

# Waterloo Fire Rescue Fire PALS Injury Prevention Program

## Crawl Low Under Smoke

### Grades Pre-K – 3

*To educate the student to recognize a fire emergency in the home, especially when smoke is present. The student will learn to take survival actions to leave the house.*

#### **Learning Objectives:**

At the completion of this unit, 100 percent of the students will be able to:

1. identify the contents of fire
2. understand that there are different smells of smoke
3. demonstrate how to crawl low under smoke
4. demonstrate how to check door for heat
5. identify what a family meeting place is

#### **Time Element:**

Knowledge/Attitude: 10 minutes

Activity/Skill: 20 minutes

#### **Introduction/Knowledge: 10 minutes**

When a fire occurs, heat and smoke first rise to the ceiling. Then it banks down and gets lower and lower to the floor. The best place to be in a smoke-filled room is down low where the good air is located. Fire produces many gases, which are highly poisonous. These are found in smoke and replaces oxygen in the room which can cause suffocation.

When a fire emergency is present, it is important to make quick decisions. Yet, the toxic gases, superheated air, smoke and limited visibility may cause someone to act in an inappropriate or irrational manner. It is vital to recognize smoke in the home and be able to quickly escape by crawling low under it.

#### **I. Contents of Fire**

- a. Heat
- b. Flame
- c. Smoke
- d. Harmful gases which you cannot see

## **II. The Smell of Smoke**

- a. Smoke has various smells.
- b. Smoke may be our first indication of fire.

## **III. When Smoke is Inside a Building**

- a. Where there is smoke, there is fire.
- b. Smoke can limit your ability to see.
- c. Smoke causes people to die.
- d. Smoke from a fire creates intense heat and toxic gas.
- e. You must leave the building immediately if you see or smell smoke.

### **Demonstration/Skill Development 10 minutes**

## **IV. Crawl Low Position – Choose two students to demonstrate**

- a. Keep low in smoke to:
  - breathe better
  - see better
  - to keep from being burned
- b. Demonstrate the crawl position.
- c. Do not stand up when smoke is in the room.
- d. Follow the walls in dense smoke.

## **V. Test a Closed Door for Heat and Smoke**

- a. Always test a closed door before opening it.
- b. There may be smoke or fire on the other side, which could hurt you.
- c. Touch the door with the back of your hand to feel for heat:
  - If there is no heat, open the door slowly.
  - If there is smoke, shut the door and go to another exit.
  - If there is no heat or smoke, continue to crawl out of the room.

## **VI. Exit the building**

- a. Continue to crawl or crouch in order to get outside to fresh air.
- b. Go to the special meeting place.
- c. Have someone go to a neighbor's house and dial 9-1-1.
- d. Once outside, stay outside. Don't go back into the house or apartment for any reason.

## **VII. Practice the "Crawl Low Under Smoke" skill**

The Fire PAL instructor may choose to play the song "Get down low" (track 1 on the *Safety Songs for Kids* CD) while the students practice crawling low under smoke. If time permitting, the teacher or Fire PAL instructor could set up a

obstacle course for the kids to follow that might replicate a home fire. (For example: the door is hot, students need to crawl to the 2<sup>nd</sup> exit, which most likely is a window.)

### **VIII. Journal**

Have the students write in their journals (in the student handbook) what they learned in class during today's lesson. Play instrumental music while the students do this activity.

### **Home / School Connection**

Letter home to parents explaining the importance of crawling low under the poisonous gases and heat of smoke during a fire.

### **Art Connection:**

*For Kindergarten and 1<sup>st</sup> grade:*

“Crawl low under smoke” coloring page: *student handbook*

### **Reinforcing Activity**

Students will use the smoke house class to reinforce all skills necessary for safe exit from the home.