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# SAFETY EDUCATOR

## Back to School Brings Safety Reminders

[www.nhtsa.gov/School-Buses](http://www.nhtsa.gov/School-Buses)



**Calling ALL 3rd Grade Students to participate in the 3rd Annual Fire & Life Safety Calendar Contest!**

3rd Grade Students are invited to participate in our 3rd Annual Fire and Life Safety Calendar Contest.

For contest details contact: [Mary.MacCaffrie@doh.nh.gov](mailto:Mary.MacCaffrie@doh.nh.gov)

For many students the school day begins and ends with a trip on a school bus. The greatest risk is not riding the bus, but approaching or leaving the bus. As children start school it is essential that parents teach their child the following safety rules.

**CHILDREN:**

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it's okay before stepping onto the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or

along the side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.

- Use handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don't get caught in the handrails or doors.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.

**DRIVERS: Please be alert and aware.**

- When backing out of a driveway watch out for children walking or bicycling to school.
- Slow down. Watch for children walking in the street, especially if there

are no sidewalks in the neighborhood.

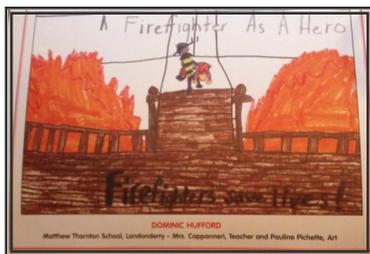
- Slow down. Watch for children playing near bus stops.
- Be alert as children arriving late for the bus may dart into the street with out looking for traffic.
- Yellow flashing lights indicate that the bus is preparing to stop, therefore, motorists should slow down and prepare to stop as well.
- Red flashing lights and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again. ▶▶▶ [Learn More](#)

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## SEPTEMBER: Firefighters are Helpers - by Dominic Hufford

Firefighters are helpers that assist in providing safety for the community including children and their family. Firefighters work for a fire department and can help in many ways including putting out fires, teaching how to prevent fires, rescuing people from fires and accidents, and responding to medical emergencies. They wear protective clothing that includes protective coats, gloves, pants, hoods and boots as well as a helmet and breathing mask that allows them to breathe when they go into a fire. This can look frightening to children unless they understand why firefighters need such equipment. Be sure to take a moment and explain the importance of firefighter equipment. Thank you Dominic Hufford of Matthew Thornton Elementary School for showing us how Firefighters are Heroes!



DOMINIC HUFFORD  
Matthew Thornton School, Londonderry - Mr. Capponeer, Teacher and Pauline Pichette, Art

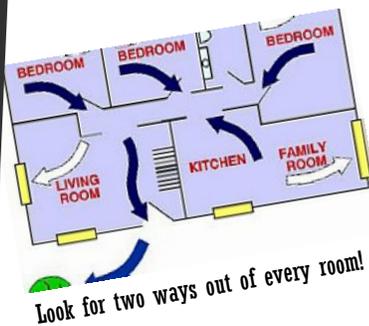
## SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH.

Take the time this Fall to get prepared by getting ALL your home safety plans in place!

Because most disasters are unpredictable, they can be especially frightening for children. Being prepared can help lessen your child's fears and anxieties before, during and after a disaster. Steps taken to prepare for any disaster can reduce the chance of harm and increase the chance for survival. We strongly encourage families to include their children in preparedness conversations in advance of these potential disasters. Be sure to have your home preparedness plans in place by following the easy steps and recommended links below.

### HAVE 2 WAYS OUT... Of EVERY Room

► [www.nfpa.org](http://www.nfpa.org)



Every room should have two ways out. One way out would be the **door** and the second way out may be a **window**. If your first way out is blocked by fire or smoke you should use your second way out. Emergency escape from a second story window may involve using a home fire safety ladder. If your escape plan includes an escape ladder, practice using it from a first floor window with a grown-up.

#### FUN ACTIVITIES:

\* Sticky Notes \* Marker \*ALL Family Members

\*\* Using sticky notes, go through every room together. Label and stick one sticky note on every door exit as number 1 and a window as exit number 2. This allows your child to visually understand there are 2 ways out of every room.

\*\* Become aware of other surroundings when out with the family by playing "I Spy". Learn to visually spot two ways out at a relative/friends home, restaurant, store, movie theater—the list goes on! "I SPY with my little eye... the door that we entered.." OR "I SPY with my little eye another door that we could leave from in case of an emergency..."

### CREATE YOUR FAMILY ESCAPE PLAN and MEETING PLACE ► [www.nfpa.org](http://www.nfpa.org)

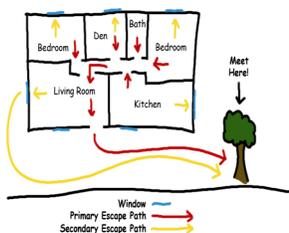
Now that you have identified the two ways out of every room and you have made sure that all doors and windows leading outside can easily open, it is time to create your safe **ESCAPE PLAN!**

- Pick a safe meeting place outside. It should be in front of your home. It should be a safe distance from the home like a light pole, mailbox or neighbors house.
- Agree that everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Create and talk about your plan with everyone in your home.
- Learn the emergency phone number and the one for your fire department.
- Practice your home fire escape drill!



Create and Practice the family meeting spot.

►►► **PRINT this map to create your TWO WAYS OUT and ESCAPE PLAN!**



## Practice, Practice, Practice!

- Practice your home fire drill at night and during the day with everyone in your home, twice a year.
- Practice using different ways out.
- Teach children how to escape on their own in case a grown-up can't help them.
- Close doors behind as you leave.
- Keep escape plan and meeting plan map on the fridge.



# Fire Drill Practice ... A Drill Not Just For Home

► [www.sparky.org](http://www.sparky.org)

School is a very fire safe place to be. Schools conduct fire drills several times a year to be sure everyone in the building knows how to get outside quickly and quietly. School fire drills must be taken seriously – everyone in the building must participate. It is important to have two ways out of the school.

- Students should know the sound of the fire alarm and respond immediately. Stop everything. Listen for instructions. Go quickly and quietly out of the classroom to the assigned meeting place outside the school for roll call.
- Children should respond to the fire alarm no matter where they are in the school. If a child is alone in the media center or bathroom when the alarm sounds, he/she should follow other students outside and report to a trusted teacher or principal to let them know he/she is safe. The teacher or principal will help the child find his or her teacher and classmates.

### Parents,

Your child will be learning about "Fire Drills at School" this fall. They will learn about the sounds of the school fire alarm and what to do when it sounds. Your child should leave the school as quickly, quietly and safely as possible and then wait at the outside meeting place. Please talk to your child about the importance of school fire drills. Please help your local Firefighters and Teachers by reinforcing what your student has learned about fire drills at school. Together we can keep your family safe from fire.

- Have your child draw a picture of the class at the meeting place as well as a picture of your family at your home's outside meeting place.
- Look at both pictures. How are they the same? (Both are a place to meet to be sure everyone is safe, both are part of a fire drill, etc.) How are they different? (More people at the class meeting place, etc)
- Discuss the school fire drill with your child. What did he/she have to do? (Stop what you are doing, line up, quietly leave the building, and go to the class meeting place.)



►►► [www.sparky.org](http://www.sparky.org)

## DISASTER PREPAREDNESS

In a disaster, local officials often cannot reach everyone immediately. Help may not arrive for hours or days. You and your family need to be prepared ahead of time. Children depend on daily routines, when an emergency disturbs their routine, children can become nervous. In an emergency, they'll look to parents or other adults to help. Your disaster plan will help your family with safety, security, and comfort.

Most disasters are natural disasters, the result of some force of nature, such as tornadoes, hurricanes, and floods. Some natural disasters can be predicted, such as hurricanes and severe winter storms, while others, such as tornadoes and earthquakes, happen with little or no warning. Some disasters are the cause of human actions, intentional or unintentional.

Families should prepare an emergency supplies kit and develop a plan. Practice your plan so that everyone will remember what to do in the event of an emergency. Everyone in the home, including children, should play a part in the family's response and recovery efforts. **Remember:** make the plan simple so everyone can remember the details. **CLICK the links for additional information and checklists.**



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## Safety Educator

As Fire Marshal for the State of New Hampshire, it is my hope that our citizens take every precaution to prepare and protect their families and home in the event of an emergency situation. As our lives become busier, it is even more important to think about what if my family has an emergency, are we prepared to handle it? Throughout the school year this newsletter will be distributed to your family. I ask that you share with your kids this age appropriate material and work together on the various topics that are presented. If you have not yet created your home emergency plan and preparedness kit, please visit the web links provided. Be sure that every family member is aware of the plans, and that they are shared with friends and family staying at your home. Are you or your child staying at another home for the night? We recommend that you ask what their escape plans are and where the meeting place is located. I encourage you to contact your local fire department should you need any assistance. Thank you and be safe.

J. William Degnan  
NH State Fire Marshal

We're on the Web!  
[www.nh.gov/safety/divisions/firesafety/](http://www.nh.gov/safety/divisions/firesafety/)



Any questions or comments regarding this newsletter please feel free to contact:

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## Kids Can Be Firefighters Too!

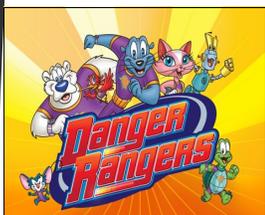
September 2014 Safety Education Website Special Feature:

### September is National Preparedness Month

Emergencies can happen at any time. Do you and your family have your disaster preparedness plans in place? Enjoy this highly recommended family friendly website that involves games that will test your child's know-how in a wide range of emergencies and teach you how to build the perfect emergency kit.



Click on photo or link below to visit other Kid Friendly and Parent/Educator Approved websites:



[DangerRangers.com](http://DangerRangers.com)



[Smokeybear.com/kids](http://Smokeybear.com/kids)



[sparky.org](http://sparky.org)



[firefighterdayna.com](http://firefighterdayna.com)



[ready.gov/kids](http://ready.gov/kids)