

METRO FIRE

SACRAMENTO



ACTIVITY BOOK

Do you love learning about staying safe?

Metro Fire is thrilled to announce that we have produced a series of digital education episodes teaching kids about fire safety.

Watch our safety videos:

<https://metrofire.ca.gov/safety-videos>



If you have any questions feel free to contact:

Sacramento Metropolitan Fire District
10545 Armstrong Avenue, Suite 200
Mather, CA 95655
(916) 859-4300
www.metrofire.ca.gov

Find us on social media:

: @MetroFireOfSacramento

: MetroFireOfSacramento

: @metrofirepio

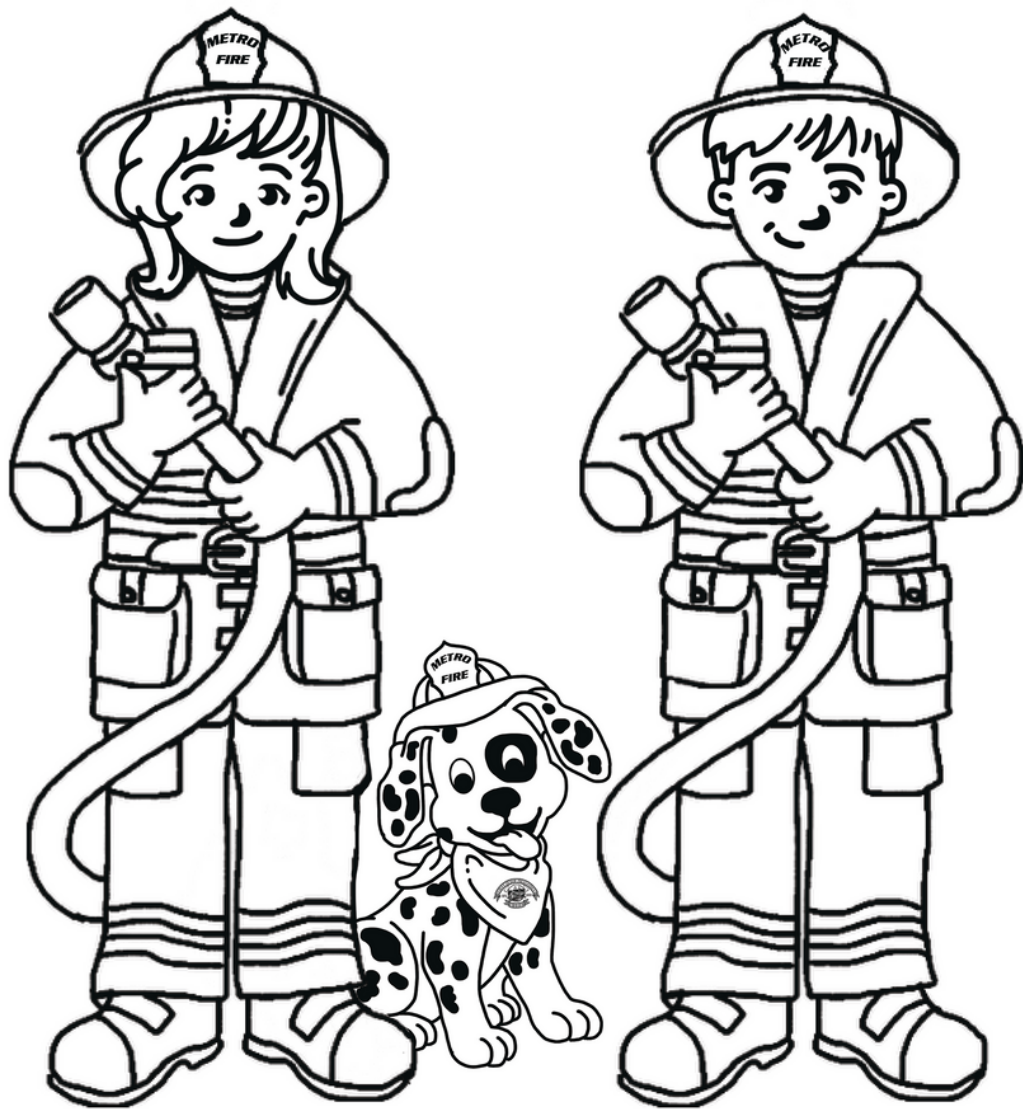


I'm Flare the Safety Watch Dog!



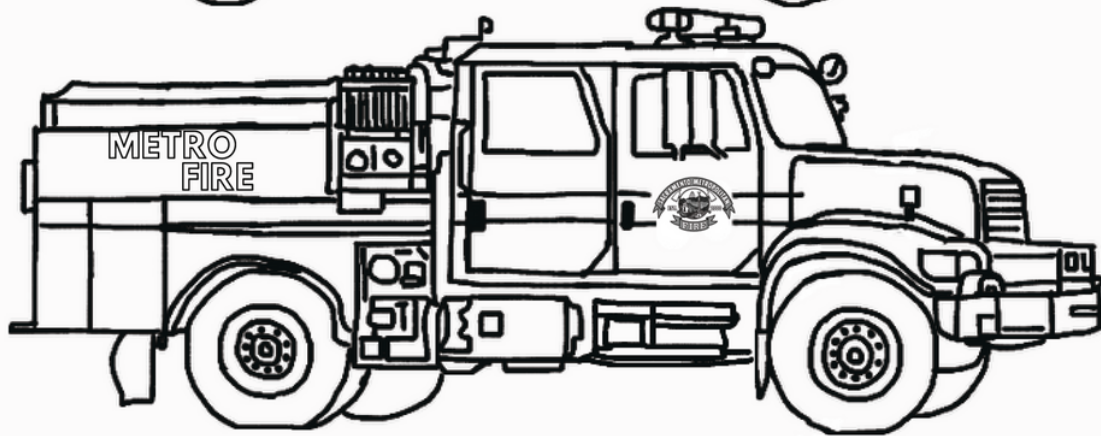
You can find me on every
page with important safety
tips!

**Hi! We are your Metro Fire
firefighters!**



**We are here to help when
you need us.**

**We drive many different
vehicles.**



**Call 9-1-1 when there is an
emergency.**



Firefighter Word Search

E	F	I	R	S	T	A	I	D	H	I	C
M	E	I	P	A	G	O	A	A	E	T	A
E	H	H	R	R	G	A	A	R	R	S	G
R	F	O	H	E	L	M	E	T	O	A	R
G	T	L	C	F	F	G	T	O	E	F	S
E	H	S	A	O	I	I	S	T	R	E	I
N	E	E	J	R	L	V	G	A	R	T	R
C	R	N	T	V	E	A	X	H	C	Y	E
Y	V	L	A	D	D	E	R	C	T	R	N
P	P	I	E	O	S	S	M	O	K	E	H
F	I	R	E	E	N	G	I	N	E	R	R
S	W	O	T	E	R	E	S	C	U	E	T

EMERGENCY

FIRST AID

HERO

SAFETY

FIRE ENGINE

FLARE

LADDER

SIREN

FIREFIGHTER

HELMET

RESCUE

SMOKE

Firefighter

Maze Challenge

Can you help the fire truck find the house fire?



**Always wear your seatbelt
when the car is moving.**

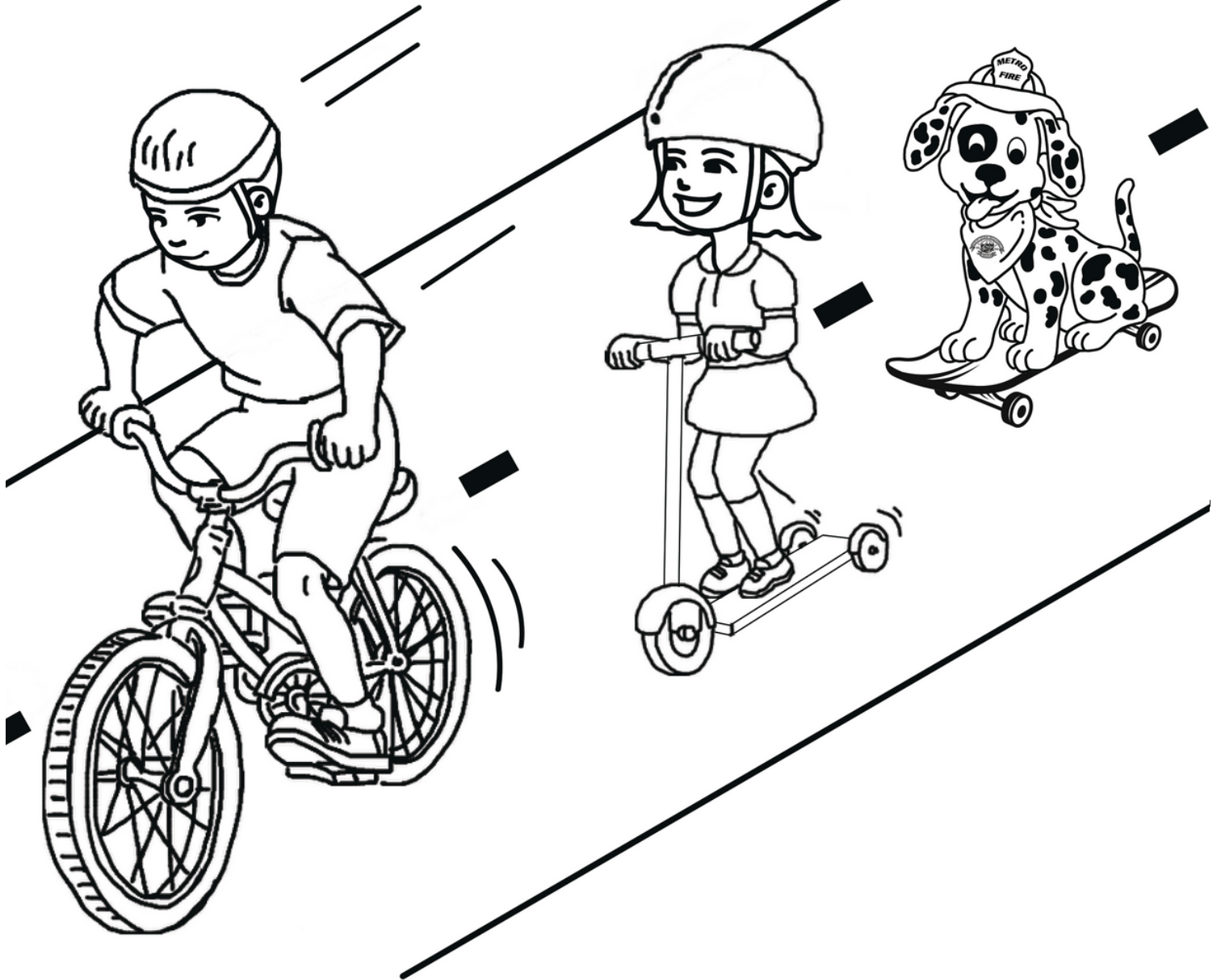


**Sit down and take small
bites when you eat,**



**and chew your food
completely before
swallowing it.**

Always wear a helmet



**and follow the rules of the
road.**

When you hear the smoke
alarm

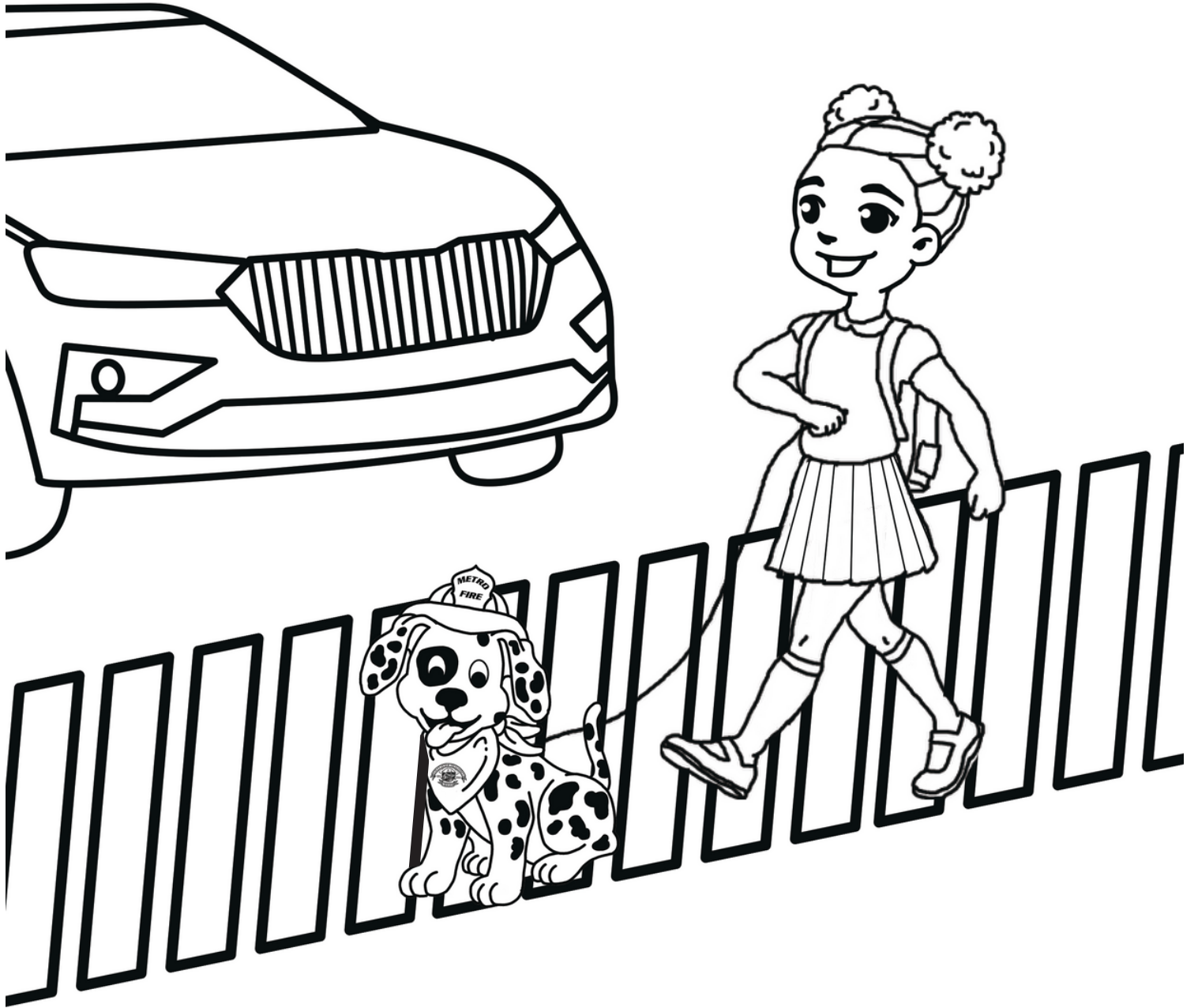


get low and go.

**Always swim with a
lifejacket and a buddy!**



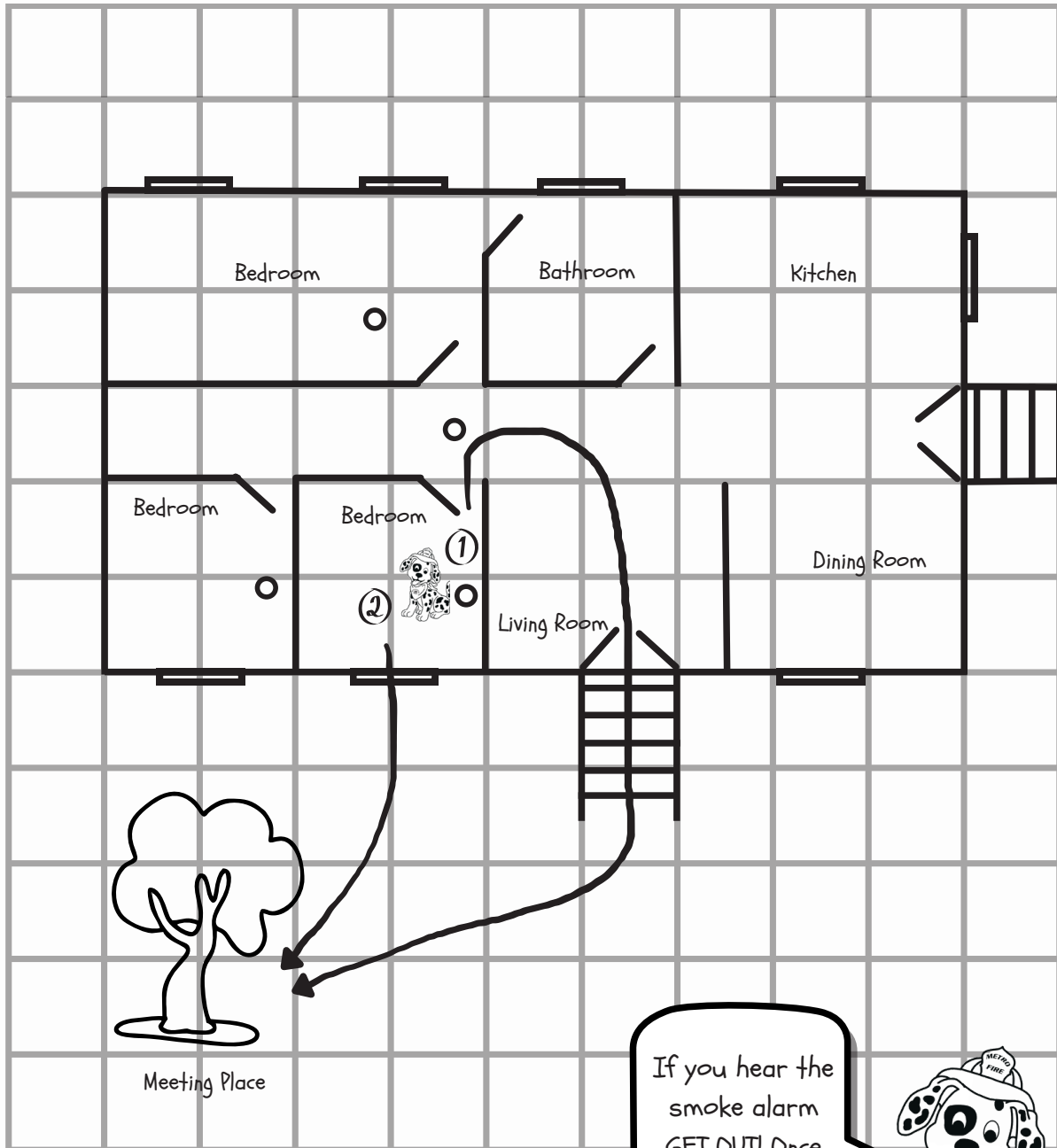
**Always look both ways
before crossing the street.**



**Wear bright colors and
make sure drivers see you
before crossing.**

Create Your Home Escape Plan!

Flare wants to get out of his home safely too! See his example below and then make one of your own on the next page.



KEY:

-  - Window
-  - Door
-  - Exit Route
-  - Stairs
-  - Smoke Alarm

If you hear the smoke alarm
GET OUT! Once you are outside
DO NOT GO BACK INSIDE!



Home Safety Checklist

Do this page with a grown up. Tour your home and use this checklist to make sure your home is safe!

IN THE LIVING AREAS

- The fireplace has a sturdy screen.
- Portable heaters or any other heaters are at least 3 feet away from anything that can burn.
- All candles are in sturdy bases placed up high and are never left unattended while burning.
- Matches and lighters are kept up high in a locked cabinet, out of sight of children.

IN THE KITCHEN

- Cooking is never left unattended.
- There is always a pan lid within reach when cooking. Should a fire break out, turn off the burner and put the lid on the pan.
- Always wear tight fitting sleeves when cooking; loose clothing can easily catch fire.
- A fire extinguisher is available if necessary.

IN THE HALLWAY/BEDROOM(S)

- All smoke alarms are checked monthly to make sure they are working.
- All smoke alarm batteries are changed at least once a year.
- Replace smoke alarms after 10 years.

ESCAPING A FIRE

- Have a home escape plan, and practice it twice a year with your family. (Turn the page for a graph to draw it out)
- All family members know two ways to get out of every room.
- If you have security bars on your window, do you have quick release devices?

