

# FIRE PALS

WATERLOO FIRE RESCUE



WATERLOO FIRE RESCUE  
"BUILDING A SAFETY CONSCIOUS  
COMMUNITY" SINCE 1904



## OUR FIRE PALS PROGRAM IS DESIGNED TO

- Teach school children, adults, elderly, and those in the community with special needs, the skills necessary to protect themselves and their families by responding promptly and effectively when confronted with a fire or life safety hazard.
- Create a deeper awareness in our community for the need for practicing responsible safety behaviors.

Waterloo Fire Rescue  
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Waterloo, Iowa 50703

Phone | 319.291.4359  
Email | [Firepals@waterloo-ia.org](mailto:Firepals@waterloo-ia.org)

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

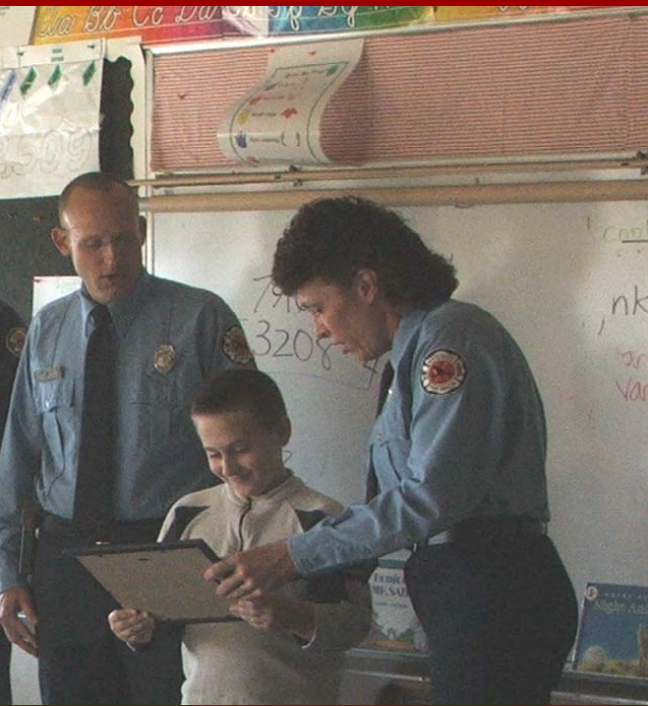
## OUR FIRE PALS PROGRAM

Unintentional Injury is the leading cause of death and disability in children 14 years and younger. According to the Department of Homeland Security, injuries now claim 10,000 lives a year in children age birth to fourteen. Fire PALS, our preschool through fifth grade school based injury prevention program was developed by Waterloo Fire Rescue in 1999 and has been presented to thousands of area school children in Black Hawk County. Since its conception, Fire PALS has had a significant impact; therefore the reduction in loss of life and property has been achieved because our community has taken the safety messages seriously.

"THE PRESENCE OF THE FIRE PALS PROGRAM IN BLACK HAWK COUNTY SCHOOLS IS A GREAT CONTRIBUTION TO THE HEALTH AND SAFETY OF THE COMMUNITY."  
IOWA CENTER ON HEALTH DISPARITIES  
UNIVERSITY OF NORTHERN IOWA

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“It cannot be overstated the importance of proactive injury prevention programs such as Fire PALS to instill values and safety consciousness, to have a safety attitude and respect for fire, and to make safe and responsible choices as we go about our daily lives.”

*Fire Chief Doug Carter, Waterloo Fire Rescue*

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

## FIRE PALS PROGRAM

### SCHOOL BASED INJURY PREVENTION PROGRAM

Our preschool through fifth grade program has been made possible by funding through the Centers for Disease Control Unintentional Injury Prevention Center. Waterloo Fire Rescue's uniformed firefighters visit area schools to teach fire and life safety lessons. Fire PALS classes are scheduled on a rotating or as needed basis. Each grade level receives four thirty minute fire and life safety lessons. The culminating lesson is a safety trailer visit which includes the students experiencing a smoke house where they practice escape skills. Lessons that are taught are: firefighter familiarization, matches and lighters are tools not toys, dialing 911, stop-drop-and roll, crawl low under smoke, smoke detectors save lives, home escape planning, consequences of fire setting, bicycle and pedestrian safety, latchkey children safety, basic first aid, and brain and spinal cord injury prevention. *For more information regarding our Preschool through 5<sup>th</sup> grade Fire PALS program contact us 319-291-4359.*

### JUVENILE FIRE SETTING INTERVENTION PROGRAM

There is a tremendous cost to the community from child set fires, and too often the cost is the life of the child who set the fire. Waterloo Fire Rescue's Juvenile Fire Setting Intervention program promotes partnerships between the fire service, law enforcement, mental health practitioners, the medical community, and child advocate agencies who must deal with the aftermath of child-set fires. *For more information regarding our Juvenile Fire setting program contact us at 291-4359.*

### FIRE PALS.COM

Waterloo Fire Rescue has an award winning website designed to provide hands on activities for children, parents and teachers. Our website is designed to reinforce important safety messages. Visit our website [www.firepals.com](http://www.firepals.com) to get up to date safety information, review our safety curriculum and to learn more about our Fire PALS program.