

# How to make a Home Fire Escape Plan

**100 YEARS**  
1922-2022



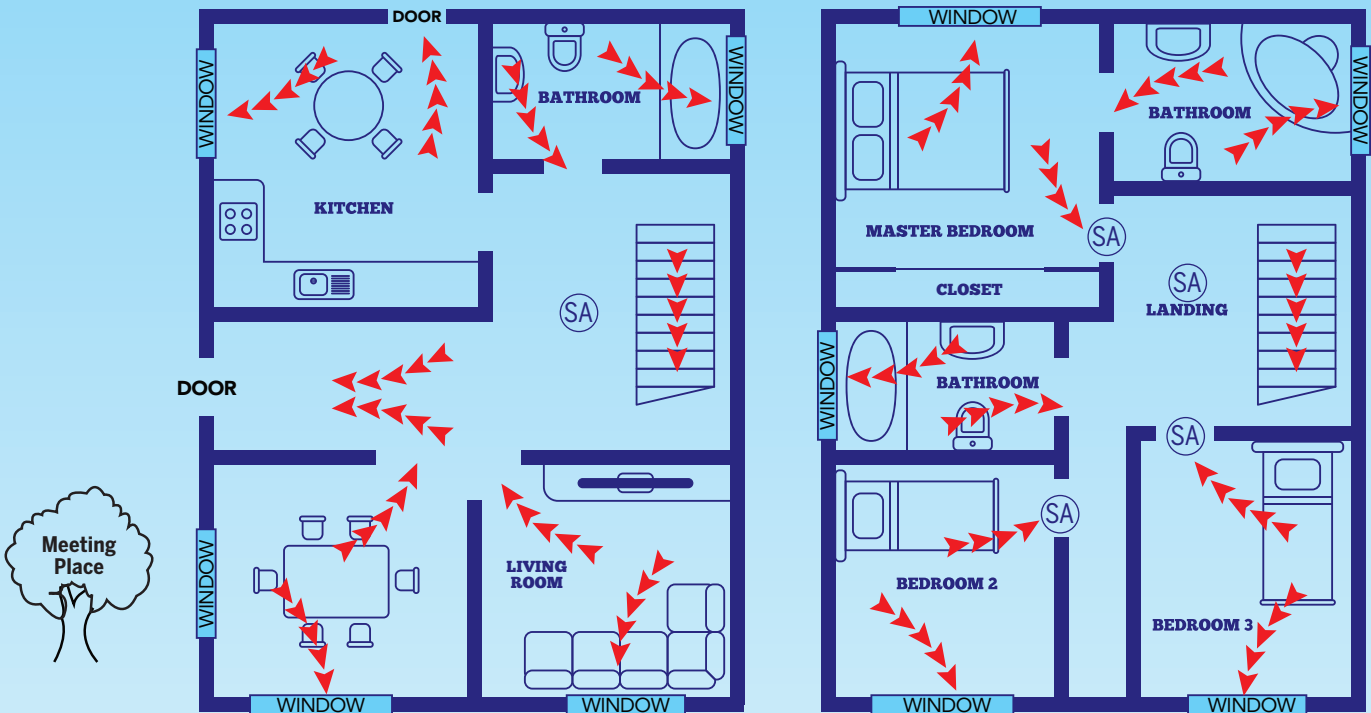
**FIRE PREVENTION WEEK™**



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 should 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 a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Make sure everyone in your home knows how to dial 911 or your local emergency number.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.

## Sample Escape Plan



**1st FLOOR**

**2nd FLOOR**



**Kids**

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# KIDS in the KITCHEN

DO YOU LIKE HELPING OUT IN THE KITCHEN and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own—and when it's time to **ask an adult for help**.

**Getting Started:** Before you get cooking, you need to get a grown-up's permission. If you plan to use a recipe, look it over with a grown-up first to decide what you can do on your own and what you need help with. And once you get started, never be afraid to ask for help. Even the best chefs rely on their assistants to help them out in the kitchen.

**Helping out is Fun:** From mixing up cake batter to cutting shapes out of cookie dough, helping out a grownup in the kitchen can be lots of fun. So if you're not old enough yet to cook on your own, not to worry; being the chef's helper is the most important job in the kitchen.

**Cooking for All Ages:** All kids are different—and a grown-up should always decide what is safe for you to do in the kitchen—but here are some guidelines that you can use.



Kids aged 3–5 can:

- Get ingredients out of the refrigerator
- Measure and mix ingredients together in a bowl
- Pour liquids into a bowl
- Wash fruits and vegetables off under cold water
- Use a cookie cutter to cut shapes out of cookie dough or sandwiches
- Lick the cake batter off of a spoon (yum!)



Kids aged 6–8 can:

- Open packages
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese
- Peel vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Set the table



Kids aged 9–12 can:

- Begin to follow a recipe
- Open cans
- Use electrical kitchen appliances, such as a microwave oven, when a grown-up is present
- Use a grater to shred cheese and vegetables
- Turn stove burners on and off and select oven temperature when a grown-up is present
- Help plan the meal
- Make a salad



Kids aged 14+ can:

- Operate the stove or oven without an adult present
- Heat food up in the microwave without an adult present
- Drain cooked pasta into a colander
- Take a tray of food out of the oven

CHECK OUT **SPARKY.ORG** FOR MORE FUN!

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# Smoke Alarms at Home

**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

## SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



## FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards





Pets give us comfort, friendship, and unconditional love. Our connection to them can be among the strongest relationships in our lives. But pets can cause fires. We need to be careful with pets in the home.

### SAFETY TIPS

- Pets are curious. They may bump into, turn on, or knock over cooking equipment. Keep pets away from stoves and countertops.
- Keep pets away from candles, lamps, and space heaters.
- Always use a metal or heat-tempered glass screen on a fireplace and keep it in place.
- Keep pets away from a chimney's outside vents. Have a "pet-free zone" of at least 3 feet (1 meter) away from the fireplace. Glass doors and screens can stay dangerously hot for several hours after the fire goes out.
- Consider battery-operated, flameless candles. They can look and smell like real candles.
- Some pets are chewers. Watch pets to make sure they don't chew through electrical cords. Have any problems checked by a professional.

### SMOKE ALARMS

- Have working smoke alarms on every level of the home. Test your smoke alarms at least once a month.
- If the smoke alarm sounds, get out and stay out.
- Never go back inside for pets in a fire. Tell firefighters if your pet is trapped.

## Pets and Wildfires

Make sure pets are included in your family's wildfire evacuation plan. Build an evacuation kit for each pet in your household. Ensure each kit is a size and weight that can be quickly and easily loaded into a vehicle when packing to evacuate.



### FACT

Pets or wild animals have a part in starting about 750 home fires per year. These involve cooking equipment, fireplaces and chimneys, space heaters, lamps, bulbs, wiring, and candles.



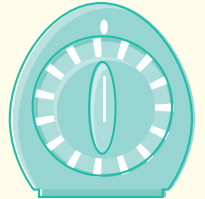
**NATIONAL FIRE PROTECTION ASSOCIATION**  
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## Sparky's Recipes

# COOKING with KIDS

I love cooking. When I am not teaching kids about fire safety, you can usually find me in the kitchen. Letting kids help in the kitchen is a great way to teach them about cooking safety and the importance of eating healthy. Here are some of my favorite recipes. Before you begin, make sure to read my **Kids in the Kitchen** tips. These tips can help you figure out what you're old enough to do on your own — and when it's time to ask a grown-up for help.



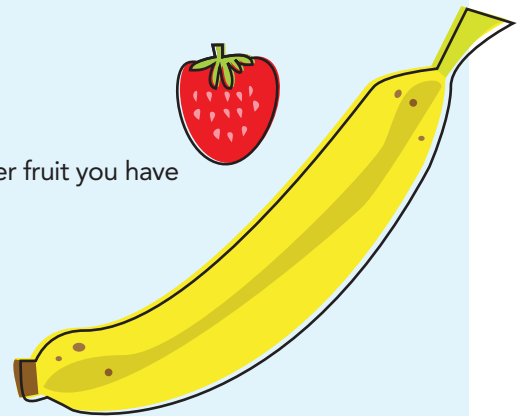
## Sparky's "BARK" fait (Parfait) *This makes 4.*

### Ingredients:

- 2 cups vanilla yogurt (I used Greek yogurt)
- 2 cups your favorite granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (sliced) or any other fruit you have like: bananas, peaches or mangos, peeled and sliced)
- 4 tablespoons honey (*optional*)

### Directions:

1. Line up 4 tall glasses, or whatever you would like to put your parfait in.
2. Spoon 2 tablespoons of yogurt into each glass.
3. Spoon 2 tablespoons of granola over the yogurt.
4. Then, add 2 tablespoons of fruit.
5. Keep repeating these steps until your glass is full. You can add a little bit of honey here and there, to taste.



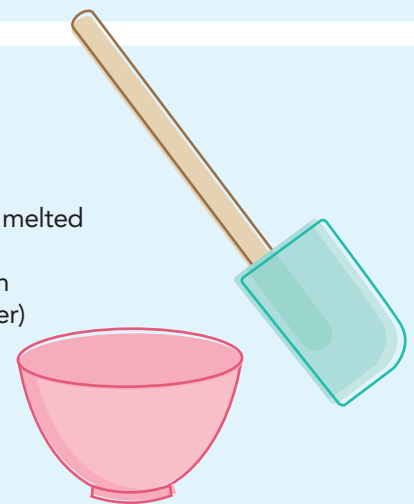
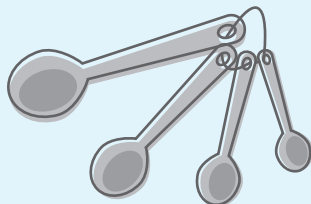
## Cinnamon-sugar chips *This makes 8 dozen.*

### Ingredients:

- 6 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 3/4 teaspoon ground cinnamon
- 12 flour tortillas (10" in diameter)

### Directions:

1. Preheat oven to 375°.
2. Stir together butter, sugar, and cinnamon in a small bowl.
3. Brush tortillas with butter mixture
4. Using a butter knife, or a cookie cutter, cut each tortilla into 8 wedges.
5. Put wedges in a single layer on a baking sheet,.
6. Bake until crispy (about 10 to 12 minutes).



Make sure you let the chips cool on a wire rack before you eat them. Yum!

## Sparky's Recipes

# COOKING with KIDS

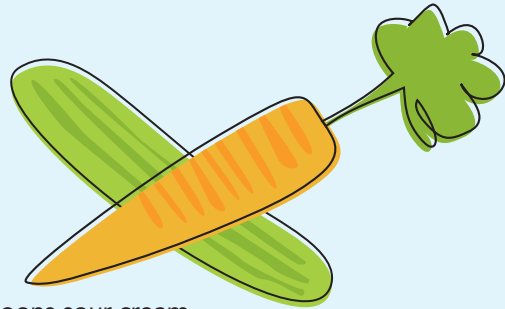
## Sparky's Sushi Sandwiches (Say that 3x fast!) This makes 8.

### Ingredients:

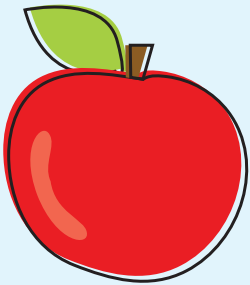
- 2 slices of whole wheat bread
- 3 tablespoons cream cheese
- 1-½ tablespoon of sour cream
- Carrots, sliced thin
- Cucumbers, sliced thin

### Directions:

1. Take a rolling pin and flatten 2 slices of bread.
2. Mix together 3 tablespoons cream cheese and 1-½ tablespoons sour cream.
3. Using a butter knife, spread your mixture on your slices of bread.
4. Lay 2 carrot and 2 cucumber sticks (6" long) at the bottom of each slice of bread, let them hang over edges.
5. Roll up the bread, pressing gently to seal.
6. Cut each roll in four equal pieces.



## Slippery Snail Snack



### Ingredients:

- 1 Granny Smith apple
- Approx. 3" length of celery stalk
- 2 raisins
- 2 thin strips of carrot
- Peanut butter

### Equipment:

- 1 sealable plastic storage bag
- Kitchen knife

### Directions:

1. Cut a thin vertical slice from the side of your apple (this will be the snail's body).
2. Cut a celery stalk that is about 1" longer than the width of the apple slice.
3. Fill the inside of the celery stick with peanut butter, and put aside..
4. Now put some peanut butter in the plastic bag and snip just the corner off.
5. Lay your apple slice down on a flat surface. Gently squeezing your plastic bag of peanut butter, add a swirl on one side.
6. Add the "raisin" eyes to one end of the celery (on the peanut butter). Add the thin strips of carrots for antennae.
7. Now carefully attach the apple slice onto the celery stalk.

