

# Safety Watch Dog



# Sacramento Metro Fire

Coloring book provided by:

Sacramento Metropolitan Fire District  
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(916) 859-4300  
[www.metrofire.ca.gov](http://www.metrofire.ca.gov)

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If you have any questions, feel free to contact:  
Metro Fire Community Services Division  
(916) 859-4300  
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*Remember Kids...  
Always ride Buckled Up!*

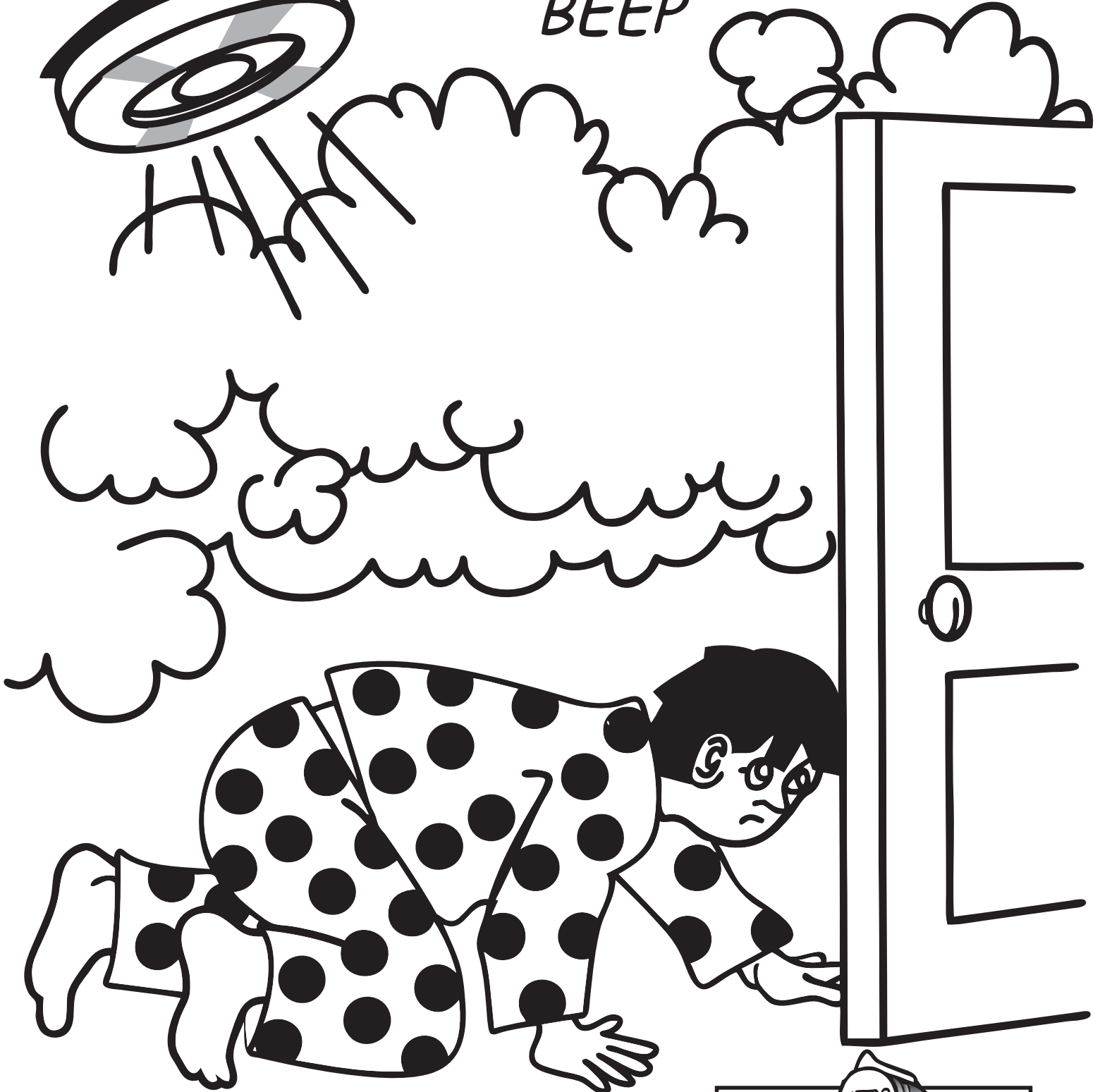


BEEP

BEEP

BEEP

BEEP



*When you hear the smoke alarm  
get down and crawl out!*





*Eating is serious business,  
sit down and take small bites.*

*MMM...*





*Always ask a grown-up  
before putting something  
new in your mouth. Some  
very dangerous things  
look like candy!*



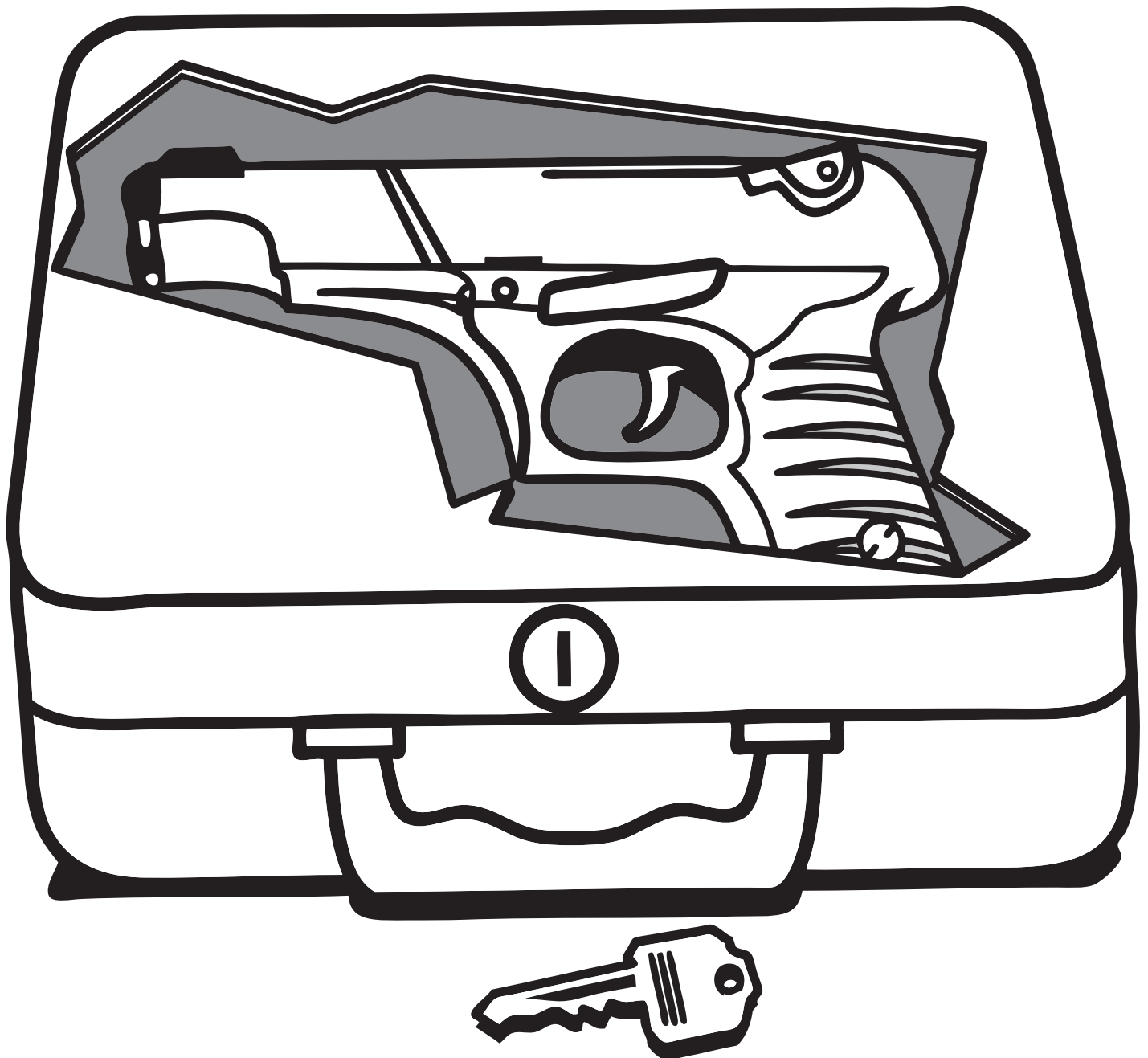
*Learn and Practice Safe Play Rules...*



*...and play on soft surfaces.*

If you see a gun  
tell a grown-up!

Guns should be  
locked away in  
the house.





*Always wear a helmet  
and follow the rules of the road.*



*Wear a Life Jacket  
when playing in a  
river or lake.  
Always swim  
with a  
buddy!*



Metro Fire would like you to take a tour of your home and use this checklist to see how safe your household is.

**In the Living Areas:**

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

**In the Kitchen:**

- \_\_\_\_\_ Cooking is never left unattended.
- \_\_\_\_\_ There is always a pan lid within easy reach should a fire start. Should a fire break out, turn off the burner and carefully put the lid on the pan.
- \_\_\_\_\_ Tight fitting sleeves are always worn during meal preparation; loose clothes can easily catch fire.
- \_\_\_\_\_ A fire extinguisher is always available if necessary.

**In the Hallway/Bedroom:**

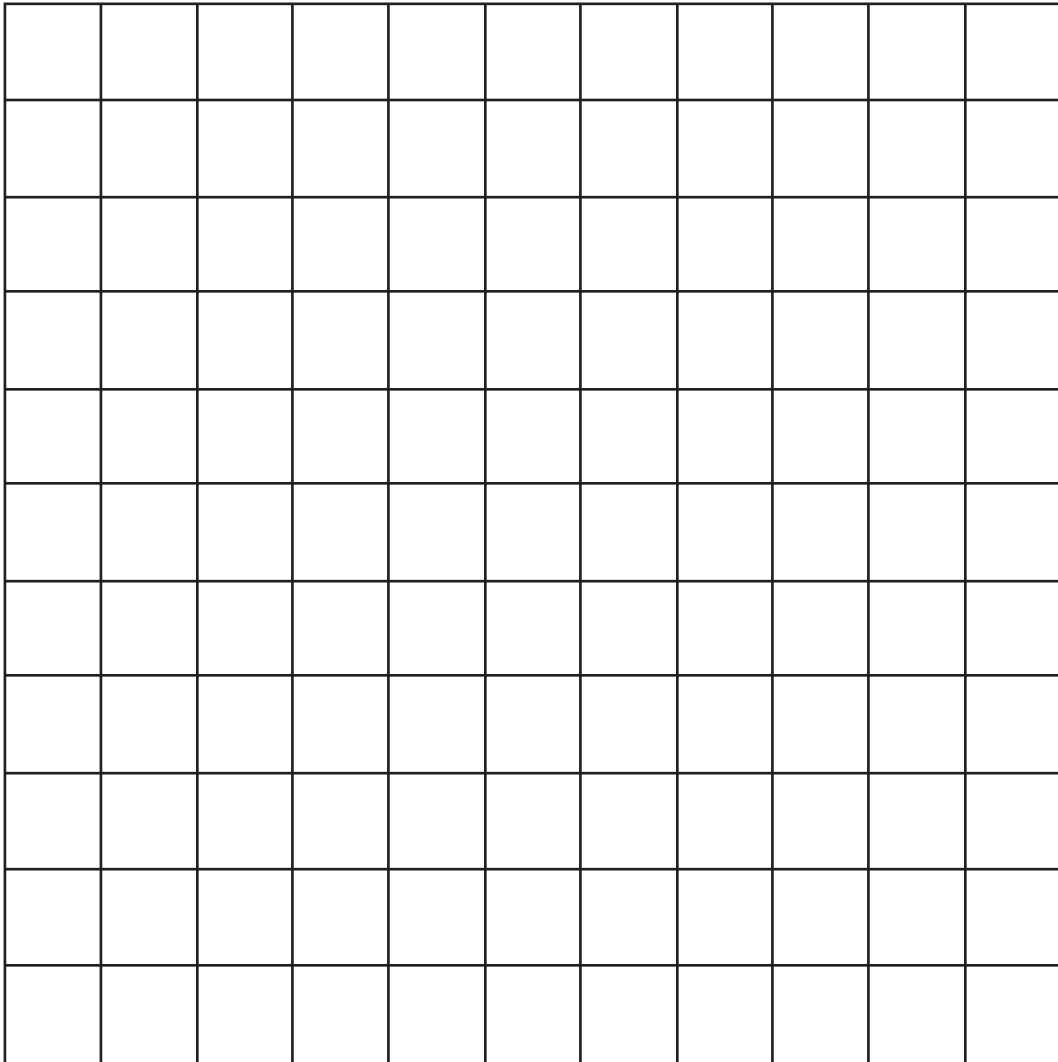
- \_\_\_\_\_ All smoke detectors are checked monthly.
- \_\_\_\_\_ All smoke detector batteries are changed at least twice a year.
- \_\_\_\_\_ Space heaters are kept at least 3 feet from anything that can burn.

**Escaping a Fire:**

- \_\_\_\_\_ The family has a home escape plan and practices it twice a year.
- \_\_\_\_\_ All family members know two ways out of every room.
- \_\_\_\_\_ If you have security bars on your windows, do you have quick release devices?

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# FAMILY ESCAPE PLAN



## USE THIS GRID TO DRAW AN ESCAPE FOR YOUR FAMILY

### **DON'T FORGET TO:**

- Indicate all doors, windows, bedrooms, walls, stairways and hallways.
- Designate at least two exits for each room -- doors and windows. Make sure you have an escape ladder in each bedroom that is located on the second floor.
- Specify a meeting place outside the home where family members can gather once everyone is evacuated.
- Once at least two family members are at the meeting place, one member should go to the neighbors' house and call 9-1-1.