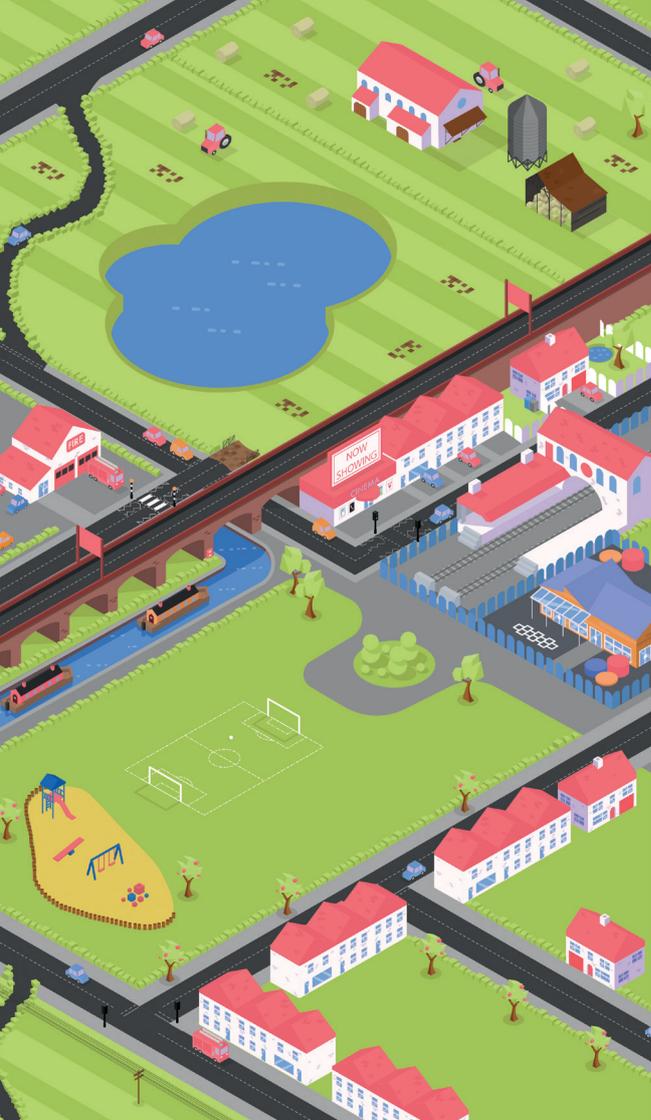
Learn more at  
[www.leicestershire-fire.gov.uk/your-safety/kids-youth](http://www.leicestershire-fire.gov.uk/your-safety/kids-youth)

★ CERTIFICATE ★  
★ WELL DONE! ★  
★

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**you have earned your Gold Star in  
Fire, Water and Road Safety**





# Visit **SPARKTON**

## HAVE FUN AND STAY SAFE!

Our latest online resource, **SPARKTON**, is a **FREE**, interactive and engaging site. It has been produced to help educate children in an entertaining and engaging way, whilst in a safe and secure environment - whether this is at school or at home.

On **SPARKTON**, children can:

- take part in quizzes
- spot dangerous hazards
- learn about firefighter kit and equipment
- watch educational safety videos
- play educational games



The site is available via our website and works both on desktop computers, as well as mobile devices.

For fun, safe and engaging activities to increase your child's safety knowledge, encourage them to visit **SPARKTON** at:

[www.leicestershire-fire.gov.uk/sparkton](http://www.leicestershire-fire.gov.uk/sparkton)

## HOW DID YOU DO? CHECK YOUR ANSWERS

To check your answers to the activities in this booklet, visit:

[www.leicestershire-fire.gov.uk/activitybook](http://www.leicestershire-fire.gov.uk/activitybook)

After you have checked your answers, leave us feedback along with a valid email address, and we will enter you into a quarterly competition to win a £25 voucher.



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