

September 2013

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OFFICE OF NH STATE FIRE MARSHAL

# Safety Educator



## Understanding ... School Bus Safety

Even safer than riding in your own vehicle, riding on a school bus is the safest way for your child to travel to and from school. The greatest risk is not riding the school bus, but approaching or leaving it. Children need to be especially careful around the school bus "danger zone," which is the 10 feet in front, behind and on each side of the school bus.

### 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 the 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.

☉ If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

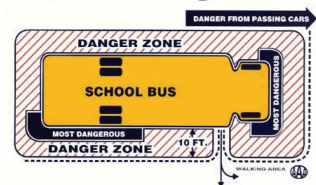
### Parents

Teach children to follow these common sense practices to make school bus transportation safer. Learn more on how school buses are safer than passenger cars:

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

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

### Stay out of the Danger Zone!!!



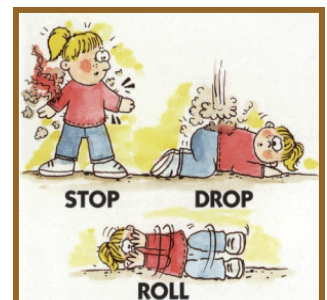
## Practice Stop, Drop & Roll ... with your kids Today!

If your clothes catch on fire:

### STOP, DROP, And ROLL

Stop immediately, drop to the ground, and **cover face** with hands.

Roll over and over or back and forth to put out the fire. Immediately cool the burn with cool water for 3 to 5 minutes and then seek emergency medical care.



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## Disaster Preparedness: Let's Be Prepared!



President Obama has declared September as National Preparedness Month. Disasters can happen anywhere at any time. 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.

As your child goes through school they will learn more about the various types of natural disasters (tornadoes, hurricanes, floods, earthquakes, and severe winter storms) and human-caused disasters (chemical spills and terrorism). As parents and caregivers it is important to work with your children and to learn the importance of a family disaster kit. This kit should contain items your family and pets may need during a disaster. The supplies can be kept in a plastic tub, small suitcase, or other container. Kits should include a variety of basic supplies. Please contact your local fire department

for a checklist or go to the following websites to obtain your checklist and additional information:

[www.nh.gov/readynh](http://www.nh.gov/readynh)  
[www.Ready.gov](http://www.Ready.gov)  
[www.preparedness.com](http://www.preparedness.com)  
[www.redcross.org](http://www.redcross.org)

Create your emergency kit today!



## Smoke Alarms Save Lives

Smoke alarms save lives. Almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms. When there is a fire, smoke spreads fast and you need smoke alarms to give you time to get out.

► Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound.

► An ionization smoke alarm is generally more responsive to flaming fires, and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms and a combination alarm (photoelectric and ionization) should be installed in homes.

► Test alarms at least monthly by pushing the test button.

► Smoke rises; install smoke alarms following manufacturer's instructions

high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance.

► Replace batteries in all smoke alarms at least once a year. If an alarm "chirps",

warning the battery is low, replace the battery right away.

► Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 year old or sooner if they do not respond properly.

► Be sure the smoke alarm has the label of a recognized testing laboratory.

► Alarms that are hard-wired (and include battery backup) must be installed by a qualified electrician.

► If cooking fumes or steam sets off nuisance alarms, replace the alarm with an alarm that has a "hush" button. A "hush" button will reduce the alarm's sensitivity for a short period of time.



► Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. Vibration devices can be added to these alarms

► Smoke alarms are an important part of a home fire escape plan.

### **Please remember:**

1. Use the specific battery type that is recommended in the alarm
2. Install a fresh **NEW** Battery
3. Once replaced properly dispose of the old battery by covering the top connectors with tape so that they do not come in contact with metal and start a fire.

Learn More:

[www.nfpa.org](http://www.nfpa.org)  
[www.usfa.fema.gov](http://www.usfa.fema.gov)

# Child Car Seat Safety

As the 2013-14 school year begins, parents are suddenly aware of how quickly their children are growing up. The NH Child Passenger Safety First Program along with your local fire department wants to make sure you continue to keep yourself, and your kids, as safe as possible when traveling by car. Regardless of age, all passengers are strongly encouraged to be properly restrained. It is strongly encouraged that parents follow the specific guidelines for your child's height, age and weight to determine the best child safety restraint seat. Starting January 1, 2014 NH



**As of Jan 1, 2014 NH Law will require that children ride in an appropriate seat until they are 7 yrs old or 57 inches tall (whichever is first)**

Law (RSA 265:107-a) requires that children ride in an appropriate child safety seat until they are 7 years old or 57 inches tall (whichever is reached first. Using a child safety seat with a harness or a booster seat will meet this requirement. When is a child ready to use only the seat belt?

1. Can your child sit all the way back against the vehicle seat?
2. Do your child's knees bend comfortably at the edge of the vehicle seat?

3. Does the lap belt cross the shoulder between the neck and forearm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated for the whole trip?

If you answered **NO** to any of these questions, your child is not ready to use only the seatbelt. Kids in a booster seat or other child safety seat can see out the window and are usually more comfortable too!

For more information please visit [www.safekids.org](http://www.safekids.org) OR contact your local fire department.

## Upcoming Child Safety Seat Inspection Events:

Want to learn how to install your car seat for free? Safe Kids hosts more than 8,000 car seat inspection events across the country. Visit one of these locations where a trained technician will teach you everything you need to know to make sure your car seat is used and installed correctly.



### Upcoming Child Passenger Car Seat

#### Inspection Dates:

**Sat, Sept 14** Lancaster: Mechanic St. 10-1pm

**Sat, Sept 21** Londonderry Safety Day:

Matthew Thornton School 12-3pm

**Sat, Oct 12** Nottingham Fire Dept 10-1:00pm

## Proper Use of a Fire Extinguisher



A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely. A portable fire

extinguisher should only be used when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

**To operate a fire extinguisher, remember the word PASS:**

**PULL** the pin. Hold the extinguisher with the nozzle pointing away from

you, and release the locking mechanism.

**AIM** low. Point the extinguisher at the base of the fire.

**SQUEEZE** the lever slowly and evenly.

**SWEEP** the nozzle from side-to-side.

\*\* [Watch this QUICK video](#) to watch this technique.

\*\* [Learn more](#) about the various types of Fire extinguishers and what is best for your needs.

**THE NEW HAMPSHIRE STATE  
FIRE MARSHAL'S OFFICE**

**J. William Degnan  
State Fire Marshal**

**Mary MacCaffrie, M.Ed  
Public Education Administrator**

**Sheryl Nielsen, M.Ed  
Public Education Specialist**

**Department of Safety  
33 Hazen Drive  
Concord, NH 03305**

**Phone: 603-223-4289**

**Fax: 603-223-4294**

**Arson Hot Line: 1-800-400-3526**

[http://www.nh.gov/safety/divisions/  
firesafety/](http://www.nh.gov/safety/divisions/firesafety/)

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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 preparedness kit, please visit the web links provided, print out the list and together shop to create the kit so every family member is aware of its contents and what it is to be used for. Please discuss the importance of car seat safety. I encourage you to contact your local fire department should you need any assistance. Thank you and be safe.

*J. William Degnan*  
J. William Degnan  
NH State Fire Marshal

Any Questions or Comments regarding this newsletter please feel free to contact:

**Sheryl Nielsen, M.Ed  
Public Education Specialist  
[Sheryl.Nielsen@dos.nh.gov](mailto:Sheryl.Nielsen@dos.nh.gov)  
603-223-4289**

**Kids Can Be Firefighters  
Too! (kid friendly & Parent/Educator approved websites)**



**Check out these kid  
friendly websites related to  
fire and life safety.**



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



[www.smokeybear.com/kids](http://www.smokeybear.com/kids)



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



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



[www.sesamestreet.org/ready](http://www.sesamestreet.org/ready)



[www.usfa.fema.gov/kids/](http://www.usfa.fema.gov/kids/)



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