

## Exercises to go with films with the subject: A fire in your home – what do you do?

### Exercises



#### **Find the risks in your home – make sure a fire does not start**

Show the picture *Kitchen fire risks*. There are twelve different risks in the picture which may lead to a fire. Find out what the group knows.

1. What risks do you see in the picture?  
*There are twelve risks in the picture. The right answers are below.*
2. Have you experienced a fire started by any of the risks shown in the picture?  
*Ask the person to tell you what happened.*

*Notes on 'Kitchen fire risks'. See also 'Kitchen fire risks', picture 2*

1. Newspaper – The newspaper may be placed too close to the small candles on the table and catch fire. Keep in mind that the kitchen table is a central point in the kitchen and that people often just throw things onto it which easily catch fire, such as letters, magazines or kitchen towels.
2. Toaster – Paper towels or other flammable materials close to a toaster can be ignited by the heat from the toaster or fall into the toaster.
3. Frying pan – If you forget a frying pan or saucepan containing oil/fat on a hotplate, it can catch fire. Food which is badly burned can also cause a fire. A hotplate which you forget to turn off can get so hot that it can set fire to textiles and paper, for example.
4. Power leads – The rubber insulation on power leads can dry as it gets older and can split. It can also split if it is pinched or bent too hard. The electric current can then cause sparks (short circuit) which may then start a fire. Household pets, especially rodents (mice/rabbits – not cats or dogs), can gnaw power leads and cause a short circuit.
5. Lit cigarette – You should be careful where you put a cigarette and where you knock off the ash. The cigarette can fall out of an ashtray and the ash or heat from the cigarette can cause a fire.
6. Clothes on an electric radiator – You should not hang clothes or towels on electric radiators, oil-filled radiators or fan heaters. They may get so hot that a fire starts. Other things which easily catch fire should also be kept away from radiators, for example, vacuum cleaners.
7. Cloth on the lampshade – If you hang a cloth on a lampshade, it stops air flowing freely through it. The heat then builds up and a fire can start. Fabric lampshades are designed to be

used with a certain maximum strength of light bulb, for example, 'Max. 40 W'. Do not use one which is too strong.

8. Candles on the window shelf– Air currents from the window can cause the flames to flicker so that they come into contact with curtains, ornamental items or flowers in the window and start a fire.

9. Candles – Candles can fall out of their holders and set fire to things below.

10. Iron – Unplug the iron when you have finished ironing. If the iron is left on, the heat can set fire to things, clothes or fabrics, for example.

11. The power lead to the iron – The rubber insulation on the power lead can dry over the years and can split. It can also split if it is pinched or bent too hard. The electric current can then cause sparks (short circuit) which may then start a fire.

12. Matches – Children are often curious about fire. Keep matches and lighters in places where children cannot get at them. Children may light candles if an adult is present. Explain to the child that he/she must never play with matches.



### **Discussion topics**

Let the group discuss fire safety and what to do if a fire breaks out. You choose the number of questions.

How do you put out oil/fat which has caught fire on the cooker?

*(Answer: Smother the fire with a lid, a fire blanket, towel or something similar. If you throw water on burning oil/fat, you risk spreading the fire and being burned yourself.)*

What can you do to protect yourself against fire in your home?

*(Answer: You should have a reliable fire alarm. Then you will be warned if a fire breaks out. Have a fire blanket and a hand-held fire extinguisher in your home. You will then have the chance to put out small fires. Think about what you should do in an emergency situation. Discuss with your family what to do if a fire breaks out.)*

Why should the fire alarm be on the ceiling?

*(Answer: The fire alarm reacts to smoke from the fire. The hot smoke rises quickly through the air. The fire alarm detects the smoke quickly and warns you in time.)*

Why should the fire alarm be close to your bedroom?

*(Answer: Smoke from a fire spreads rapidly and just a few breaths are enough to make you unconscious. The smoke will not wake you. If you breathe in smoke when you are asleep, you may have no chance to save your life. The fire alarm signal will wake you so that you can save yourself and others in danger.)*

How do I know that the fire alarm works?

*(Answer: You check that it works by pressing the button on it. The button tests whether it is working. If you hear no signal, you should change the battery.)*

How can I help the emergency services when they arrive?

*(Answer:*

- Stay outside the safety zone they set up. This is there to stop you from being hurt.*
- The emergency services are trained to rescue people. You can help by giving them information about who lives in the building and describing what the building looks like inside.*
- If you know that somebody is still inside a burning building, you must tell members of the emergency services immediately.*

Why should I stay in my apartment with my door closed if the stairway is filled with smoke?

*(Answer: Smoke is toxic. If you go into the stairway and breathe in smoke, this will make you unconscious and you could die. So stay in your own apartment. You will be safe in there for 30 – 60 minutes. Phone 112 so that the emergency services know you are in the building. )*

Can I stay in my apartment if there is a fire somewhere else in the building?

*(Answer: Yes, you should stay in the apartment. They are built in such a way that they resist fire for 30-60 minutes. The emergency services will have time to get there, put out the fire and help you. Construction companies must follow building regulations which say that apartments must keep fire out for 30-60 minutes. )*

What should I do if smoke appears where I am?

*(Answer: The dangerous smoke rises upwards, so you must stay down under the smoke. Get down on the floor. This will make it easier to see and breathe.)*

Why is it dangerous to breathe in smoke?

*(Answer: There are substances in the smoke which will quickly poison your body and make it stop working normally. A few breaths will knock you out. The hot smoke can also seriously burn your airway and lungs. )*

Why should you close the front door behind you when you leave a burning apartment?

*(Answer: If you close the door behind you, this will stop smoke from the fire from spreading into the stairway. This will help protect your neighbours and the emergency services.)*



### **Contact the emergency services**

Contact your local emergency services. They can often provide you with training and practical exercises.

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Please send suggestions for exercises or training materials to:  
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