

Iowa School Fire Safety Education Program

Level 1 Activity Sheet

Objectives

Action

Practices and performs crawling with head beneath layer of smoke until safely out of the room or away from the source of smoke and heat.

Attitude

Is interested in learning the "crawl low in smoke" procedure.

Knowledge

Identifies why and when crawling low is necessary.

Review Objectives

Performs stop, drop, and roll technique to put out flames when clothing is on fire. (Review Level K material.)

Content Summary

Procedure

When there is smoke in the room, bend your knees and keep your head low, or crawl on your hands and knees to get below the dense smoke (crawl low in smoke). Wherever possible, crawl along the wall in dense smoke so you will not get lost or confused. Move away from the source of smoke and fire. Try to hold your breath intermittently to reduce the amount of smoke inhaled.

Why Crawl Low in Smoke?

Smoke can be highly poisonous. It can damage your eyes and respiratory tract, and cause death in minutes. It can cause disorientation very quickly. The lower your head is to the floor, the cleaner and fresher the air.

The smoke also makes it difficult or impossible for you to see. Crawling low helps your vision. In addition, hot air rises. Hot fire gases rise and can sear your lungs and burn your skin. Crawling low helps keep your body in cooler air.

Review Procedure

Review and practice stop, drop, and roll. (Level K procedure.)

Teaching Activities for Parents and Teachers

Discussion

Discuss with the class why smoke and hot fire gases can be even more dangerous than flame, and why you should try to get your head near the ground in the event of smoke.

Role Play

Have students act out the procedure for escaping from smoke. Have students discuss any real life experiences they have had in smoke-filled rooms.

Ask

What was the origin of the smoke?

How did you feel (choke, cough, eyes burn)?

What did you do?

Bulletin Board

Display pictures that show what to do when smoke appears in a room.

Color

Have students use crayons to color the drawings on the back of this sheet. Reintroduce them to Terry, the child in the drawings, that they met in the Level K activity.

Practice

Use a blanket or sheet held at four corners (approximately three feet above the floor) to simulate smoke. Children practice crawling low in smoke.

Review and Practice

Stop, drop, and roll procedure (Level K material.)

For Additional Information Contact:

Your local fire department.

Your county extension office.

Your local insurance agencies.

Fire Service Education, Iowa State University, Ames, Iowa 50011.

Iowa Conservation Commission, Protection Forester, 2404 S. Duff Ave., Ames, Iowa 50010.

National Fire Protection Association, Batterymarch Park, Quincy, Mass. 02269

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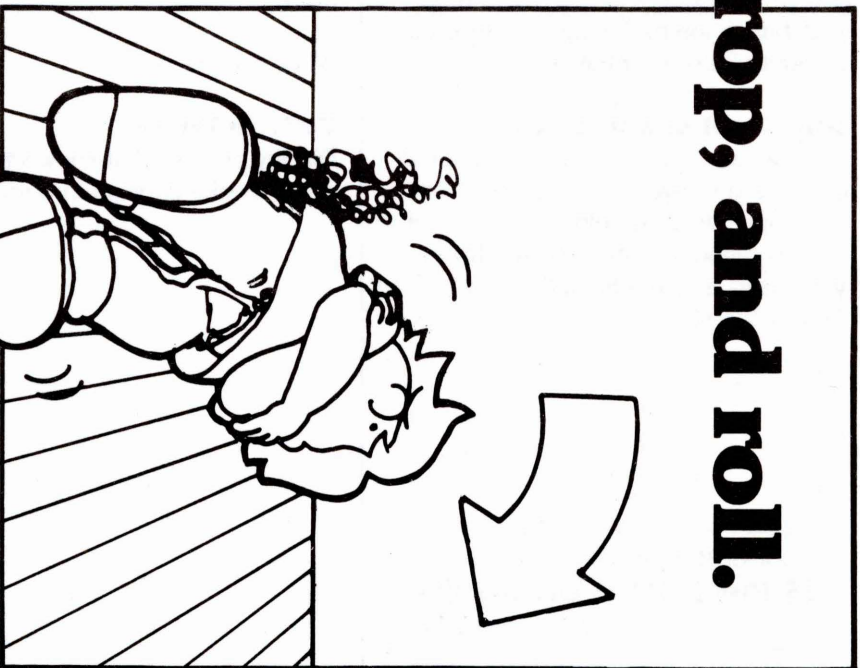
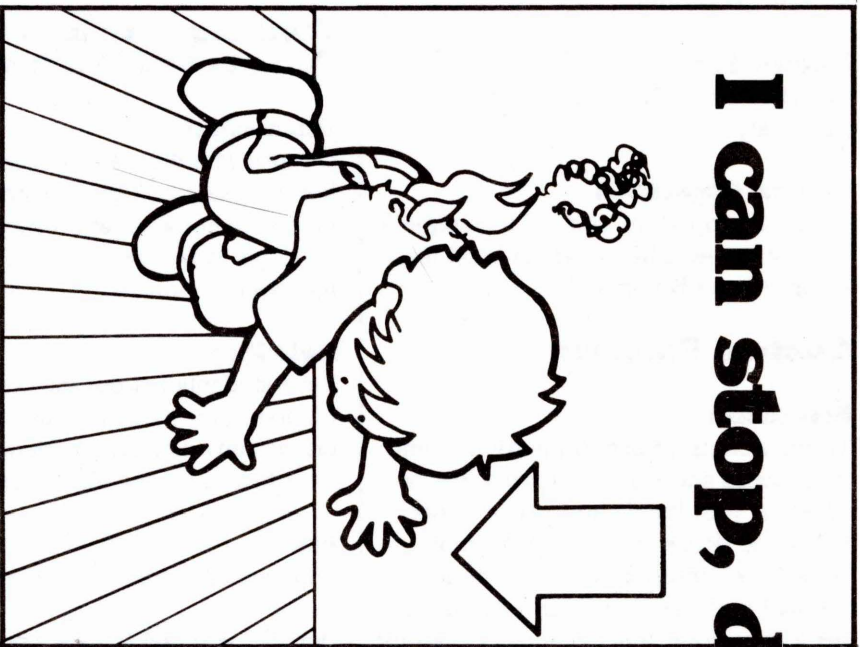
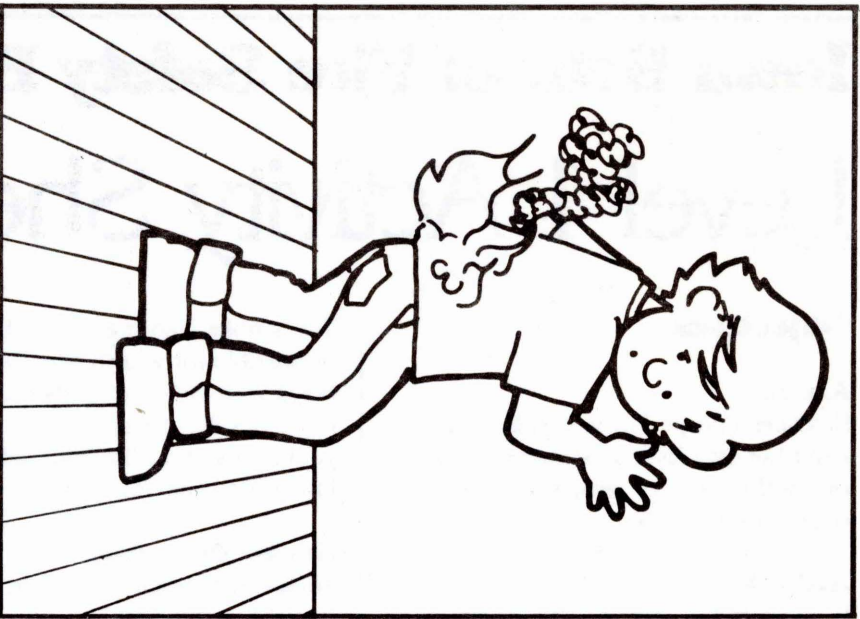
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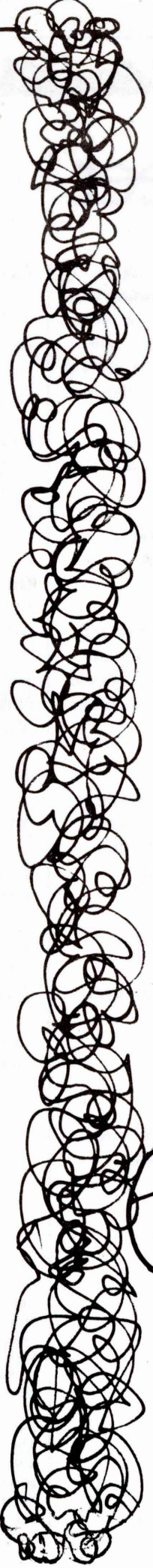
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I can stop, drop, and roll.



I crawl low in smoke.

