

# Home Child Care Provider Fire Safety Guide

October 2023





CCPRN is a non-profit, charitable organization driven to empower, support, and connect individuals who seek or offer child care in a home setting. We define child care as “the care of a child” regardless of who is doing the caring—this includes parents, grandparents, other relatives, as well as home child care providers. Passionate about quality child care, we offer a variety of engaging programs and resources to support early learning and play.

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# FIRE SAFETY

 [www.ccprn.com](http://www.ccprn.com)

## Teaching Preschoolers About Fire Safety

Teaching fire safety to toddlers and preschoolers is about keeping things simple, and using games and play to demonstrate how to stay safe from fire. Learning fire safety will keep children safe by building their confidence in knowing what to do in case of a fire, and helps them know how to prevent accidents.

## Ways To Teach About Fire Safety

- **Keep It Simple!:** Adapt the language you use based on the age of the children in your care. Infant/Toddlers (1-2) use words like “burn”, “hot”, “danger”, “ouch”. Preschoolers (3-5) can learn more about fire safety concepts.
- **Pretend & Play:** Play “fire drill” games to practice what to do. Pretend to be firefighters and introduce them to what they do. Teach children to “Stop, Drop, and Roll”.
- **Storytelling & Visuals:** Use age appropriate books that tell stories about firefighters and fire safety. Use puppets or felt board stories to make it more interactive. Also show children age appropriate videos of how a firefighter looks and sounds should they see them in a fire.
- **Environment:**
  - Show the children where all the fire alarms are in the home and what they sound like.
  - Have an escape route and hold monthly fire drills. This will teach children what to do and ensure you are also prepared.
  - Teach older preschool children to dial 911. Use an unplugged phone and have them role play calling and talking to the operator.

## Fire Safety Resources for Caregivers & Children

- <https://sparkyschoolhouse.org/all-resources/>
- <https://fireplan.ca/ottawa/>



## TAKE ACTION

### For Caregivers

- Childproof your environment to minimize fire hazards.
- Install fire alarms and fire extinguishers - check & test them monthly.
- Know your escape route, have 2 in case one is blocked by fire.
- Have practice fire drills monthly.
- Have an emergency bag by each of your fire route exits. This will include:
  - Emergency shelter contact (neighbour, church, etc.)
  - Emergency contact information for parents, and important phone numbers
  - First Aid kit
  - Snacks and water
  - Disposable thermal blankets in case you are stuck outside in winter.

Interested in becoming a CCPRN member and/or joining us at more events?



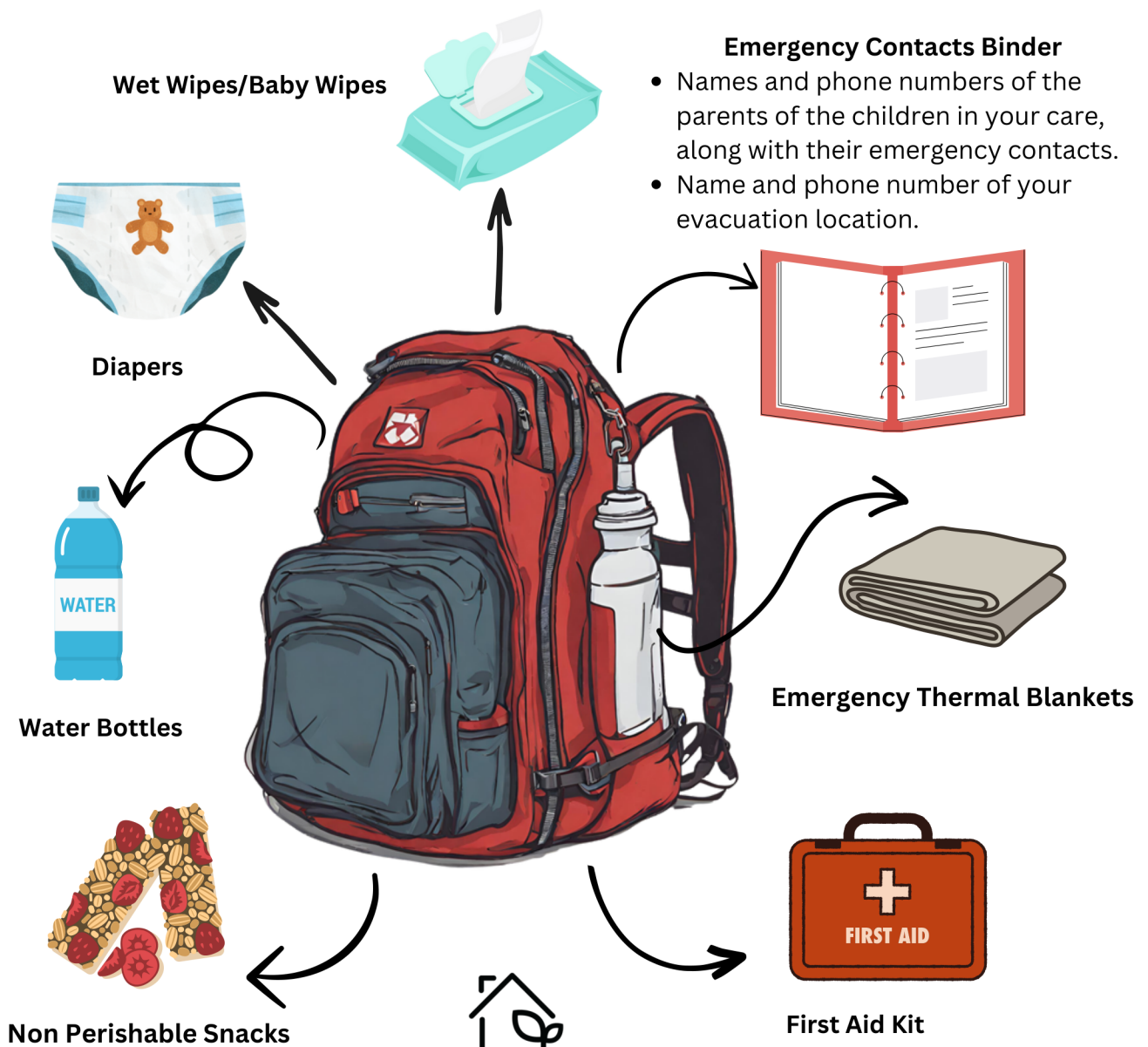
Scan Here!

# Emergency

## Backpack Checklist

As child care providers, we should keep at least one emergency bag at our front door (a second bag at an alternate exit is ideal), for the safety and well-being of the children in our care.

This bag, filled with first aid supplies, emergency contacts, snacks, and comfort items, ensures a quick response during emergencies, and when the need to evacuate is necessary. It will provide peace of mind to both providers and parents.



- Emergency Contacts Binder**
- Names and phone numbers of the parents of the children in your care, along with their emergency contacts.
  - Name and phone number of your evacuation location.



# Escape Planning

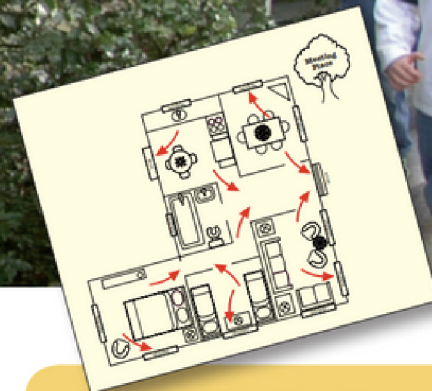
**Plan Ahead!** If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

## SAFETY TIPS

- **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- **PRACTISE** your home fire drill at night and during the day with everyone in your home, twice a year.
- **PRACTISE** using different ways out.
- **TEACH** children how to escape on their own in case you can't help them.
- **CLOSE** doors behind you as you leave.

## IF THE ALARM SOUNDS...

- If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- **CALL** the fire department from outside your home.



## FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practised a home fire escape plan.
- ! While **71%** of people have an escape plan in case of a fire, only **47%** of those have practised it.
- ! **One-third** of people who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



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# How to make a Home Fire Escape Plan



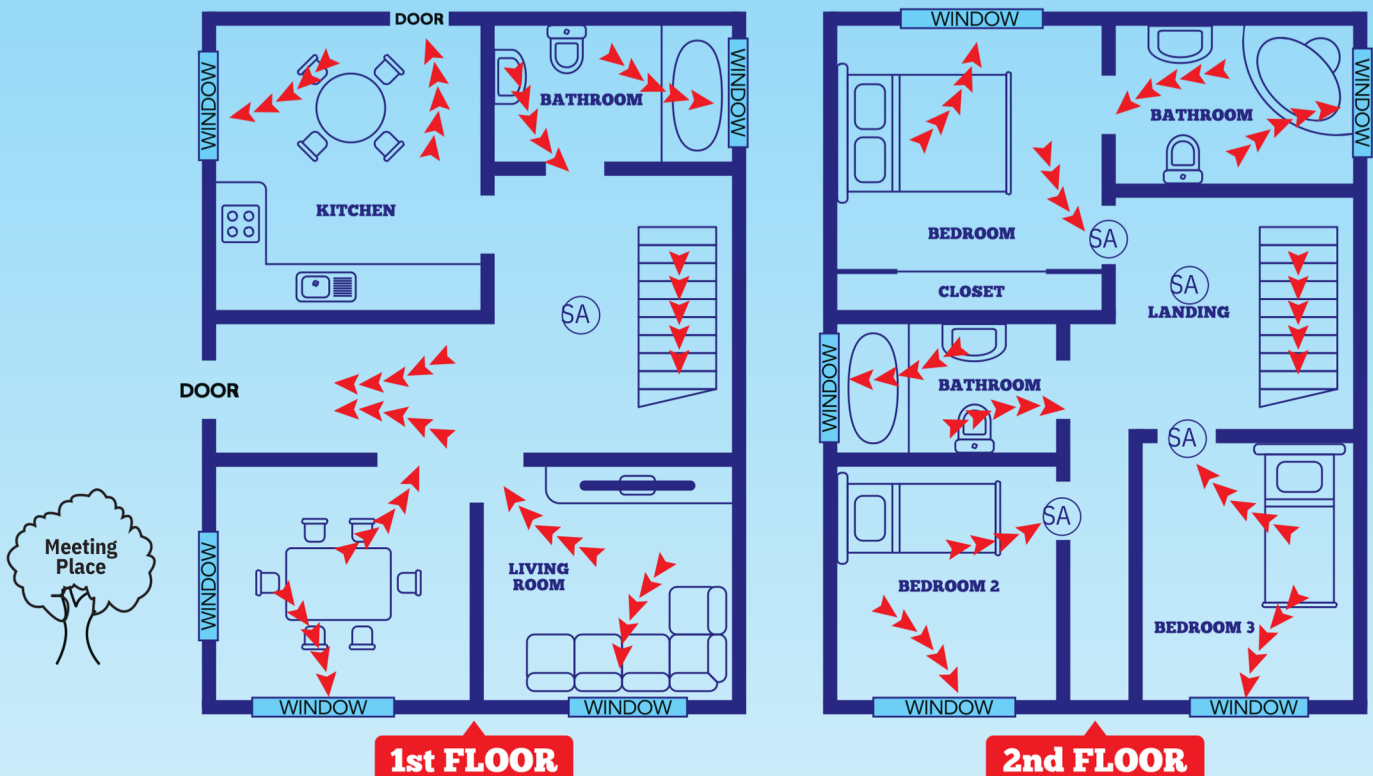
**FIRE  
PREVENTION  
WEEK™**



Visit [Sparky.org](http://Sparky.org)  
for more activities!

- ☐ Draw a map of your home. Show all doors and windows.
- ☐ Visit each room. Find two ways out.
- ☐ All windows and doors open easily. You should be able to use them to get outside.
- ☐ Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- ☐ Pick an outside meeting place a safe distance from your home where everyone should meet.
- ☐ The house or building number can be seen from the street.
- ☐ Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- ☐ Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- ☐ Practice your home fire drill at least twice a year with everyone in the household, including guests.  
Practice at least once during the day and at night.

## Sample Escape Plan



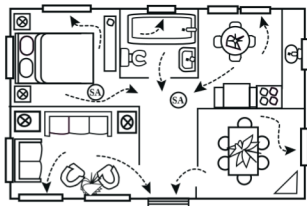


# How to make a **Home Fire Escape Plan**



# FIRE PREVENTION WEEK™

Visit **Sparky.org**  
for more activities!



Meeting Place

- Draw a floor plan or a map of your home. Show all **doors** and **windows**.
- Mark **two ways out** of each room.
- Mark all of the **smoke alarms** with **SA**. Smoke alarms should be in each sleeping room, outside each sleeping area, and on every level of the home.
- Pick a family **meeting place** outside where everyone can meet.
- Remember, **practice** your plan at least **twice a year**!

This image shows a full page of blank graph paper. The grid consists of small, equal-sized squares formed by thin black lines. There are 20 columns and 20 rows of squares, creating a total area of 400 small squares. The grid covers the entire page, leaving no margins or additional markings.

**Grown-ups:** Children don't always wake up when the smoke alarm sounds. Know what your child will do before a fire occurs. For more fire safety resources, visit [sparky.org](https://www.sparky.org) and [sparkyschoolhouse.org](https://www.sparkyschoolhouse.org).

# Scald Prevention

## Safety Tips

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

### Scald Safety

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a "kid-free zone" of at least 1 metre around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

### — Burn Rx —

Treat a burn right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

### FACT!

Prepackaged **microwavable soups** are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.



Greenhalgh DG, Bridges P, Coombs E, et al.  
Instant cup of soup: design flaws increase risk of burns.  
Journal of Burn Care and Research, July–August 2006: 27(4):476-81



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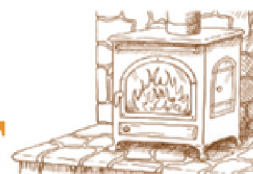
# Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

## HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

## FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! There are more than 300 CO-related deaths each year in Canada and more than 200 people are hospitalized per year for CO poisoning.



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# BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



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## HALLOWEEN FIRE SAFETY TIPS

- **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- **Make sure** all smoke alarms in the home are working.
- **Tell children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

### Did you know?



Halloween sparklers burn at more than 1000°C.



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# Resources

**City of Ottawa - Family Fire Safety Resources:**

<https://ottawa.ca/en/health-and-public-safety/ottawa-fire-services/fire-safety-prevention-and-education/family-fire-safety-resources>

**National Fire Protection Association - Safety Tip Sheets:**

<https://www.nfpa.org/Events/Events/Fire-Prevention-Week/Safety-Tip-Sheets>

**Sparky Resources: Printables, games, videos, stories, and more:**

<https://sparkyschoolhouse.org/all-resources/>

**Morinville Fire and Life Safety for Home Based Child Care:**

<https://www.morinville.ca/en/living-here/resources/Documents/MFD-Fire-Safety-Home-Based-Child-Care-Fillable.pdf>

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